



SIX SENSES SPA

FORT BARWARA

WELLNESS AND SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet.

Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.



ENJOY AS PART OF YOUR STAY OR BEFORE YOUR TREATMENT

The many healing benefits of water and heat therapies have been practiced for centuries to reduce muscle tension, relieve pain and stress, boost the immune system and encourage detoxification. Fast forward to today's Six Senses spa experiences, which provide an alternative yet therapeutic way to ease muscle aches and boost overall well-being. What's more, the muscles will be relaxed and the mind calmer, creating optimum conditions for achieving the best results and truly enjoying your treatments.



Sauna

Support your body's natural cleansing and purifying systems with the 80 degrees C dry heat of the sauna. Freshen up with a cool shower.

Steam room

Pause, reflect and take a deeper breath with the natural essences of the 45 degrees C steam. Finish with a cool shower.

Tepidarium

Enjoy the soothing, radiating warmth of 38 degrees C having a direct and beneficial effect on the body.

Cold pool

After the sauna take a cold plunge to stimulate the blood flow, flush away toxins, ease muscle aches and release endorphins.

Still pool

Lift your mood and calm your body by submerging in the water for deep relaxation.

Temperatures are approximate.

BIOHACKING

Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

Normatec boots

This compression therapy takes compression to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

Hypervolt

Increases circulation and reduces muscle soreness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

Vyper

An advanced vibrating fitness roller. To assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

Venom

Digitally controlled heat and vibration to soothe sore back muscles and relax stiff joints.

Binaural Beats

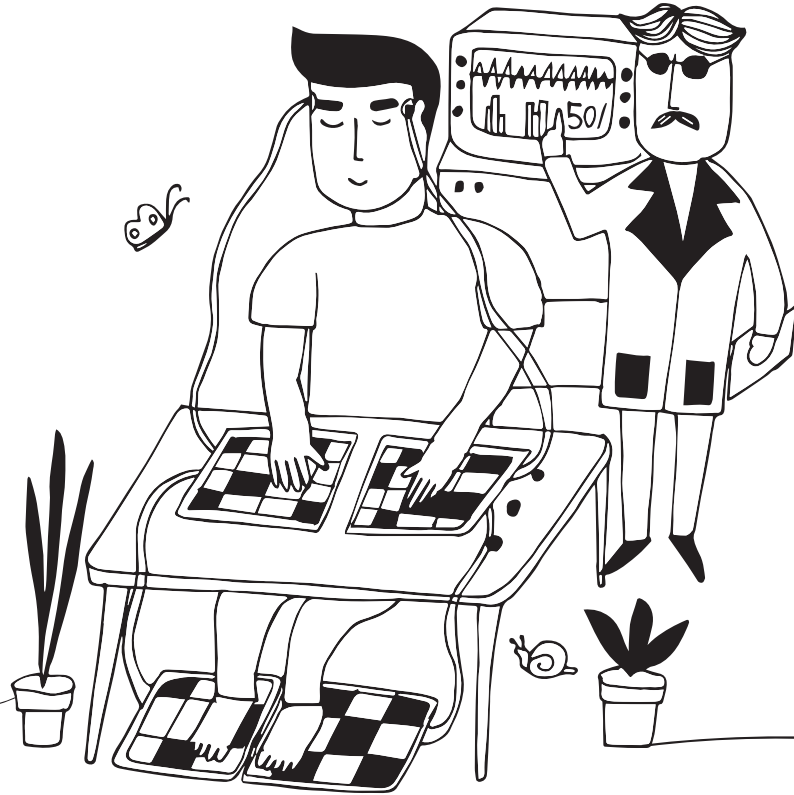
An illusion created by the brain when you listen to two tones with slightly different frequencies at the same time. Benefits include helping you enter a meditative state, increased creativity, elevated mood, improved sleeping habits and enhanced cognitive abilities.

Sleep Tracking

Good quality sleep is linked to health, mental well-being and even avoiding serious long-term illnesses, so using a sleep monitor to check you're getting enough rest is a no-brainer.



PERSONALIZED WELLNESS



If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

EAT WITH SIX SENSES

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.

WELLNESS SCREENING 45 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yodic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.



FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with soothing treatments.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, sleep tracking and binaural beats, as well as relaxing wellness therapies.

AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. The resident Ayurvedic doctor recommends suitable combinations of therapies based on your *dosha* (ayurvedic body type) along with activities and the food to favor or avoid.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.



WELLNESS DAYS

Love Your Heart

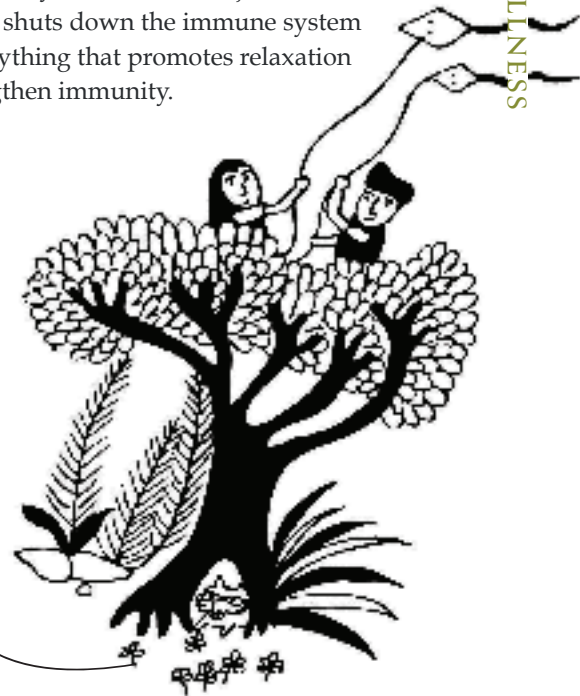
Love is a force of nature. However much we may want to, we cannot command, demand, or take away love. But you can invite love in. This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

Mind Your Brain

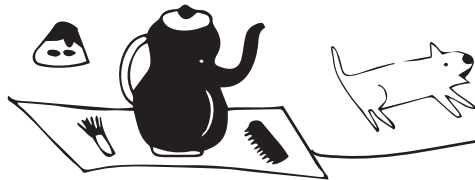
This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats.

Boost Your Immunity

An immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful time or long-haul flight. Commit to a day of no news and just focus on yourself. Stress shuts down the immune system and therefore everything that promotes relaxation is helpful to strengthen immunity.



LOCALLY INSPIRED SIGNATURE TREATMENTS





ALCHEMIST'S BODY TREATMENT

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

Choose from:

Age-defying Gua Sha Facial, 90 minutes - detoxifying/nourishing

Body Scrub, 60 minutes - stimulating/detoxifying/soothing

Body Cocoon, 90 minutes - detoxifying/nourishing

Medicinal Herbal Compress, 90 minutes - create a bespoke poultice with therapeutic ingredients for your massage

**Add a nourishing Hair Mask, 30 minutes*



THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop. Not to be missed!

TRANSCENDENT SOUND JOURNEY, 60 MINUTES

Offered in our sacred meditation hall, let the healing sounds of the gong and singing bowls reverberate in your innermost. Allow the sound to give you an opportunity to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

TIGER'S EYE, 90 MINUTES

Tiger's Eye with beautiful bands of gold, helps you to release fear and anxiety and aids harmony and balance. Our expert therapists will use this powerful crystal in a full body massage journey that includes stretches to tone the nervous system, breathwork, visualization and healing sound to restore a sense of inner peace and wellbeing.

SUITE RENDEZVOUS

Treat yourself to a full or half day of spa bliss in our exclusive couple's suite. The full day includes four treatments of your choice, while the half day includes two.

Choose from the following:

Back, Neck and Shoulder Massage

Scalp Massage and Foot Massage

Bespoke Facial

Signature Full Body Massage

Dry Body Brushing with Body Wrap

Complemented with healthy snacks and beverages.





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

All Six Senses massages are enhanced with a therapeutic blend of bio-actives to bring the chakra system into balance, addressing your specific needs in the present moment.

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, trigger points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Detox, 60/90 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Pregnancy Massage, 60/90 minutes - a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Many treatments can be tailored to pre-and post-natal guests. Please ask at reception for more details.



Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles, fascia of the head and upper body. Induces a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

HOT & COLD STONE THERAPY, 90 MINUTES

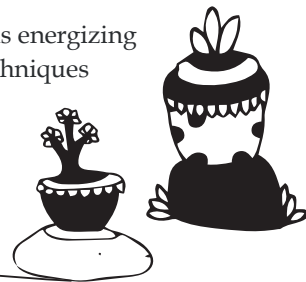
When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins. This soothing massage is complemented by the placement of healing crystals on the body to bring about balance and harmony.

ORIENTAL MASSAGE, 90 MINUTES

Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



AYURVEDA







AYURVEDIC CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurvedic doctor to determine your constitution or 'dosha' type, including lifestyle and treatment advice.

ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage, also known as 'four-handed massage' reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

This stress-releasing treatment, performed by two therapists, involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

CHOORNASWEDA, 60 MINUTES

Also known as the bundle massage, warm poultices filled with dry herbs are used in this treatment to stimulate the circulation and aid the release of toxins and muscle tension.

KATI VASTI, 45 MINUTES

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

UDWARTHANAM, 60 MINUTES

A full body massage using medicinal powders to promote digestion, healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite.

YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. *Bookings are required one day prior to the desired start date.*

SWEDANA, 15 MINUTES

Enhance your Ayurvedic therapy with steam, which emanates from a herbal decoction, assisting with detoxification, reducing inflammation and relieving muscle tension.



FACIALS



24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

WILD KASHMIR PURIFYING FACIAL, 30/60/90 MINUTES

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. *Using Subtle Energies.*

GENTLEMEN'S FACIAL, 60/90 MINUTES

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. *Using Subtle Energies.*

BODY TREATMENTS



DETOX BODY BUFF, 60 MINUTES

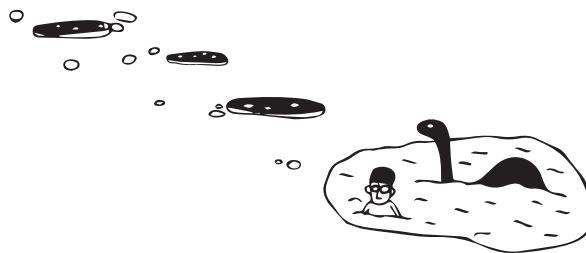
This rejuvenating light to medium exfoliation buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalized full body hydration to compliment the detoxification process. *Using Subtle Energies.*

RASAYANA DETOX BODY WRAP, 75 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body reenergized. *Using Subtle Energies.*

PEARL INFUSED REMINERALISING WRAP, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose. *Using Subtle Energies.*



RITUALS



DREAMCATCHER, 90 MINUTES

Relax your body and mind ready for a peaceful slumber

Tension Soother

Relaxed Feet

Head Massage

Sleep Balm as a gift to continue the benefits at home

**Please ask us about the possibility of a personalized Sleep Consultation, as well as the option of Sleep Tracking during your stay.*

PEARL AND 24K GOLD CELLULAR RESTORATION, 2 HOURS 30 MINUTES

*Boost collagen, stimulate cell renewal
and love the skin you're in*

24k Gold Age-Defying Facial

Pearl-Infused Remineralizing Body Mask

DETOX, 2 HOURS 30 MINUTES

Boost circulation, tone the body and say goodbye to cellulite

Detox Massage

Contouring Body Cocoon

Purifying Facial

BRIDAL PACKAGES**FOR THE BRIDE, 3 HOURS 30 MINUTES**

Pearl Infused Remineralising Wrap

Signature Massage

Bespoke Facial

FOR THE BRIDESMAIDS, 2 HOURS 30 MINUTES

Full Body Polish

Back, Neck and Shoulder Massage

Bespoke Facial

FOR THE GROOM, 2 HOURS

Signature Massage

Bespoke Facial

**Please speak to us about reserving our upstairs treatment lounge to accommodate the needs of your bridal party.*



FITNESS AND WELLNESS ACTIVITIES





AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

PERSONAL TRAINING, 45 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.

CHAKRA MEDITATION, 45 MINUTES

For over thousands of years meditation has been used for healing, cleansing and balancing chakras (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.





PRANAYAMA, 45 MINUTES

Also known as the extension of the *prana* (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

SIX SENSES GUIDED MEDITATION, 25 MINUTES

This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.

YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

TRATAKA CANDLE MEDITATION, 30 MINUTES

A gentle gazing meditation into the flame of a candle. Known to improve memory, concentration and will power.



BEAUTY



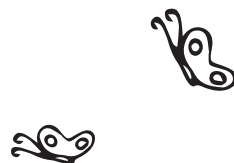


MANICURE, 30/60/75 MINUTES

PEDICURE, 30/60/75 MINUTES

HAIR DESIGN

Shampoo, Blow-Dry



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 10:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly or the front desk.

Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment. If you have a little more time, come an hour earlier and enjoy the spa heat and water experiences to really help you unwind before your treatment.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow three hours' notice on individual treatments, packages and programs; otherwise, 50 percent of your treatment will be charged. Failure to keep your appointment will result in 100 percent charge.



DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

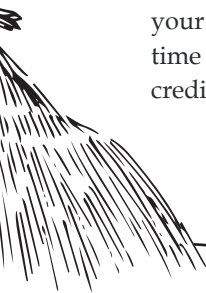
PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer two types of services: private treatments and therapies in an open room/group setting.

For private (one on one) treatments with children below 14 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.





JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of our initiative, Grow With Six Senses. Incorporating all the dimensions of wellness, you'll understand more about what is going on inside you and the world around you.





JUNIOR BODY MASSAGE, 30/60 MINUTES/INR 4,000/6,000

Relaxation is the way to go with this soothing full body massage using unscented oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/INR 3,500

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES/INR 4,500

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

PRETTY HANDS OR FEET, 30 MINUTES/INR 2,000

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

ANIMAL FLOW YOGA, 45 MINUTES/INR 4,000

MINI MEDITATION, 30 MINUTES/INR 3,000

PARENT AND CHILD SPA EXPERIENCE

TOP TO TOE MASSAGE, 75 MINUTES/INR 7,000 PER PERSON

Unwind after an active day with a full body soothing massage followed by a scalp massage.



SIX SENSES SPA

FORT BARWARA

WELLNESS AND SPA MENU PRICELIST



PERSONALIZED WELLNESS

Wellness Screening

45

5,250

BOOST YOUR IMMUNITY

1 day

25,800 per person

38,600 per couple

LOVE YOUR HEART

1 day

12,200 per person

17,900 per couple

MIND YOUR BRAIN

1 day

19,000 per person

30,000 per couple

DETOX

3 NIGHTS

5 NIGHTS

7 NIGHTS

Wellness Screening (45 mins)

1

1

2

Private Yoga (60 mins)

1

1

2

Private Activity: *Meditation or Pranayama* (45 mins)

•

1

1

Personalized Detox Massage (60 mins)

1

2

3

Udwarthana

•

1

1

Yogic Intestinal Cleanse (60 mins)

1

1

2

Rasayana Detox Body Buff (60 mins)

•

1

1

Rasayana Detox Wrap (75 mins)

1

1

1

Biohack Recovery

•

1

2

Price per person

INR 21,863

INR 45,675

INR 64,378

Price per couple

INR 38,725

INR 81,850

INR 113,975

Prices are exclusive of taxes.

PERSONALIZED WELLNESS

FITNESS

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|--|-------------------|-------------------|--------------------|
| Wellness Screening (45 mins) | 1 | 1 | 2 |
| Consultation with Personal Trainer (45 mins) | 1 | 1 | 1 |
| Personalized Trainings (45 mins) | 1 | 2 | 3 |
| Deep Tissue Massage/Oriental Massage (90 mins) | 1 | 1 | 2 |
| Hot & Cold Stone Therapy (90 mins) | • | 1 | 2 |
| Thai Massage (90 mins) | • | 1 | 1 |
| Biohack recovery | 1 | 2 | 3 |
| Price per person | INR 20,063 | INR 39,563 | INR 63,750 |
| Price per couple | INR 35,625 | INR 70,125 | INR 114,000 |

SLEEP

| | | | |
|---|-------------------|-------------------|--------------------|
| Wellness Screening (60 mins) | 1 | 1 | 2 |
| Yoga Nidra or Pranayama (45 mins) | 1 | 2 | 2 |
| Private Activity: <i>yoga/personal training/pilates</i> (60 mins) | 1 | 1 | 2 |
| Personalized Body Massage (60 mins) | • | 1 | 2 |
| Dreamcatcher (90 mins) | 1 | 1 | 2 |
| Shirodhara (60 mins) | 1 | 2 | 2 |
| A welcome bag with sleep amenities | 1 | 1 | 1 |
| Sleep tracking throughout the stay | 3 | 5 | 7 |
| Price per person | INR 32,813 | INR 47,813 | INR 70,875 |
| Price per couple | INR 56,125 | INR 81,625 | INR 122,750 |



Prices are exclusive of taxes.



PERSONALIZED WELLNESS

AYURVEDIC REJUVENATION

| | 5 NIGHTS | 8 NIGHTS | 12 NIGHTS |
|-----------------------------------|-------------------|--------------------|--------------------|
| Ayurvedic Consultation (45 mins) | 1 | 1 | 1 |
| Personalized Yoga (60 mins) | 1 | 3 | 4 |
| Pranayama or Breathwork (45 mins) | 1 | 2 | 3 |
| Guided Meditation (45 mins) | • | 1 | 2 |
| Abhyanga (60 mins) | 1 | 2 | 2 |
| Shirodhara (60 mins) | 1 | 1 | 1 |
| Ayurvedic Experience (90 mins) | 1 | 1 | 2 |
| Kati Vasti (45 mins) | • | 1 | 2 |
| Udwarthana (60 mins) | 1 | 1 | 1 |
| Choonaswedana (60 mins) | 1 | 1 | 2 |
| Biohack recovery | 1 | 2 | 3 |
| Price per person | INR 40,400 | INR 82,400 | INR 116,800 |
| Price per couple | INR 66,300 | INR 136,300 | INR 191,100 |

DISCOVER YOGA

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|--|-------------------|-------------------|-------------------|
| Yoga Consultation or Wellness Screening (30 mins) | 1 | 1 | 1 |
| Personalized Yoga per room (60 mins) | 1 | 2 | 3 |
| Breathwork per room (45 mins) | • | 1 | 1 |
| Guided Meditation per room (45 mins) | 1 | 1 | 2 |
| Thai Massage (90 mins) | • | • | 1 |
| Signature Massage (60 mins) | 1 | 2 | 2 |
| Biohack recovery with Normatec boots and Venom (60 mins) | 1 | 2 | 2 |
| Price per person | INR 16,125 | INR 30,375 | INR 43,125 |
| Price per couple | INR 20,250 | INR 39,250 | INR 56,750 |

Prices are exclusive of taxes.



TREATMENTS

DURATION/MINUTES

PRICE/INR

BIOHACKING

| | | |
|----------------|-----------|-------|
| Normatec Boots | 15 | 2,000 |
| Hypervolt | 15 | 2,000 |
| Venom | 15 | 2,000 |
| Sleep Tracking | per night | 2,000 |

LOCALLY INSPIRED SIGNATURE TREATMENTS

| | | |
|-----------------------------------|----------|--------|
| The Alchemy Bar Workshop | 45 | 3,000 |
| Alchemy Bar: | | |
| <i>Age-defying Gua Sha Facial</i> | 90 | 7,000 |
| <i>Nourishing Hair Mask</i> | 30 | 3,500 |
| <i>Body Scrub</i> | 60 | 6,500 |
| <i>Body Cocoon</i> | 90 | 8,500 |
| <i>Medicinal Herbal Compress</i> | 90 | 8,500 |
| Transcendant Sound Journey | 60 | 5,000 |
| Tiger's Eye | 90 | 8,500 |
| Suite Rendezvous | full day | 29,500 |
| Suite Rendezvous | half day | 13,000 |

Prices are exclusive of taxes.

TREATMENTS

DURATION/MINUTES

PRICE/INR

MASSAGES

| | | |
|--------------------------|-------|-------------|
| Deep Tissue | 60/90 | 7,500/9,500 |
| Holistic | 60/90 | 7,500/9,500 |
| Detox | 60/90 | 7,500/9,500 |
| Pregnancy | 60/90 | 7,500/9,500 |
| Tension Soother | 30/60 | 4,300/7,500 |
| Head Massage | 30/60 | 4,300/7,500 |
| Relaxed Feet | 30/60 | 4,300/7,500 |
| Hot & Cold Stone Therapy | 90 | 10,000 |
| Oriental Massage | 90 | 10,000 |
| Thai Massage | 60/90 | 7,500/9,500 |

AYURVEDA

| | | |
|--------------------------|----|--------|
| Ayurvedic Consultation | 45 | 4,000 |
| Abhyanga | 60 | 9,500 |
| Shirodhara | 60 | 10,000 |
| Ayurvedic Experience | 90 | 13,000 |
| Choomasweda | 60 | 10,000 |
| Kati Vasti | 45 | 5,500 |
| Udwarthana | 60 | 9,500 |
| Yogic Intestinal Cleanse | 60 | 6,000 |
| Swedana | 15 | 1,500 |





TREATMENTS

DURATION/MINUTES

PRICE/INR

FACIALS

| | | |
|---|----------|-------------------|
| 24k Gold Age-Defying Facial | 60/90 | 7,500/9,500 |
| Soothe and Enrich Advanced Antioxidant Facial | 60/90 | 7,000/9,000 |
| Wild Kashmir Purifying Facial | 30/60/90 | 4,500/7,000/9,000 |
| Gentlemen's Facial | 60/90 | 7,000/9,000 |

BODY TREATMENTS

| | | |
|-----------------------------------|----|-------|
| Detox Body Buff | 60 | 7,000 |
| Rasayana Detox Body Wrap | 75 | 8,000 |
| Pearl Infused Remineralising Wrap | 90 | 9,000 |

RITUALS

| | | |
|---|---------------|--------|
| Dreamcatcher | 90 | 10,000 |
| Pearl and 24k Gold Cellular Restoration | 2 hrs 30 mins | 17,500 |
| Detox | 2 hrs 30 mins | 22,000 |
| Bridal Packages: | | |
| <i>For The Bride</i> | 3 hrs 30 mins | 24,000 |
| <i>For The Bridesmaids</i> | 2 hrs 30 mins | 16,000 |
| <i>For The Groom</i> | 2 hrs | 13,000 |

Prices are exclusive of taxes.

TREATMENTS

DURATION/MINUTES

PRICE/INR

FITNESS AND WELLNESS ACTIVITIES

| | | |
|---------------------------|----|-------|
| Aerial Yoga | 45 | 4,500 |
| Yoga | 60 | 5,000 |
| Personal Training | 45 | 4,500 |
| Chakra Meditation | 45 | 4,500 |
| Pranayama | 45 | 4,500 |
| Six Senses Meditation | 25 | 3,000 |
| Yoga Nidra | 45 | 4,500 |
| Trataka Candle Meditation | 30 | 3,500 |

BEAUTY

| | | |
|----------|----------|-------------------|
| Manicure | 30/60/75 | 2,500/4,500/5,800 |
| Pedicure | 30/60/75 | 3,000/4,500/5,800 |

Hair:

| | | |
|--------------------------|--|-------|
| <i>Shampoo, Blow-Dry</i> | | 3,000 |
|--------------------------|--|-------|



Prices are exclusive of taxes.

SIX SENSES SPA FORT BARWARA

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