



HOTEL LAKEND

हरशौरव



YOUR SANCTUARY FOR THE SENSES

Choose from an indulgent array of massages,
and surrender to the intuitive touch of our professionally

trained therapists. Choose from Touch of Love or
Touch of Peace massage oil to complement your state of

mind and achieve desired effects.

Sit back and relax as our therapist welcomes you with a soothing Foot Bath.

Leave the cares of the world

behind as you enjoy an herbal drink and refreshments.

Enjoy the difference at Ekaika Spa

EKAIKA TRADITIONAL MESSAGES :

DEEP TISSUE MASSAGE

The strong pressure treatment massage is performed using elbows and forearms to massage warm oil into the body. This relaxes and relieves aching and tired muscles.

Benefits : Unwinds overworked muscle, trigger points release chronic pain.

Duration : 60 Minutes or 90 Minutes:

Price: Rs. 3400 / 4600

**excludes GST and service charge*

AROMA THERAPY

Be pampered by this soft to medium massage where soothing, long strokes and thumb pressure are applied in tandem to relax the body. Ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly.

Essential oils are quickly absorbed through the skin, traveling around individual cells and into hair follicles, where the oils enter the sebaceous glands and mingle with the skin's natural emollients. The organic properties of the oils can be cleansing, deodorizing, toning and balancing.

Duration : 60 Minutes or 90 Minutes:

Price: Rs.3400 / 4600

**excludes GST and service charge*



HOT STONE THERAPEUTIC MASSAGE

A deep, relaxing and healing treatment, works on vital energy points; maintains equilibrium and inner harmony. Warm moisturizing and therapeutic oils with basalt stones are used to work on the muscular tissues, providing greater ability to eliminate toxins from the body and enhance circulation.

Benefits : Basalt stones have therapeutic benefits because of high content of Iron which can oxidize the red blood cells and magnesium can increase the level of energy.

Application of warm stones promotes better circulation of blood and calms the nervous system.

Duration : 60 Minutes or 90 Minutes:

Price: Rs.3600 / 4800

**excludes GST and service charge*

BALINESE MASSAGE

As the word denotes, this technique of massage is brought from the healing land of Bali. An excellent

nerve-calming therapy, the treatment incorporates all the seven techniques of body massage. You may have a choice of aroma oils to suit the needs of your body as recommended by our therapist.

Benefits : Focuses on bringing deep relaxation, unblocking energy pathways. This therapy involves the use of gentle long strokes, reflexology, aromatherapy and acupressure as a total package for treating and calming the body.

Duration : 60 Minutes or 90 Minutes:

Price: Rs.3400 / 4600

**excludes GST and service charge*



SHIATSU MASSAGE

A combination of deep tissue, acupressure and stretches, Shiatsu is an awakening therapy. An excellent treatment, remedying aches and pains followed by a choice of herbal tea recommend by our therapist. A deep tissue massage in combination with Swedish and long effleurage strokes along with various stretch movements, focuses on key acupressure points. Shiatsu at Ekaika spas is a perfect fusion massage.

Benefits : This treatment enhances renewal, relaxation and revitalization.

Duration : 60 minutes or 90 minutes:

Price: Rs. 3400 / 4600

**excludes GST and service charge*

Helps relieve blockages at the acupressure points.

SWEDISH MASSAGE

Long effleurage movements, calms and de-stresses the whole body leaving you relaxed and rejuvenated. A basic massage with several muscle maneuvering techniques are used with use of olive oil to nourish your skin.

Benefits : promotes better circulation, Relaxes and calms your mind

Duration : 60 Minutes or 90 Minutes :

Price: Rs.3400 / 4600

**excludes GST and service charge*



EKAIKA MINI'S :

A SCALP AND DECOLLATE MASSAGE

An oriental head massage will clear mind and ease facial tension, relieving stiff Head, Neck and Shoulder areas. A welcome relief from persistent and chronic stress, this thirty minutes of sheer rebalance and relaxation can be experienced as a session on its own, or added on to another scheduled treatment.

Duration : 30 Minutes:

Price: Rs. 1400

**excludes GST and service charge*

FOOT REFLEXOLOGY

Foot reflexology is a vigorous pressure point massage relieving feet and legs from calf down. A true foot energizer, this ritual is a luxury to experience. This ancient Chinese therapy, involves expert stimulation of reflex points in the feet that correlate to individual body organs. Activating these reflexes help to stimulate particular body organs to relieve areas of congestion. This technique reduces pain, increases relaxation, and encourages circulation of blood flow to rebalance and renew.

Duration : 30 Minutes:

Price: Rs. 1200

**excludes service taxes and service charge*

Ekaika Back Massage:

Price: Rs. 1500

**excludes GST and service charge*

Aroma Back Massage. Duration : 30 Minutes.

Deep Tissue Back Massage. Duration : 30 Minutes

Hot Stone Back Massage. Duration : 30 Minutes



SIGNATURE TREATMENTS:

ENLIGHTEN

True to the word "enlighten", this body scrub brings light to your skin and enhances a natural glow and moisture, with natural ingredients. Our creams are incorporated with a blend of green herbs and oils, providing much needed nutrition for the skin to be healthy.

Duration : 60 Minutes:

Price : Rs.4800

**excludes GST and service charge*

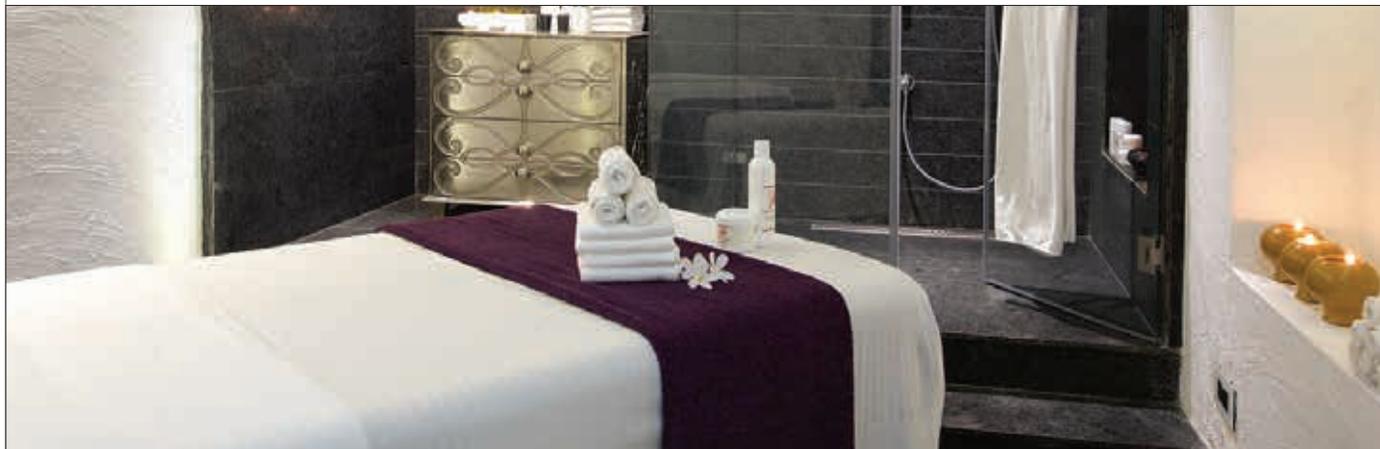
HARMONY

A combined treatment of both Shiatsu and Swedish modalities, Ekaika Harmony, includes stretches and a dry towel massage before concluding the treatment. Honey is nature's dessert for the body and one of the most ancient healing remedies. Incorporated with our unique blend of organic herbal ingredients, aromatic essences and citrus, it is a rare treat, refining, nourishing and unveiling flawless and youthful skin.

Duration: 90 Minutes:

Price : Rs.4800

**excludes GST and service charge*



ALMOND BLEND

Soothing & relaxing aromatherapy massage followed by a scrub using organically grown California almonds is the popular Almond Blend. An exquisite harmony of pampering and healing is the hallmark of this treatment . While nourishing the skin, this lavish indulgence unwinds your body clock to help find your body's natural rhythm. This healing treatment helps return the body to its balanced alkaline state where disease cannot flourish and your sense of well-being is increased. Experience two hours of targeted attention.

Duration : 90 Minutes:

Price: Rs. 5300

**excludes GST and service charge*

GOLDEN GLOW

This treatment commences with a dry brush polish followed by extremely hydrating and calming oils and a thaishi massage exclusive only at SVA spa.

Then the magic of expert hands unleash with a herbal wrap created in accordance with skin science

customized only for you !-

Duration : 120 Minutes:

Price: Rs.6000

**excludes GST and service charge*



BODY WRAP

Organic herbs and essential oils envelop your body followed by an exfoliating scrub, this ensues that after the scrub is the most exhilarating restoration of vigor, appearance and the Ultimate relaxation, a massage with multiple techniques of muscle manipulation. The essence of organic herbs and oils penetrate into the skin there upon reflecting a healthy and glistening nutritional skin.

Duration: 45Minutes:

Price: Rs. 3000

**excludes GST and service charge*

ILLUME TREATMENT

The Treatment

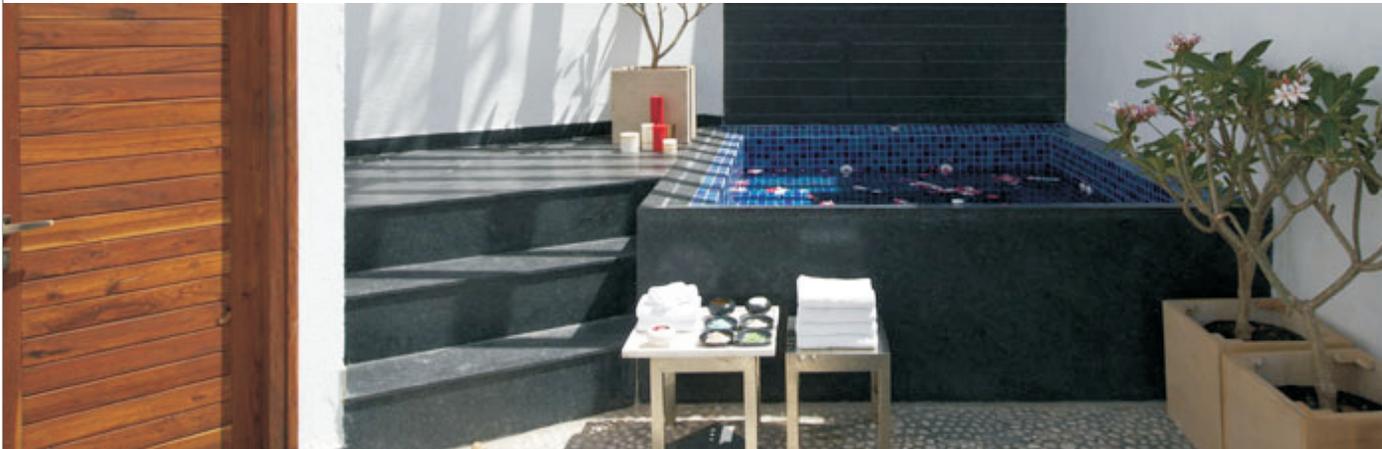
Renew your skin with specialized ingredients that reduces hyperpigmentation, which contributes to the appearance of aging. A exfoliation offers intensive natural resurfacing, the serum brightens and diminishes sun damage, and vitamin C anti-radical treatment results in skin that is visibly more luminous, smoother and instantly refreshed.

When performed in a series, this facial will diminish dark spots to combat uneven skin tone.

Duration: 60 Minutes:

Price: Rs. 3500

**excludes GST and service charge*



YOUTH REVIVE TREATMENT

Multi-peptides and rich hydrating complexes work behind the scenes to plump and diminish signs of aging. Deep pore cleansing with our organic stuff exfoliate, resurfaces the skin, concentrated collagen tightens and firms and a cooling masque promotes circulation, increasing elasticity and reducing fine lines.

Application of our actives and the penetration of these ingredients with our exclusive carrier system locks in the all that "goodness" revealing lustrous skin, primed for any occasion. The luxury continues as hands and arms are gently exfoliated and hydrated with our hydrating and cooling moisturizer. When performed in a series, this skincare treatment will minimize fine lines simultaneously combating uneven skin tone

Duration: 90 Minutes.

Price: Rs. 5800

**excludes GST and service charge*

QUENCER

A fine tuning facial, the Quencher is a quick fix for people on the go or as we call it a maintenance facial.

A deep, gentle cleansing and mild exfoliation initiates the process. Skin is indulged with formulations blended with vitamins, antioxidants, plant-driven proteins and botanicals that firm, tone, neutralize and soothe the skin. An opulent masque of botanicals, distress, soften and relax facial tension that contributes to the development of lines and wrinkles. Your skin will visibly look toned and healthy.

Duration : 60 Minutes:

Price: Rs. 4800

**excludes GST and service charge*

** Service charge is discretionary / voluntary*





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