



'Bodhi' is a Sanskrit word which, translated to English, means awakening, enlightenment or self realization. This is the primary goal of all of our treatments and therapies at de-stresses your body, rehabilitates your mind and aids in your soul relief. We adopt a holistic approach to wellness of the body and spirit which makes our signature therapies an exhilarating experience.

Our naturopathy doctors and therapists are trained to assess you on physiological and psychological levels to understand and customize your therapy for long term benefits. Our approach to all therapies is based on engaging the five senses sight, sound, touch, taste and smell to achieve the 6th sense - Peace, which is our ultimate goal and help you on your journey to the your 7th sense - 'Bodhi'!

All products used are hand-picked from popular and luxury product lines, and we have paid special attention to ensure all products are environment friendly.

Most of the apparel in the spa is made from organic cotton and is treated with herbs during the yarn stage. Specially formulated essential oils are diffused for a therapeutic aroma, while special herbal tea and spa cuisine is on offer during certain therapies.



Choose your Spa therapy in simple steps

Decide the purpose of your visit to the Spa



DE-STRESS

Relax your body

Recharge your mind

Boost energy
Calm your restless mind



GENERAL WELL BEING

Detoxify your body

Boost immunity

Feel good



BEAUTY

Reverse signs of ageing

Make your skin look good

Look good

Be specific about the benefit you are looking for:



BODHI SIGNATURES

MANDARA

The name Mandara comes from Sanskrit legend about the Gods quest to find the elixir of immortality. Today it is a Bodhi signature therapy which uses a combination of traditional eastern and classical western deep tissue strokes to rejuvenate and awaken mind and body, and revive the spirit. This therapy is the modern day solution to eternal youth.

De-stress Duration: 60 / 90 mins

₹3500/4500

MUKTI

An ancient belief says Mukti is the ultimate liberation and the height of happiness. This Signature therapy will begin with a four hands with harmonious techniques of pressure and stroke. The balanced combination of weight and rhythm applied to both sides at the same time makes for superior relaxation which helps relieve fatigue and induces natural sleep to take one into a state of near Nirvana

De-stress Duration: 60 mins

₹5000



MAYA

A very ancient, rejuvenating & magical therapy where the whole body is awakened by aroma oils .Hot lava stones are applied on 'chakras ' to cleanse the energy blocks and increase the circulation and lymph flow to create deep healing

De-stress Duration: 90 mins

4500

MAHANARAYANA

One of the Six Original 'grantha' therapies passed down through generations by word of mouth. It assists in treatment of long standing muscular-skeletal problems using the Mahanaraya Thaila followed by a dry protein body scrub.

De-stress Duration: 90 mins

4500

MADRAS MALLI

An invigorating body therapy to overcome lethargy and dull feeling, this body therapy involves a signature Madras body scrub and a light jasmine essential oil massage ending with madras body masque

De-stress Duration: 120 mins

5500





MESMERISING MASSAGES

RENEWING

Enjoy a signature facial and Swedish therapy with hot towels. Finish with a luxurious herbal steam and shower.

De-stress Duration: 90 mins

₹5000

REJUVENATE

A perfect Swedish therapy for sore muscles after a workout. This therapy uses a revitalizing Vitamin cream for the massage. Our therapist will customize the deep tissues strokes to remedy any aches and pains and t enhances ultimate relaxation and rejuvenation

De-stress Duration: 60 / 90 mins

₹3250/4250

REVIVE

A reviving therapy using massage balm to stimulate the eastern classical acupressure points of the neck and shoulder regions to relieve tensions and revive the spirit

De-stress Duration: 45 mins

₹2500

RELAX

Indian Head Relaxation therapy is a holistic treatment with warm oil. A scalp therapy relaxes your mind and nervous system, promotes sound sleep may help memory too. It releases stress nourishes the hair and reverses premature hair fall.

De-stress Duration: 30 mins

₹1500

ROYAL REFLEXOLOGY

This combines both the worlds of reflexology and ayurveda to bring a sense of contentment and relaxation

De-stress Duration: 30 mins

₹1500





INDIAN TRADITIONAL THERAPY

ANANDAM

Abhyangam with Pizhichal.

The ancient wisdom that lay in the sacred scrolls of ayurvedic practitioners recommends 'SARVANGA ABHYANGAM WITH PIZHICHAL' treatments to allow the body to reach a peak state of wellness unlike any. This treatment delays ageing and improves skin texture and colour. In addition, it reduces pain and fatigue, revitalises the body, and is effective in treating skeletal and muscular conditions like cervical spondylosis, osteoarthritis lumbago, sciatica and neuropathy.

De-stress Duration: 75 mins

₹5000



ANUPAMAM

Abhyangam with Dhara.

When abhyangam is combined with shirodhara, it results in a state of deep relaxation and inner peace. It helps relieve the body and mind. It enhances life and slows down the ageing process.

De-stress Duration: 75 mins

₹5000

AISWARYAM



Abhyangam with Njavara Kizhi.

Njavara Kizhi is a deep invigorating massage with bolus of cooked rice Black or red Njavara, is a particular kind of rice known for its nutritional and therapeutic value. Njavara has antioxidants, anti-inflammatory and rejuvenating effects. It is cooked with milk and herbs, and the end application helps in removing stiffness, reducing stress, boosting immunity and circulation.

De-stress Duration: 75 mins

₹5000



ASWASAM

Therapy and Herbal Compress.

It is An Ultimate relaxation therapy that calms and relaxes the entire body through gentle manipulations with warmed herbal oil and hot herbal compress

De-stress Duration: 90 mins

₹5000

ABHYANGA



Tridosha wellness Abhyanga.

Ideal as an introduction to Ayurvedic therapy, this therapy recommended for all dosha type, to achieve a sense of complete wellness.

De-stress Duration: 60 mins

₹3500





Face therapy

MARRAKESH GOLD

Antioxidant & Brightening

Rejuvenate your dry skin with some Mediterranean magic. This magnificent facial perfected in the miraculous streets of Marrakesh is excellent for revitalizing dull, dehydrated skin. This treatment consisting of potent Moroccan pure gold argan oil, vitamin c & Hyaluronic acid, is a great way to revamp, hydrate and brighten the skin giving it a desert glow.

De-stress Duration: 60 mins

₹3500

DANCE OF ICE

Get ready to stun everyone with your flawless, camera-ready and completely cared for skin with this Ice infusion facial. Performed in a tried and tested sequence of Wheat Germ, Korean CICA, Vitamin C, Glutathione & Noni Fruit Encapsulated Products, this cold treatment is perfect for an instant glow. The perfect way to get crystal clear skin bringing instant radiance and hydration to the skin.

De-stress Duration: 60 mins

₹3500

CLEOPATRA *

The Deeply veiled beauty secrets of the ever-so-eternally stunning Cleopatra have been deciphered to give your skin an intensive cleanse and a shimmering glow. The potent Dead Sea facial used in this treatment contains 70 rich minerals that possess the power to heal, hydrate, detoxify skin and remove dead skin cells, leaving you with a radiance reminiscent of an ancient beauty lost in time.

De-stress Duration: 60 mins

₹3000

* RAINFOREST PURITY

A rare synergy of powerful cleansing compounds like lotus milk and wheat germ face cream, pomegranate and mint face tonic and well known properties of the mud from the Bastar Rainforest that helps restore a feeling of freshness and natural balance in the skin

De-stress Duration: 60 mins

₹2750



OUR RECOMMENDATIONS

- Schedule your therapies 24 hours in advance in order to ensure availability.
- Hours of operation: Spa Hours: 7 am - 9 pm.
- To fully enjoy the peaceful and tranquil environment of the spa, cellular phones and any other noisy electronic devices are discouraged.
- We recommend the relaxing effect of a steam and shower before your treatment.
- For your convenience, we suggest you arrive at the spa 20 minutes prior to your therapy in order to change, get into a stress free mood and prepare yourself for an enjoyable experience. You may however choose to come to the spa already wearing the robe provided in your room.
- Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests. We regret that late arrivals will not receive extension of scheduled appointments.
- Guests who reschedule their spa appointments with less than four hours notice, or who do not keep their spa appointment, will be charged for the treatment.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their treatment.
- Relaxation is essential to the treatment process. It is advisable to schedule your treatment at a time when you will be able to relax for at least one hour after the treatment.
- Please note that the Bodhi Spa is a No Smoking area.
- Guests with high blood pressure, heart condition, or other medical complications should consult their doctor before making an appointment for spa treatments.
- Ladies who are pregnant should consult their doctor before making an appointment for spa treatments.
- Please specify if you have a gender preference of the therapist. All therapies will be booked with the first available therapist unless indicated otherwise.

All prices are exclusive of applicable tax



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