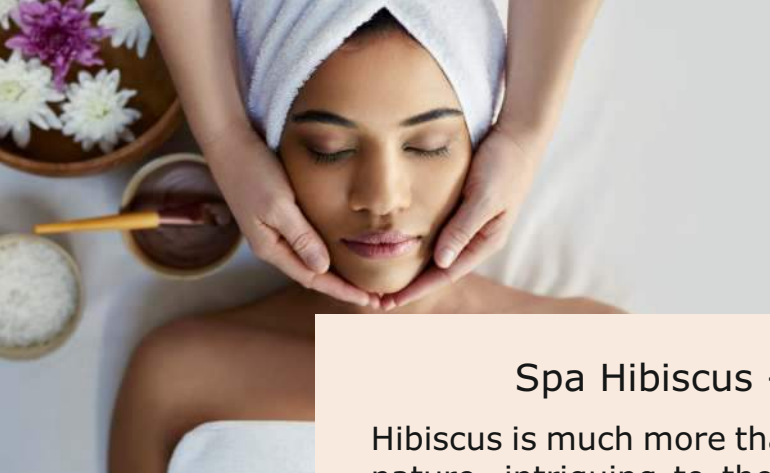




**SPA HIBISCUS**  
ON THE GANGES

**SPA MENU**



## Spa Hibiscus -Your Wellness Haven


Hibiscus is much more than just a Spa. It is a hymn to nature, intriguing to the senses yet calming to the mind, the sound of the great Ganges, It is a sacred journey of release & renewal, thoughtfully designed treatments, releasing the tensions and negativity with a renewal of the senses, of life itself.

Spa Hibiscus is a space where one can heal, relax and find themselves. Each therapy at Hibiscus has been carefully curated to offer the maximum therapeutic benefit. The products used are natural, ayurvedic and effective.

Our professional staff is committed to understanding needs and trained to help select services that are right for you. So come rejuvenate, refresh and realign your inner harmony to find balance in your body, mind, soul and senses to..

**Welcome to the world of true wellness,  
welcome to Spa Hibiscus.**



A hand is shown holding a vibrant pink and yellow frangipani flower. The background is a soft-focus green, suggesting a lush garden or spa setting. The text is overlaid on a light beige rectangular box in the center of the image.

At Spa Hibiscus we bring our sense of innovation and the concept of sustainable wellness, to provide a wide range of therapeutic spa services. Your well-being is at the heart of our thought and action, that has resulted in creating meaningful therapies, treatments and relevant services at Spa Hibiscus.

Spa Hibiscus offers a range of luxurious, specialized, holistic traditional Indian ayurvedic and international treatments & therapies that have been designed and customized to suit individual guest requirements.

We use the highest quality products that blend the potency and power of natural products with an advanced bio-scientific approach, ensuring our treatments are both holistic and result-driven.

**Come and indulge at Spa Hibiscus**



## NATURAL MASSAGE THERAPIES

### **HIBISCUS SIGNATURE MASSAGE**

**Duration:** 1 hr. 30 min. (75 mins massage, 15 mins shower)

**Price INR: 3950/-**

The signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvenating ritual. It includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.

### **BALINESE MASSAGE**

**Duration:** 1 hr. 15 mins. (1 hr. massage, 15 mins shower)

**Price INR: 3250/-**

A full body, medium pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aroma therapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.

### **SWEDISH MASSAGE**

**Duration:** 1 hr. (45 mins massage, 15 mins shower)

**Price INR: 3050/-**

A relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

### **DEEP TISSUE MASSAGE**

**Duration:** 1 hr. 15 mins. (1 hr. massage, 15 mins shower)

**Price INR: 3550/-**

Similar to a Swedish massage but with deeper pressure on the muscles. The focus is on the deepest tissues, ligaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.

# NATURAL BODY RITUALS

## BODY SCRUBS

### ORANGE PEEL

Duration: 30 mins.

Price **INR: 1900/-**

Completely natural body scrub that uses orange powder, sandal wood and other herbs that gently exfoliate and nourish the skin leaving it fresh, smooth, moisturised and soft. It is particularly beneficial for oily skin.

### RICE EXFOLIATION

Duration: 30 mins.

Price **INR: 1900/-**

This scrub uses brown unpolished rice powder mixed with fresh milk that gently exfoliates the skin and leaves it soft and radiant. It helps remove sun tan and mild blemishes. Good for all skin types.



## BODY WRAPS

### CITRUS WRAP

Duration: 30 mins.

Price **INR: 2050/-**

A natural body pack that uses orange peel powder and other herbs which help in toxin removal. This wrap nourishes and tightens the skin and is specially beneficial for oily skin.

### NEEM HEALING

Duration: 30 mins.

Price **INR: 2050/-**

Neem leaves have therapeutic properties and form a major ingredient of this pack. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is specially beneficial for sensitive or allergy prone skin.



## AYURVEDIC THERAPIES

### ABHYANGAM

**Duration: 1 hr.** (45 mins. massage, 15 mins. shower)

Price **INR: 3250/-**

A therapy to strengthen the bones and joints, regulate the flow of blood, and build the immunity. It is recommended as the first step to any treatment because of its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

### UDWARTHANAM

**Duration: 1 hr.** (45 mins. massage, 15 mins. shower)

Price **INR: 3750/-**

A combination of an exfoliation treatment, and a massage therapy, it is administered using a specially-prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is applied as a scrub all over the body. This treatment exfoliates the skin to give a toned and firm look, and is effective in reducing body fat.

### KIZHI

**Duration: 1 hr. 15 mins.** (1hr. massage, 15mins. steam)

Price **INR: 3550/-**

This nourishing technique alleviates stress and targets sore muscles and joints. A heated cloth bolus containing chopped herbal Ayurvedic leaves is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft tissue inflammation, especially joint pains.

### AYURVEDIC RETREAT

**Duration: 1 hr. 45 mins.** (90 mins. massage, 15 mins. shower)

Price **inr: 5950/-**

Abhyangam + Udwarthanam + Shower

A complete retreat to rejuvenate your body and mind  
45 minutes of Udwarthanam followed by 45 minutes of Abhyangam massage.



### **FOOT SPA**

**Duration: 1 hr.**

**Price INR: 1750/-**

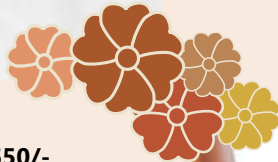
Treat your tired feet to our all natural foot spa. This ritual has all the ingredients of a pedicure, yet combines the natural benefits of a Spa, leaving your feet light, clean & beautiful. It is an organic and chemical free treat for your feet. It uses a salt soak to detoxify, natural salt scrub to gently exfoliate, and finally a massage with neem oil followed by a neem pack to nourish and pamper your pedestals.

### **HAND SPA**

**Duration: 45 mins.**

**Price INR: 1250/-**

An excellent substitute for the regular manicure. Let nature work on your hands. We detoxify them with a warm salt soak, and then gently exfoliate them with our natural salt scrub. Followed by a massage with our nourishing oil and finally a pack to finish in style.



### **KESH ABHA**

**Duration: 55 mins.**

**Price INR: 2550/-**

A one of a kind Ayurvedic treatment for the hair. It prevents problems like thinning and fall and cures dandruff. Regular use of Kesh Abha results in healthy, lustrous, silky hair. This is not just a hair spa, it's a treatment which nourishes hair, deeply conditions, prevents loss, boosts volume, and improves hair texture.

### **INDIAN HEAD MASSAGE**

**Duration: 30 mins.**

**Price INR: 1750/-**

Based on the ancient Ayurvedic technique that aids in reducing stress, fatigue, eyestrain and increases mental clarity. This is a warm oil relaxing massage which uses a variety of pressure techniques that work on the upper back, scalp, neck and shoulders to improve circulation.

### **FOOT REFLEXOLOGY**

**Duration: 45 mins.**

**Price INR: 2250/-**

Reflexology helps restore and maintain the body's natural equilibrium. This gentle therapy using acupressure; encourages the body to work naturally and restore its own healthy balance.





## COUPLE SPA RITUALS

### COUPLE'S RETREAT

**Duration:** 90 mins. (45 mins. massage, 30 mins. scrub, 15 mins. shower)

Price **INR: 7550/-**

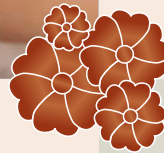
A relaxing ritual for the precious moments of togetherness to relax with the healing touch of a Swedish massage and an invigorating scrub. A tender treatment which detoxifies and nourishes the skin.

### COUPLE'S ROYAL RELAXATION

**Duration:** 75 mins. (60 mins massage, 15 mins. shower)

Price **INR: 6050/-**

Balinese massage for two people followed by 10 minutes of dry head massage, make for a truly relaxing time together.



## FACIALS

### KUMKUMADI FACIAL

**Duration:** 45 mins.

Price **INR: 3550/-**

A detoxifying and lightening facial using specially formulated scrubs and the magical Kumkumadi oil to give the skin complete care. This miraculous facial reduces uneven skin tone, fine lines and enhances skin elasticity. Specially beneficial for dry and mature skin.

### MUKH LAVANYA FACIAL

**Duration:** 1 hr.

Price **INR: 3550/-**

This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.







## SPA HIBISCUS ON THE GANGES

**To ensure your spa visit is a tranquil experience,  
we recommend the following:**

Please consult our therapists who are equipped to advise you on a therapy that suits your individual needs.

Please switch off all Cellular phones and electronic devices.

Please leave your valuables in your suite. Jewelry should not be worn during the treatment.

Please inform our therapists of any medical conditions, aches or allergies before the treatment.

### **DISCLAIMER**

All our products are 100% natural and chemical free. However, they may trigger any allergies. If you have any previous experience of any allergic reaction, please inform the reception / therapists immediately.

### **NOTICE**

Smoking and consumption of alcohol within the Spa premises is strictly prohibited.

### **PAYMENT**

All prices are in Indian Rupees.  
All Prices are exclusive of all applicable government taxes.  
All treatments will be charged to your onboard account.




**SPA HIBISCUS**

ON THE GANGES

DELHI . GURGAON . NOIDA . GHAZIABAD . GREATER NOIDA . ALIGARH . AGRA . BHARATPUR . GAYA . HARIDWAR .  
SHIMLA . MUSSOORIE . JUNAGADH . GOA . LUSAKA, ZAMBIA . MAURITIUS . RIVER CRUISE

[info@spahibiscusindia.com](mailto:info@spahibiscusindia.com)

 [facebook.com/hibiscuswellnessindia](https://facebook.com/hibiscuswellnessindia)

 [instagram.com/hibiscus\\_wellness](https://instagram.com/hibiscus_wellness)

[www.spahibiscusindia.com](http://www.spahibiscusindia.com)