



# aura

Aura invites you to a world of complete relaxation, where gentle hands help restore and rejuvenate your mind and body, while you reconnect with your soul.

At our luxurious spa, pure essential oils blended with handpicked ingredients are used to purify and detox your body. Our Spa therapists have extensive training in a variety of styles and massages that can be customized to suit your requirements. The treatments at Aura harness the power of the five elements of nature and sound therapy inducing a deep state of relaxation.

Our seven therapy rooms are inspired by the exquisite diamonds and other precious jewels of the Nizams. Resplendent hues of white with shimmery crystal overtones cast a soothing glow over your personal haven. The couple and single suite therapy rooms also feature chromotherapy whirlpools and heated massage beds, while the wet areas host two Amethyst steam rooms which aid in harnessing clean, positive energy.

## OUR INGREDIENTS

The Aura treatment philosophy being holistic, the ingredients are a careful selection of naturally grown products, best known for their scientific properties and ancient wisdom.

Four exotic blends of massage oils exclusively developed by Aura, with a base of purest form of sesame oil to compliment your mood.

## HAPPINESS

A fragrant oil with floral notes and extracts of rose, ylang-ylang and jasmine. This oil has sedative properties, is a good emollient for the skin and inspires positive thoughts.

## FREEDOM

An invigorating blend of lemongrass, rosemary and peppermint, which aids in combating fatigue and relieving muscular pain.

## SPIRITUALITY

A refreshing blend of clove, thyme and spearmint, which detoxifies while dispelling negative emotions and calms the senses.

## INNOCENCE

A sweet, fulfilling mélange of sweet basil, chamomile and patchouli, which reduces cellulite, improves blood and vascular circulation while working against anxiety and depression.

Government taxes & service charges as applicable

## OUR SIGNATURE RITUALS

### Aura Awakening

Combining therapeutic disciplines of ancient traditions and western practices, this treatment nurtures and rebalances the five essential elements of the human constitution. A contemporary massage technique to improve blood circulation and boost immunity with harmonizing strokes, followed by Signature Dalim Scrub to soften & promote skin renewal. The experience is completed by a gentle face massage, which drains the lymph and leaves you luminous and rejuvenated.

This treatment package includes

- Floral Foot Ritual
- Aura Massage
- Signature Dalim Scrub
- Head Massage
- Face Massage
- 2 hours 30 minutes - Rs 8500/-

### Healing Hot Gems Massage

The ancient Japanese massage art form, Shiatsu coupled with a heated gemstone therapy that harnesses the mystical properties of precious stones such as Jasper for self-preservation and Obsidian to ward off negative energy. This intense treatment relieves tension in your muscles and eases lower back aches and eases stiff shoulders.

1 hour 15 minutes • Rs 5000

Government taxes & service charges as applicable

## SPA PACKAGES

### Aura Rebalancer for Couple

Step into the world of bliss with our signature Aura Massage, which is designed to balance your energy, awaken your senses with the right music & ambience.

A complete body envelope for two followed up with indulgent flower bath together. This includes a customized Lunch / Dinner at Aish, the award winning signature Indian restaurant.

5Hours -Rs30,000

This treatment package includes

- Floral Foot Ritual
- Aura Massage
- Body Scrub & Body Wrap
- Head Massage
- Hydrating Facial
- Floral Bath

### Aura Blissful Getaway

Crafted by Rich & Royal Heritage, we bring you the royalty of bygone era.

This luxurious journey begins with your stay at one of our Signature Suite, accompanied by Signature therapies for two at our award winning Aura Spa.

To pamper your palette, we offer you the delicacies from the Nizams at our signature Indian restaurant Aish.

4 hours and 30 Minutes - Rs 75000

This treatment package includes

- Aura Massage
- Body Scrub & Body Wrap
- Floral Milk Bath Ritual
- Hydrating Facial
- Lunch & Dinner at Aish, inspired by Nizams (With Customized menu)

Government taxes & service charges as applicable

## Dayar-e-isque / Couple Connect

Step into our couple's suite in the shimmery hues and sparkle of crystals and diamonds. Sink into the extravagant chromotherapy whirlpool and then bask in the warmth of a heated massage bed while you and your partner are pampered to the maximum, in this luxurious, private room for two.

2 hours 30 minutes - Rs 12,500

- Choice of 60 Minutes massages (Swedish, Balinese and Revitalize)
- Customized facial to best suit your skin, for one hour
- GulAfshaan, a bath using rose petals for 30 minutes

For every extra 30 minutes there will be an additional charge of Rs 800.

## The Nawabi Experience

This luxurious pampering session has been created using traditional South Indian ingredients. With a customized massage followed by "Ubtan" a body polish with chandan, wild turmeric, rose powder. along with a touch of an express Crystal Face Massage, personalized to suit your skin and sink into a glorious herb bath while sipping on a soothing cup of tea.

2 hours 30 minutes -Rs 7000

- Ubtan - 30 minutes
- Choice of 60 Minutes massages (Swedish, Balinese and Revitalize)
- Crystal Face Massage - 30 minutes
- Herb bath - 30 minutes

Government taxes & service charges as applicable

## **Aura Skin Care**

### **Refreshing therapy for Oily Skin**

30 minutes • Rs 2000

A quick pick, specially formulated for teenage skin, this facial restores vital skin health and hydration that has been stripped away by an active lifestyle and harsh effects of the sun. The treatment begins with a mild exfoliating cleansing, followed by a cooling mask. This treatment is recommended for teenage & Acne prone skin.

### **Revitalizing therapy for Combination skin**

1 hour • Rs 3000

Cool, calm and soothe your skin with this facial treatment. Specially formulated for sensitive skin, this facial with a balanced combination of rose, aloe & organic grains scrubs removes stress and irritation from your skin. These ingredients harmoniously blend with other key agents to diffuse your skin's redness and irritation, leaving you with a healthy glow and a smooth appearance.

This treatment is recommended for combination & sensitive Skin.

### **Rejuvenating for Dry Skin**

90 mins • Rs 3500

Turn back the clock with this rich and creamy facial that immediately counteracts dryness to give your skin a smooth, youthful and radiant glow with increased elasticity. This treatment is recommended for dry & matured skin.

Government taxes & service charges as applicable

## **Body Therapies**

### **Aura Massage**

90 minutes – Rs 5000

A fusion of Ayurvedic and European techniques, this treatment specializes in draining and muscle manipulation, aids in removing fatigue, improves vascular circulation through special attention to the calves and feet with warm herbs compression, promoting effective distribution of nutrients.

### **Balinese Jasmine Remedy**

60 / 90 minutes - Rs 3700 / 4500

A therapy with variety of Balinese techniques including skin rolling, kneading, acupressure and long soothing strokes, performed in a rhythmic manner to stimulate the flow of blood, oxygen and 'qi' (energy), around your body, to finally bring deep relaxation and wellness

### **Revitalize**

60 / 90 minutes - Rs 3700 / 4500

A Firm therapy, addressing your aching needs – this treatment relieves sore muscles, aching joints and calms frazzled nerves. An invigorating blend of essential oils coaxes the weight of the world from your shoulders, back and feet as you unwind during this soothing massage.

### **Thai Massage**

60 / 90 minutes - Rs 3700 / 4500

A clothes-on treatment that will stretch, energize and relax you, Also called as "Lazy Man's Yoga", this traditional massage from Thailand is performed on a special floor mat. Our Thai therapist uses different techniques to stretch your body into various yoga-like positions in order to address blocks in energy and stress release, while increasing the flexibility of your muscles.

### **Hawaiian Healing**

60 / 90 minutes - Rs 3700 / 4500

A massage inspired from Hawaii, this treatment is performed by using the hands, palms and elbows in rhythmic movements. The blend of oils, customized to suit your mood, is massaged into your skin in order to ease and loosen muscles, reduce tension, elevate you from anxiety, fear and negative thoughts and leave you feeling totally relaxed and refreshed.

### **Classical Swedish Massage**

60 / 90 minutes - Rs 3700 / 4500

This calming and enriching olive oil treatment thoroughly relaxes your muscles through soothing massage strokes, which eliminate fatigue as well as improve your vascular circulation.

### **Aromatherapy**

60 / 90 minutes - Rs 3700 / 4500

Aromatherapy Massage works on the principles of touch and smell. It is performed using a blend of essential oils obtained from flowers, leaves, roots or bark of the plant. The aroma of essential oils reaches the brain and causes mental relaxation.

Government taxes & service charges as applicable



## **BODY POLISHES,WRAPS AND PACKS**

### **Signature Scrub**

This luxurious exfoliate polishes your skin to remove dead skin cells and impurities, revealing a healthy complexion. Its soothing properties of Lavender Oil and Clary Sage Oil are combined with Pomegranate Seeds for a gentle and effective exfoliation that reveals younger looking skin.

30 minutes Rs 2500

### **Ubtan**

An age old Indian recipe passed down from generations to preserve your skin's youth, a gentle skin treat with sandalwood, wild turmeric blended with rose petals, Honey and saffron to leave your skin healthy and beautiful.

30 minutes. Rs 2500

### **Sea Salt Body Scrub**

Best known for their healing properties, have been used in treatments dating back to the era of the ancient Egyptian civilization.

This treatment involves a full body exfoliation using a blend of essential oils along with mineral-enriched sea salt. Your body will be briskly rubbed with this blend, to remove the top layers of dead skin, leaving your skin soft, supple and radiant.

30 minutes. Rs2200

### **Sugary Delight**

A delicious skin treatment that harnesses the exfoliating properties of brown sugar to help remove dead cells from the skin. This treatment uses a base oil consisting of extracts of Vitamin E to improve blood flow, replenish the lost moisture and leave you with gorgeous skin.

30 minutes Rs2200

Government taxes & service charges as applicable

## SPA GIFTS

Reward and pamper your employees, business partners, friends and family spouse with a gift voucher from Aura.

Our spa consultants will be happy to help you select 'well-being' packages, which can be presented in the form of personalized gift certificates. Go ahead and gift someone pure indulgence.

## Rules & Regulations

### Hours of Operation

Gymnasium, Steam and Whirlpool	Daily 06:00 – 22:00 hrs
Spa Treatments	Daily 08:00 – 22:00 hrs
Hair Salon	Daily 11:00 - 20:00 hrs

## Spa Admission

All room guests of The Park, Hyderabad are entitled to use the Spa facility for the duration of their stay. This includes the use of fitness rooms, Steam and swimming pool. Using of the Spa facilities by members is restricted as per membership rules. Entry to the treatment rooms, massage areas for all guests will be by appointment. Walk-in guests with spa appointments are also entitled to use the lockers and steam facilities.

## Spa Booking

We recommend that you book well in advance of your arrival to secure your preferred date and time of treatment. A credit card number is required at the time of booking, but no charges will be made until you have checked out of the spa.

## **Spa Etiquette**

Aura is a retreat for your body, mind and spirit. Out of consideration for others, we request our visitors to keep noise to a minimum and dedicate your time at our spa retreat to complete relaxation. Switching off cellular phones and other electronic devices disconnects you from the world if only just for a few hours, but will help take your mind off all worldly concerns. Children below 16 are not permitted within the Spa and Gym area.

## **Spa Arrival**

Please arrive well in time for your appointment so you can be completely relaxed. We request you not to eat 30 minutes prior to your appointment.

Gentlemen are advised to shave 3 hours prior to their facial treatment. To further enhance your treatment, we recommend you to unwind at our terrace by the poolside, or in our relaxation rooms.

## **Special Consideration**

If you have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

## **Smoking and Alcohol**

Out of consideration to other guests, please refrain from smoking and consuming alcohol within the spa premises. Alcohol dehydrates the body and will undo any hydrating benefits of our treatments.

### **Valuables**

The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### **Cancellation Policy**

Please note that there is a cancellation fee of 50% if the treatment is cancelled less than 3 hours prior to the appointment. Similarly, missed appointments will be charged at 100% of the treatment price.

### **Refund Policy**

Treatment packages are non-refundable, non-transferable and non-exchangeable.