

turyaa
CHENNAI

WHERE LIFE HAPPENS

MENU BOOK

Aayu Spa

Relax, Refresh, Recharge and
Rejuvenate

AAYU spa





Escape from Everyday Life

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Spa Menu

AALASYA SIGNATURE THERAPIES

CALMING - (120 MIN)

INR - 5000

This hydrating spa treatment revitalizes your body with essential minerals, soothes & detoxifies body for a healthy balanced skin. The Technique using spiral movements lets you slip into a sound slumber.

(Exfoliation - 30min / Soothing massage - 60min / Body Wrap - 30 min)

VITALITY - (120 MIN)

INR - 5000

This treatment is exclusively designed for deep tissue massage treatment as it is infused with essential oils of several spices that help relieve muscle aches and tension, it is a complete purifying and relaxing treatment. This sculpting massage evokes a floating sensation, allowing one self to 'let go' almost immediately.

(Exfoliation - 30min / Soothing massage - 60 / Body Wrap - 30 min)

CLARITY - (45 MIN)

INR - 1750

While regular skin cleansing is clearly beneficial, exfoliating your body on a regular basis can improve the results of your skin care routine and help rejuvenate your skin. Whether you have dry, normal, oily or sensitive skin, exfoliation can bring new life to your complexion.

(Choice of scrubs - Island Coffee and salt scrub / Sugar honey scrub)

Spa Menu

EGYPTIAN MILK BATH (30 MIN)

INR - 1750

A relaxing effervescent bath sugar that turns opalescent when added to bath water. Its soft, powdery fragrant with base notes of musk, enveloping amber and patchouli, invites you on an Egyptian voyage while marine chlorella moisturises and nourishes.

AALASYA MASSAGE THERAPIES

ANXIETY RELIEF - (60 / 90 MIN)

INR - 3000 / 4000

A stimulating treatment using firming and toning sesame oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Detoxifying techniques are used to drain toxins and stagnation out of the body, boosting circulation and the flow of energy.

PAIN RELIEF - (60 / 90 MIN)

INR - 3000 / 4000

A deep oil based treatment to ease muscle tension and reawaken your senses, performing techniques to lift connective tissue and improve blood flow to stagnant skin and muscles

IMMUNITY BOOSTER - (60 / 90 MIN)

INR - 3000 / 4000

This involves a gentle synchronized massage that is employed on the whole body using medicated oils, to increase vitality, reduced stress and relaxation with higher blood circulation, especially in the nerve endings, boosting the immune system and replenishing the body's energy.

Spa Menu

YOGI STRESS RELIEF - (60 / 90 / 120 MIN)

Traditional Thai Massage uses no oils or lotions, and the recipient remains clothed during a treatment. The body is compressed, pulled, stretched and rocked in order to clear energy blockages and relieve tension.

INR - 2800/ 3500 / 5000

HOT STONE MASSAGE - (90 MIN)

The stones are usually made of basalt, a type of volcanic rock that retains heat. Hot massage stones are heated to between 130 and 145 degrees. To ease muscle tension and pain. It helps to increase blood flow to the affected area. It may also reduce muscle spasms and increase mobility. Massage therapist perform Swedish massage techniques holding hot stones.

INR - 4000

SPORTS MASSAGE - (75 MIN)

Sports massage is a form of bodywork geared toward participants in athletics. It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries. Sports massage has three basic forms Pre-Event massage, Post-Event massage, and maintenance massage.

INR - 3500

Spa Menu

THAI FOOT REFLEXOLOGY - (30 / 60 MIN)

INR - 1200 / 2000

Thai foot reflexology is a relaxing gentle foot massage. Sensitive, trained hands detect imbalances in the body. By working on these points, tensions are eased in the whole body. Foot reflexology can bring balance when constipation is an issue and can improve blood circulation in the feet and throughout the body.

SIGNATURE MASSAGE - (60 / 90 MIN)

INR - 4000 / 5000

Reawaken the body and mind with this energizing treatment combining Thai massage techniques incorporating pressure point technique with invigorating movements to warm and relax muscles. The massages promotes harmony by relieving muscular tension and improving circulation.

COUPLE SPA - FUSION MASSAGE - (60 / 90 MIN)

INR - 5000 / 6500

Share the memory of sublime relaxation with our signature couples Wellness Fusion Massage. Designed to inspire a renewed sense of well-being while releasing stress using stretches and expert techniques to your areas of most concern. Using light to medium pressure and gentle transitions to warm and relax muscles, this massage eases tension, improves circulation and inspires a sense of increased mobility.

Spa Menu

COUPLE BLISS - (120 MIN)

INR - 9000

Love is a necessary factor for a strong and fulfilling relationship but not enough. Therapy creates a safe and conducive space for individuals to communicate, opportunity to heal, build and thrive. It helps one explore and understand the importance of self-healing of mind and soul. Our signature therapies melt you away in relaxing massage and nourishing with exotic scrubs followed with romantic dip into pressure point water therapy.

(Exfoliation - 30 min / Soothing massage - 60 min / Egyptian milk bath - 30 min)

AALASYA SIGNATURE FACIALS

SKIN WHITENING & BRIGHTENING - (75 MIN)

INR - 3000

Reduce the appearance of age spots, dark spots, acne marks, stretch marks, hyper-pigmentation, sunburns etc. Our concentrated serum and ampules promote a brighter complexion. It has multiple actions like nourishing and moisturising along with skin lightening, hydro massage cream increases skin firmness and gives a youthful appearance.

ROYAL GOLD - (60 MIN)

INR - 2500

The gold skin radiance is a sensational innovation in achieving skin beauty and radiance. Comprising of age-defying pure gold scrub, gold mask, gold gel, and moisturizing cream, it purifies, revitalizes and rejuvenates the skin, giving it a youthful and golden glow.

The header features a decorative border at the top with intricate line art patterns in shades of pink and red. Below this border is a dark brown rectangular box containing the text "Spa Menu" in a white, elegant cursive font.

Spa Menu

REGENERATING YOUTH FACIAL - (45 MIN)

INR - 1500

This treatment helps in instant tan removal and skin polishing . it rejuvenates dull, tired, sluggish skin and brings instant glow on the face. This is a very popular Parisian facial used by celebrities all around the world. It counters problems related to cellular skin damage and helps the self healing of the skin.

Spa Menu

SALON

MEN'S HAIR CARE

Haircut	200
Change of style	350
Beard trim	100
Beard styles	150
Global coloring (Ammonia)	700
Global coloring (Non-Ammonia)	1000
Streak (Each Streak)	250
Hair spa (Treatment)	1200
Hair spa (Nourishing)	800
Kids cut	150
Beard color	300
Mustache color	200
Shampoo & Settings	250
Shampoo & conditioning	150

WOMEN'S HAIR CARE

Face	100
Eye brows	50
Forehead	45
Upper lip	30
Chin	45

WOMEN'S HAIR CARE

Basic hair styles	600
Change of style	1000
Ironing (short)	800
Ironing (medium)	1200
Ironing (Long)	1500
Ironing (Extra Long)	1800
Blow dry straight blast	750
Blow dry curls	500
Shampoo & Conditioning	450

HAIR SPA (TREATMENT)

Hair Spa (Short)	2000
Hair Spa (Medium)	2500
Hair Spa (Long)	3000
Hair Spa (Extra long)	3500

HAIR SPA (NOURISHING)

Hair Spa (Short)	1000
Hair Spa (Medium)	1300
Hair Spa (Long)	1700
Hair Spa (Extra long)	2000

HAIR COLORING

(AMMONIA)

Global Coloring (Short)	1450
Global Coloring (Medium)	1850
Global Coloring (Long)	2300
Global Coloring (Extra long)	2600

HAIR COLORING

(NON - AMMONIA)

Global Coloring (Short)	1650
Global Coloring (Medium)	2000
Global Coloring (Long)	2500
Global Coloring (Extra long)	2800



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