ALMOND WELLNESS SPA

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ATTIPRA, KAZHAKUTTOM
(OPPOSITE TECHNO PARK)
THIRUVANANTHAPURAM
KERALA, PIN-695582

almondspawellness.com
+91-7994489941
+91-9746246764
almond@almondspawellness.com

Leave the world behind once in a while.

Escape and indulge yourself in exquisite wellness treatments.

You will discover an inner harmony and peace of mind that unfolds with every breath. Our spa experiences are a beautiful blend of traditional Indian wellness wisdom and 100% natural products, offered by trained experts in harmonious settings.

Pamper yourself at

ALMOND
Wellness SPA

Wellbeing is not to be found just in our spa as a physical place, instead it becomes the value proposition of our entire Centre.
Holiday becomes a new lifestyle; through every moment you experience. After becoming part of the therapy rooms.



Scents free the mind, melodies inspire the spirit and massage nourishes the soul. Everything else falls away and all that is left is you.

In the luxury of Almond

Renew, support and soothe your skin

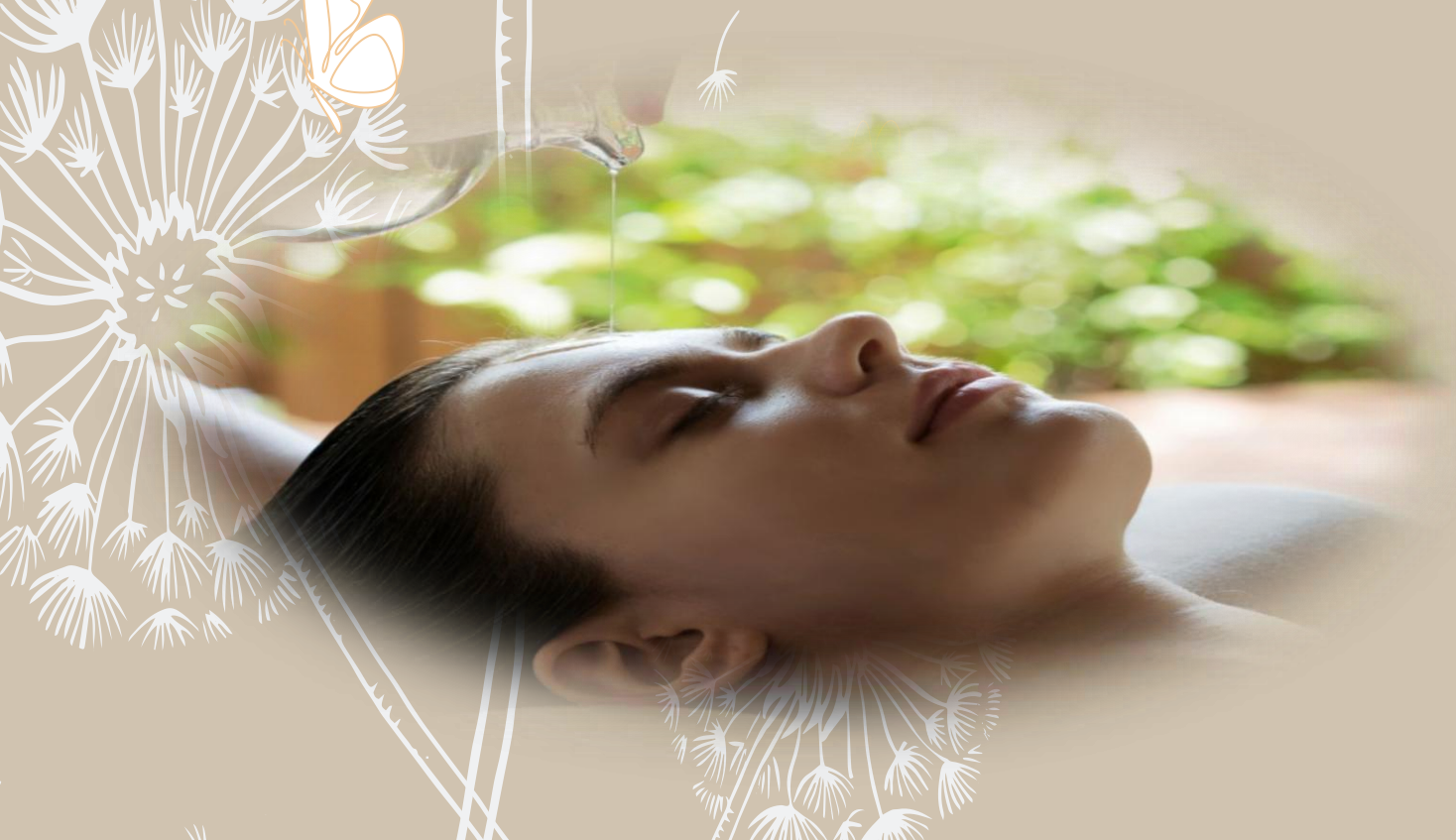
with a variety of exfoliating body polishers and nourishing wraps.

The products are derived from natural ingredients like Indian herbs,

honey and fresh fruits. Body polishers can be taken as an independent treatment.

However, we recommend them before a body massage

for better absorption of the massage oils.

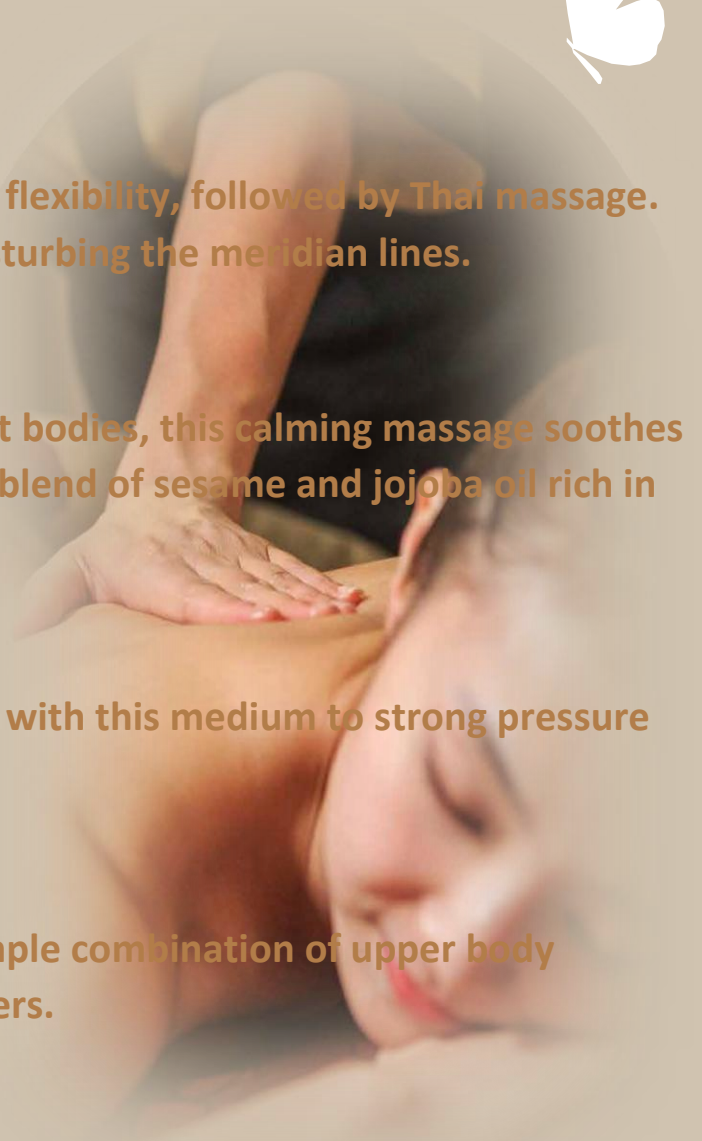


BODY MASSAGES 60-MINUTE TREATMENT

60-MINUTE TREAT

JAVANESE

Adapted from ancient Balinese technique of tissue massage. Relieves body tension & provide better sleep patterns. Harmony massage harmonises the mind.



THAI

Unwind to a delicate stretching of your flexibility, followed by Thai massage. The palming and thumbing, without disturbing the meridian lines.

DREAMS

Specially created for tired and worn-out bodies, this calming massage soothes tense muscles using warm Clarity oil, a blend of sesame and jojoba oil rich in Vitamin Quick Fix

BACK ENERGY

Iron out aches and tensions in the back with this medium to strong pressure massage.

HEAD & SHOULDERS

Banish fatigue with this deceptively simple combination of upper body massages focusing on head and shoulders.

FOOT LOOSE

Step out with happier feet after an energising leg and foot massage.

BEN'ESSERE MASSAGE

Based on ancient techniques from Asia, this well-being massage rebalances the person by focusing on the head and lower limbs that support the body, promoting deep calm and overall relaxation. The feeling of lightness and inner peace will accompany you for a long time after this sensorial experience

DEEP TISSUE MASSAGE

This deep DE contracting massage technique acts on the main muscle chains, focusing especially on the tightest parts of the body, such as the back, shoulders and neck.

SPORT MASSAGE

Massage for active people with fatigue and muscle tiredness. It is performed with reactivating techniques in combination with deep manual skills to give new energy to the body.

LIGNUM NATURAL EXPERIENCE MASSAGE

The natural fragrance of organic essential oils and the regenerating power of polished woods reduce stress and promote a harmonious connection between mind and body. The elements of nature in this ritual massage bring us back to the rhythms of our essence.

DRAINING MASSAGE

Oil massage that acts on the lymphatic system through pumping and touching, helping the lymph flow harmoniously throughout the body.
A blend of essential oils will act on the tissues to give a feeling of wellbeing and long-lasting lightness.

ASTORIA RELAXATION MASSAGE

Our signature relaxing massage with warm almond oil will make you experience intense moments of wellbeing, relaxing muscle tension thanks to slow and relaxing manual movements.

MUM TO BE MASSAGE EXPERIENCE

A treat for future mothers. Therapist and client will decide together which areas of the body are to be treated, in accordance to needs and requirements, with suitable specific products.

GUA-SHA FACE AND NECK MASSAGE

Ancient massage ritual from China, with a stone that reshapes and lifts facial features, giving immediate brightness and relieving tension in the muscles of the face and neck.

SPECIFIC ASTORIA MASSAGE

Personalized massages that act specifically on the body's needs to restore balance and replenish energy. Specific areas are treated according to the needs identified in agreement with the therapist.

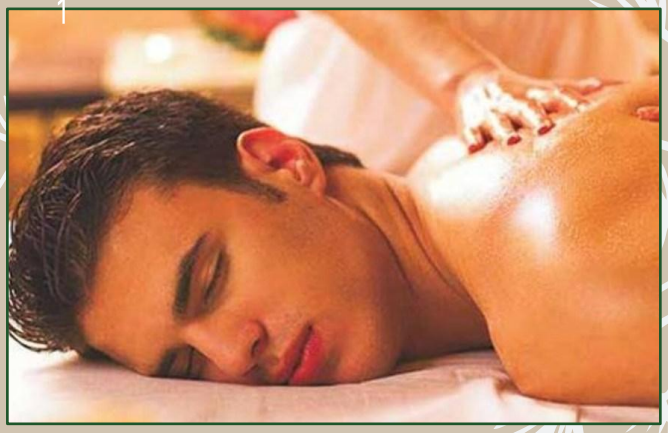
COCOON MASSAGE

A full body massage with relaxing manual techniques and the warm aromatic notes of organic vegetable butter, to deeply release muscle tension, giving a sense of lightness and wellbeing to mind and body.



Welcome to the World of Premium Touch





ABHYANGAM 2000/-

This relaxing treatment provides quick relief from daily stress and promotes overall well- being using traditional keralian oil with keralian techniques.

REJUVENATION 2000/-

Comprises of abhyangam and medicated steam bath. This program rejuvenates body tissues, promotes health and prevents ageing process . Relaxes the muscles and useful in eliminating fatigue, improves tolerance to physical and mental strain.





SHIRO ABHYANGAM 1000/-

Shiro Abhyanga is a Sanskrit term comp rised of two words: Shiro (head) and Abhyanga (massage). Shiro Abhyanga essentially means a complete massage of the head, neck, and shoulders using Ayurvedic herbal oils.

POTLI MASSAGE 3000/-

A therapy comprising of Abhyangas followed by Potli massage. This massage is specialty of Kerala. This unique kerala style massage is excellent for removing body aches



SWETANAM 1000/-



A herbal steam bath(known as Bashpa Swedana) involves sweating caused by steam. Such a steam bath can help, remove toxins from the body. It is a part of the cleansing therapy done after a massage. A steam bath in Ayurveda involves the use of a steam chamber. Herbs put in the water from where herbal steam is generated in the form of an oil to help remove toxi

NASYAM 2000/-

Ayurveda considers nostril to be the door way to the brain. Nasyam (Errhine Therapy) is a very powerful rejuvenative Panchakarma therapy tha t involves administrating of medicated herbal oils through the nose.





UDWARHANAM 3000/-

Udwarthanam is an invigorating full body massage done in a upward stroke using herbal powder This therapy is mainly recommended for weight loss and also for figure toning.

PADA PRAKSHALAN 1000/-

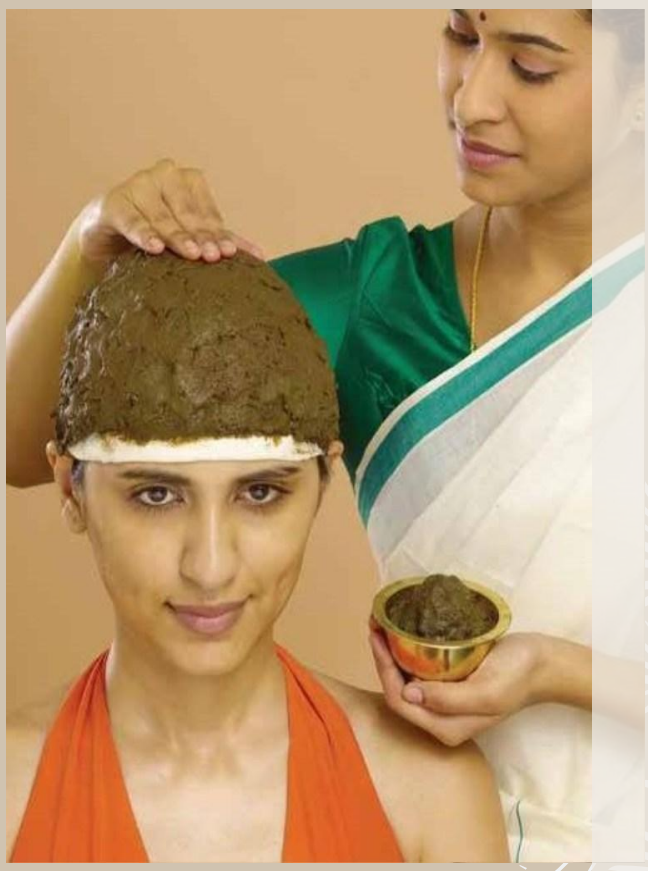
Pada prakshalan can be loosely translate as foot massage or foot therapy.This therapy holds a special place of importance in ayurveda because our feet connect with our body with the earth , foot care is holistic and involves massaging the pressure points with herbal and medicinal oil .



NAVARA KIZHI 4000/-

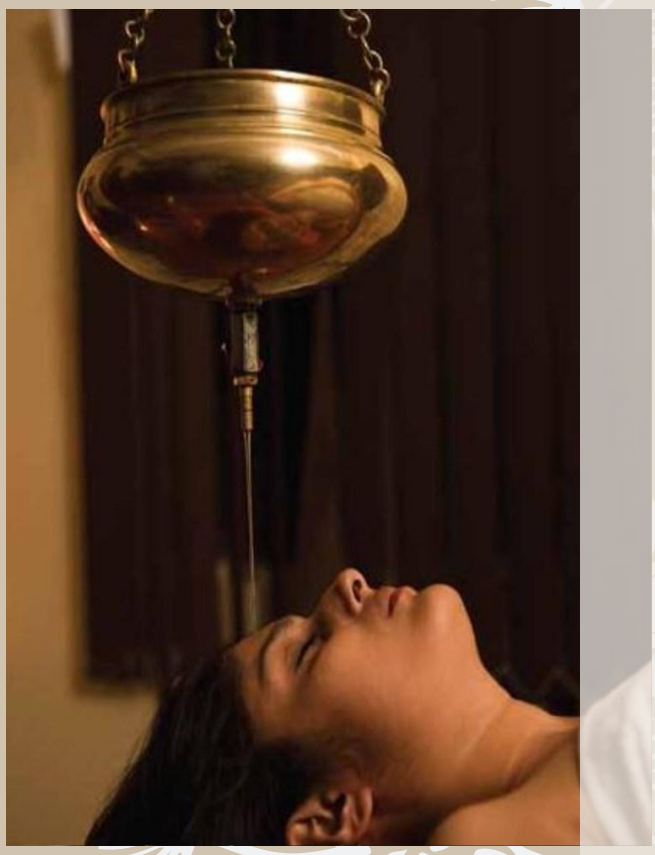
It is the most rejuvenating treatment in which the whole-body massage is given with bolus of Navara. Navara is special variety of rice. It is cooked in medicinal decoction with milk into a pudding which is made to boluses tied up in muslin bag. This procedure is done by trained therapists for about 45 to 60minutes. Navara Kizhi works on deep tissues and improves neurological and joint functions. Navara Therapy Application of the same as a paste all over the body is a variation of this treatment and has cosmetic effect on the skin to improve the luster and complex.





THALLOPODICHIL 3000/-

Thallopodichil is a special procedure of application of medicated paste on the head. Thallopodiichil is from Malayalam where thala refers to head and podichill is covering. It is the traditional Ayurveda treatment of Kerala which is very effective in various psychosomatic disor-ders. A gentle oil massage is given to head with specific medicated oil. An herbal paste is freshly prepared with the help of curd and herbs as per the scalp condition of the person. The paste is applied over the scalp. After half an hour we wash it with lukewarm water and mild herbal shampoo

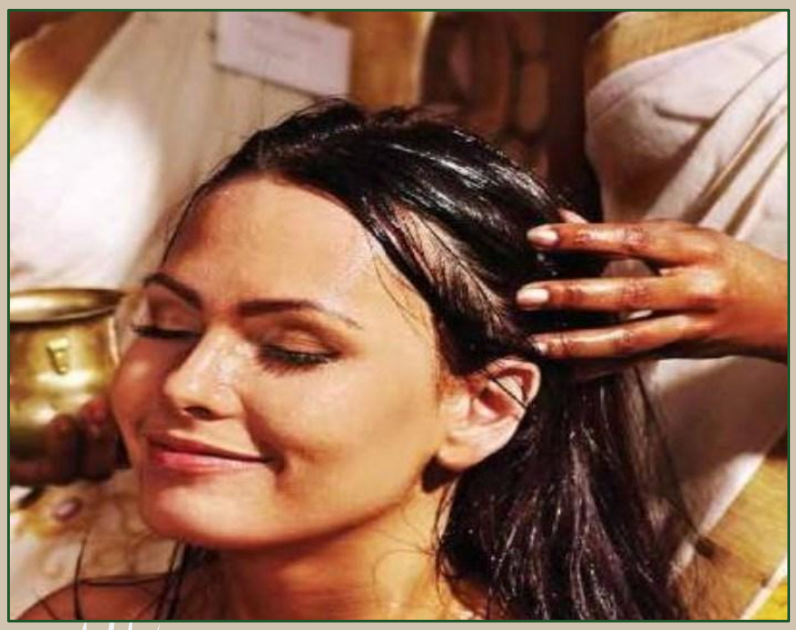


BODY MIND AND SOUL 5000/-

A very special wisdom of Ayurveda, comprising of Abhyagam (Herbal Oil massage), Herbal Steam& Shirodhara (where herbal oil is poured on your forehead slowly in a continuous and oscillating stream. This therapy is very effective for reducing stress, anxiety, hypertension, mitigates fatigue, induces sleep.

HERBAL HAIRSPA 2000/-

It is an ayurvedic process to improve hair texture done with
help of herbal paste to make hair frizz free and nourish the root and revitalize the scalp.



NAVARA FACIAL 2000/-

It is a signature Ayurvedic Facial by using Navara Rice, which is grown in Kerala & enriched with vitamins & antioxidants. Excellent for removal of tan & gives baby glow to the skin.



FRUIT FACIAL 2000/-

Fruit facial is done by fresh fruits depending upon skin type. It reduces pigmentation and gives glow and tightens the skin.



SENSORY BLISS 5000/-

This rejuvenation therapy is an exotic experience comprising of Abhyanga m (medicated oil massage), medicated steam bath and shirodhara and different authentic ayurvedic techniques to rejuvenate our five sense organs viz. Eyes, ears, nose, tongue and skin. A must for the ones who believe in healthy living.





SAUNDARYA VARDHINI 4000/-

Unique beauty therapy developed to transform you to the most beautiful one. This perfect blend of ayurvedic therapies help in skin toning, removal of dead skin, reducing tanning, improving complexion, giving soft and silky hair, softening of hand and feet, ultimately resulting i n rejuvenation and revitalization of entire body, A marvel from Ayurveda and ancient wisdom for modern life.



BODY POLISHING 3000/-

Authentic body polishing therapy consisting of scrubbing, application of herbal pack followed by herbal steam which exfoliates provides nutrition to the skin. Glow clearly noticeable after the process.



DETOXIFICATION (7 days 20000/-)

Accumulation of toxins in our bodies from air pollution, pesticides from food, exhaust fumes from vehicles and from various other sources causes immense harm to our body. Hence these toxins need to be removed from our bodies from time to time. We at AYURYOGA cleanse the body from these harmful toxins by Panchakarma therapies. This leads to better functioning of the organs, better secretion of hormones, better sleep, better appetite, increased immunity, etc.





ROSE MILK POLISHING 5000/-

Rose milk polishing" typically refers to a skincare treatment or regimen that involves cleansing, exfoliation, body massage and pack application using products containing rose extract with milk and ayurvedic herbs. It gives blemish free smooth, supple, and hydrated skin with immense glow.”



PIZICHIL 5000/-

"Pizhichil" is an Ayurvedic treatment. It involves applying of warm medicated ayurvedic oil over the whole body followed with a gentle nourishing and rejuvenating massage. It improves blood circulation and immunity.

It is very effective in the treatment of many ailments like muscle cramps, rheumatic diseases, arthritis, neurological disorder, and blood pressure etc.

18% GST applicable

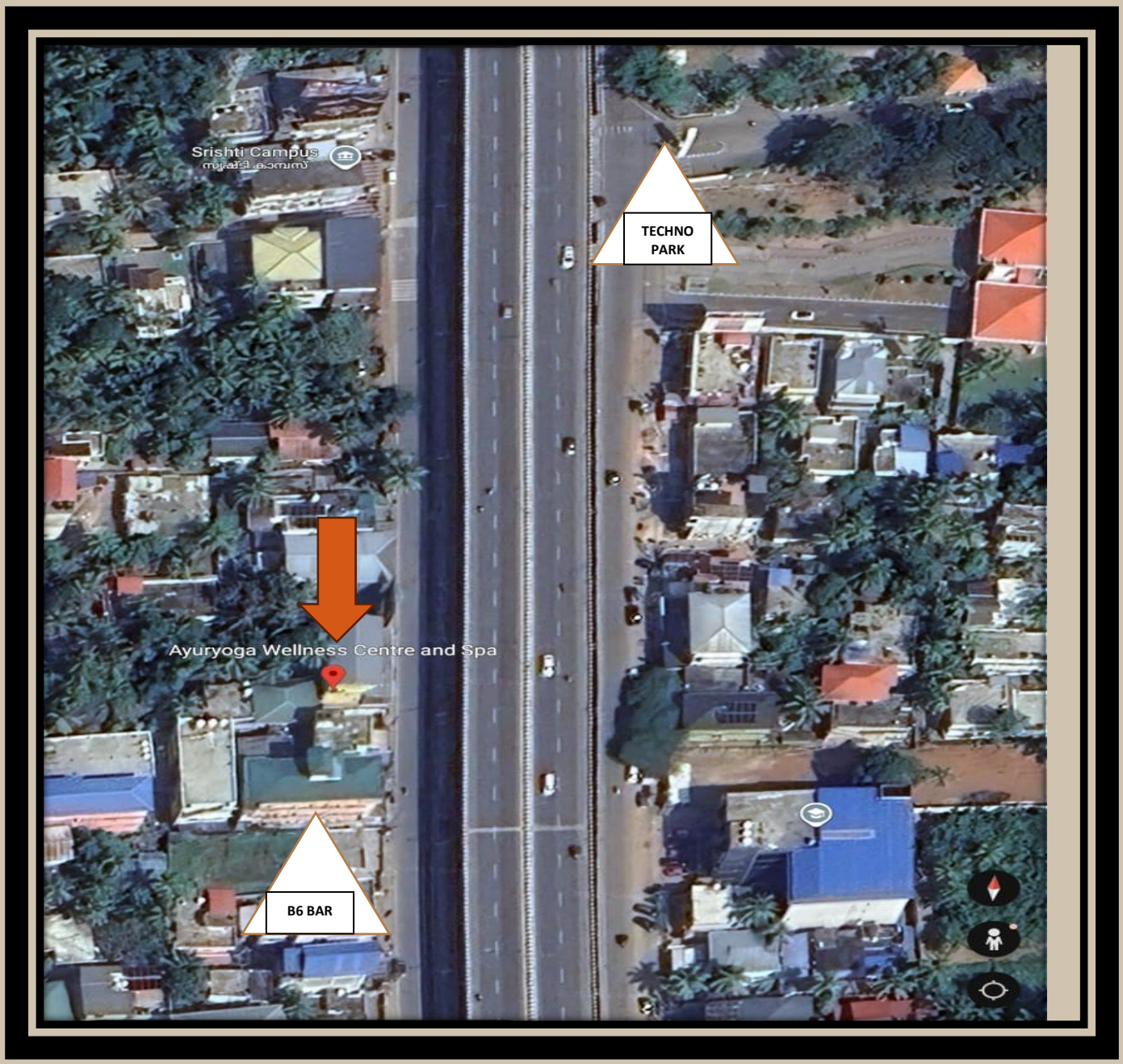
ABOUT US

A PERFECT RETREAT: **Welcome to Almond Wellness Centre and Spa** where all our treatments utilize Premium Skin Care Products. Spoil yourself with our complete range of personalized spa treatments, from our Signature Custom deep tissue massage to a majestic foot massage. Our range of treatments are suitable for both male and female clients and can be adapted to suit your specific requirements.
Be sure to relax before or after your treatment in our pleasant atmosphere.

OUR TEAM: Our team of Renowned Ayurvedic Doctors, licensed spa therapists and support staffs are dedicated to helping you to achieve your wellness and beauty goals. Every Ayurvedic and spa services are performed with personal attention and your well-being in mind.



WE ARE HERE



THANK YOU