



# Hoshi Wellness Spa & Café

A professional spa to revive and refresh



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*Mind Body Soul*

### About Hoshi Wellness Spa

Hoshi Wellness Spa is a place dedicated for relaxation and rejuvenation of the body and mind. Our vision is to provide a holistic experience with well trained, friendly and professional therapists in a serene and hygienic environment. The products that we use are organic and handcrafted locally for our spa. A treatment at Hoshi Wellness Spa is certain to free you from physical and mental stress and leaves you feeling light and refreshed.












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### The benefits of massage

-  Brings balance and harmony in the body and mind.
-  Heals stress, anxiety, depression, and insomnia.
-  Helps in reducing cellulite and excess fat.
-  Stimulates blood circulation and reduces joint stiffness.
-  Clears the sinuses and strengthens the nervous system.
-  Cleans the layers of dead skin.
-  Increases the flow of fluid throughout the body, which removes toxins.
-  Boosts immunity.
-  Can increase the count of white blood cells, which are vital for fighting against diseases.

# Spa Menu

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### SWEDISH MASSAGE

60/90 MIN | Rs. 3500/5000

This massage is the manipulation of the superficial layer of muscles against the bone. It relaxes the body, increases the blood circulation, and removes metabolic leftover.



### AROMATHERAPY

60/90 MIN | Rs. 3500/5000

This fusion of eastern and western massage helps to restore your body's natural balance. It incorporates neuromuscular techniques on the pressure points with specially blended essential oils.



### BALINESE MASSAGE

60/90 MIN | Rs. 3500/5000

This massage technique includes relaxing gentle strokes along with vigorous stimulation of pressure points. The therapist begins with legs and then proceeds to back, arms and reaches to the head. They use a combination of different techniques such as gentle stretches, kneading and stroking, skin rolling, and pressure point stimulation to increase the blood flow, lymph and energy.



### DEEP TISSUE MASSAGE,

60/90 MIN | Rs. 3500/5000

Deep tissue massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue. It may also promote faster healing by increasing blood flow and reducing inflammation.



# Luxury Therapy

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### AROMATIC CANDLE THERAPY

60/90 MIN | Rs. 5000/6500

Stimulate your senses using our aromatic candles. when lit, melts into a warm rich aroma oil and natural butter is slathered all over the skin melts your tensions away leaving you with a nourished skin



### SPEARMINT OIL THERAPY

60/90 MIN | Rs. 5000/6500

Spearmint oil is said to grant considerable relief from headache, nausea, nervous conditions, flu, fever, congestion, cough, migraines and breathing problems. It uplifts your spirits, grants a cooling effect on your body & brain.



### CHOCOLATE THERAPY

60/90 MIN | Rs. 5000/6500

A mood changer, Euphoric. Making chocolate as a main ingredient in this specially formulated oil, has great calming effect, a great antioxidant prevents chronic fatigue. It is anti-ageing and anti-cellulite, a guilt free indulgence.



### RED WINE THERAPY

60/90 MIN | Rs. 5500/6500

Red wine contains polyphenols that help transform a dull complexion and give you the glow you've always wanted. Red wine may also help you sleep better, due to the presence of melatonin, the hormone which regulates our sleep cycles.

# Express Massage

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## HEAD MASSAGE

30 MIN | RS. 2500

Head massage energizes and revitalizes through unique neck and scalp therapy involving an application of traditional herbal oil.



## BACK MASSAGE

30 MIN | RS. 2500

Back massage uses a variety of muscle release techniques and is recommended for those with knotted and painful back.



## FOOT MASSAGE

30 MIN | RS. 2500

Massage treatment performed on the soles of your feet to create a profoundly relaxing experience.

## Body Treatment



### COFFEE AND SUGAR SCRUB

**30 MIN | RS. 2500**

A treatment that gives soft and smooth skin, with the fresh aroma of coffee and sugar. The product exfoliates and creates a special glow.



### COCONUT AND HONEY SCRUB

**30 MIN | RS. 2500**

A gentle and natural moisturizing scrub made of pure coconut and honey. This blend removes dead skin cells to give way to soft, smooth and enriched skin.



### COCOA BUTTER SCRUB AND WRAP

**90 MIN | RS. 5500**

The cocoa butter wrap is rich with essential vitamins, antioxidants and anti-inflammatory agents. The butter is spread on the body with light massage motions. The skin regains lost moisture and becomes visibly hydrated in this comforting wrap.

# Signature Therapy

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## SUKI DESU (COMBINATION THERAPY)

A Massage & a scrub of your choice

90/120 MIN | RS. 5000/8000



## TWIN BODY WORK

Pamper yourself with a supreme relaxed and pleasurable massage made by two therapists simultaneously. Apart from the deep physical relaxation effect provided by the 4 hands that massage at the same pace, this massage provides a unique mental relaxation. With both hemispheres of the body massaged intensely by two therapists simultaneously, massage is performed with a stronger or softer pressure, complemented by essential oils. Accompanied by the sound of soft music, you will have a complete sensory experience that will lead to a true state of well-being.

60/90 MIN | RS. 6500/9500



## COUPLE SPA

60/90 MIN | RS. 6500/9500



## REFELOXOLOGY

Refeloxology is the practice of applying pressure to the feet utilizing specific thumb, finger and hand techniques based on a system of zones and reflex areas.

60 MIN | RS. 3500













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## DOS AND DON'TS BEFORE AND AFTER YOUR MASSAGE

-  It is best to arrive 15 minutes before your treatment.
-  Don't eat a heavy meal before your treatment. It could make you feel uncomfortable during the session.
-  Don't work out just before your treatment. This will create tension in your muscles and it will be harder for the therapist to get the muscles to respond to the treatment.
-  Keep your mobile on silent mode or switch it off.
-  If you are a smoker, make sure that you don't smoke for at least an hour before and after the massage session.
-  Drink plenty of water. Massage sets your lymph in motion and water helps in detoxification.
-  Communicate with your therapist before, during and after your massage. Let the therapist know why you want a massage and if you need special attention to certain areas. Feel free to ask them to increase or reduce the pressure applied if you feel any discomfort. Share your feedback with them or the spa manager after the session.
-  Do not eat right after the massage, unless your blood sugar has dropped drastically.
-  Massage lowers the blood sugar level. If you are insulin dependent, make sure to keep your blood sugar under control.
-  If you have an aromatherapy massage, it is ideal for the essential oils to stay on your body for as long as possible. Don't take a shower right after the massage.



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