

rejuve

THE SPA

BOOK YOUR APPOINTMENT ON : 020 3765 0000

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LUXURIOUS AYURVEDIC BODY TREATMENTS

Abhayanga - Ayurvedic Warm Oil Massage

Warm oil full body massage to re-charge and rejuvenate the mind and body. considered to be amongst the most popular Ayurvedic massages using specific oils to detoxify and revitalise.

60 minutes - £114 / 90 minutes - £171



Shiro Abhyangam Massage

An invigorating yet soothing massage of the head, neck and shoulders using medicated oils to nourish and revitalize the head and hair. It relieves neck and shoulder pain, insomnia, migraines and is highly recommended in conditions like frozen shoulder, spondylosis and whiplash injuries.

30 minutes - £57



Pada Abhayangam Massage

This is a deeply soothing massage of the feet and lower legs. The feet and hands are densely supplied by nerves and by massaging the energy points in the feet, it harmonizes the body's entire system. It is an excellent treatment for general leg pain and relieves fatigue, spasms, sciatica, prevents dryness and numbness and promotes sound sleep.

30 minutes - £57



Shirodhara

A continuous stream of warm oil that flows directly onto the forehead. The vibrations from the oil induces a state of tranquillity to melt away any stress and anxiety

60 minutes - £132

Kati Abhyanga

A great way to soothe and revitalise the back and shoulders It heals and relieves chronic and acute backaches, stiffness, arthritis, lumbar spondylosis, spinal disorders, sciatica and trapped nerve.

30 minutes - £57



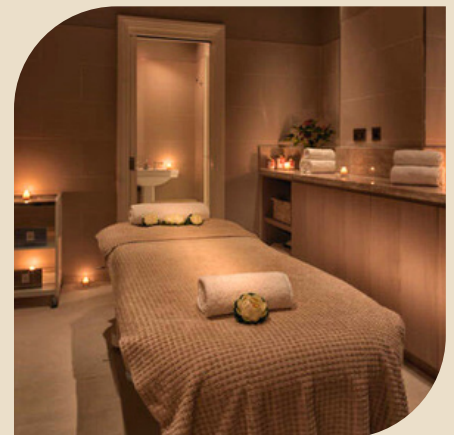
Disclaimer

Guests who have any medical conditions that could put themselves or our staff at risk of any type are advised to consult a medical professional before signing up to our services. Proof of suitability may be requested

All Spa and gym services, treatments, products and literature received or utilised at Rejuve. The spa are intended for general leisure usage only and not as a substitute treatment or recommended advice for any condition, medically diagnosed or not. Guest will fully indemnify and hold harmless Rejuve, The Spa, its holding company (ies) affiliates, partners, subsidairies, representatives, agents, staff and suppliers from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/ or facilities.

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Kizhi Therapy

Performed with special herbal powders compressed in small linen bags and then dipped in warm oil and massaged to the affected area. The herbal ingredients penetrate deep into the tissues and provide focused pain relief, at the same time detoxifying the body and burning the excess fat. It is particularly effective in arthritis, muscular spasms, sciatica, sports injuries.

60 minutes - £130

Mukalepam (Ayurvedic Facial Spa)

This is a simple and effective skin care treatment in Ayurveda, which includes a face massage using ayurvedic beauty gels or oils and then application of herbal face pack. The herbal face pack mainly consists of different rejuvenating herbs that help in nourishment of the skin and also aid in skin cleansing and make it soft and clear.

60 minutes - £114

Keshini (Ayurvedic Hair Spa)

This is an ayurvedic haircare procedure for thick deep-rooted hair and healthy scalp. It is great for hair loss and dandruff. It first involves moisturizing and massaging the scalp using herbal oils or plant extracts to increase circulation and nourish the hair roots. This is followed by application of herbal hair pack.

60 minutes - £114

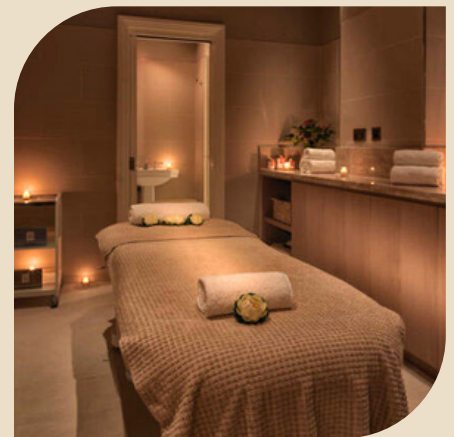
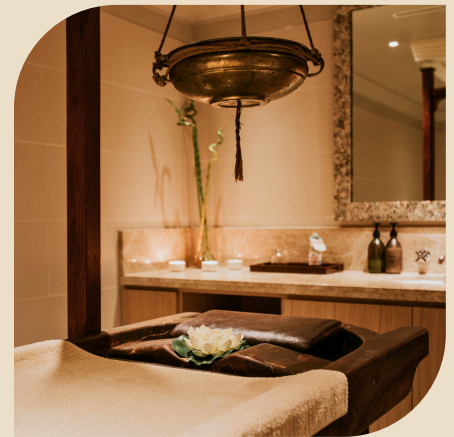
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AROMA MASSAGE THERAPIES

Aromatherapy

A heavenly Aromatherapy massage experience that focuses on key pressure points and drainage techniques. Your skin is treated with the sensation of the warm aromatherapy oils which contains an exquisite elixir of essential oils. Includes scalp

60 minutes - £114

Swedish Massage

A traditional massage using firm pressure to promote relaxation and ease muscle tension. Includes scalp

60 minutes - £114

Reflexology

our Reflexology treatment is designed to promote overall wellness and relaxation by applying gentle pressure to specific reflex points on the feet. These reflex points correspond to different organs and systems within the body, and by stimulating them, we aim to restore the natural flow of energy, eliminate stress, and encourage the body's own healing.

60 minutes - £114

Indian Head, Neck & Shoulder Massage

This soothing neck, shoulder and scalp massage is great to let away tension and relieve tight muscles. You will feel invigorated for the day ahead or calm for a peaceful night's sleep

30 minutes - £57

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