Of all the unfound mysteries of the universe, the Elixir of Youth or Immortality has been the most sought after treasure. Now, at K by Kaya Kalp, we think we may have found some of its secrets. Enter our mysterious and wondrous world and experience your mind fill with energy, your body flood with youth and your soul immerse in calmness. Our elaborate selection of therapies have been specially devised to preserve health and promote wellness, reverse ageing, promote sound sleep, calm the mind, relax the nervous system, enhance immunity and help in releasing stress and toxins.
THERAPY RITUALS

SIGNATURE THERAPY

Our signature treatment is designed to relax the entire body. Focused on relieving muscular tension while combining the soothing classical strokes of massage, the therapists use their fingertips, thumbs, and palms to squeeze the muscles. This powerful therapeutic massage incorporates the dynamic blend of essential oils personalized to your specific needs. Choose from:

- Mysore Sandalwood: Soothing and Relaxing
- Lime & Ginger: Detoxifying
- Eucalyptus & Black Pepper: Muscle Warming, Healing and Antiseptic

60/90 MIN

₹2500/3000

DEEP TISSUE TREATMENT

This massage incorporates body work that reaches the tension retaining areas of the muscle and connective tissues of the back, neck, shoulders and legs. Combining a natural aromatic muscle-easing blend of indigenous oils with a warm herbal poultice, your tensions will be soothed away.

90 MIN

₹3000

AROMATHERAPY (SENSE THE FRAGRANCE)

Aromatherapy involves gentle and calming strokes combined with aromatic essential oils that ease your tension, detoxify and release trapped energy from tense muscles, and fragrances that trigger a sense of pleasure to restore a feeling of absolute wellness.

60/90 MIN

₹2500/3000
HOT HERBAL POUltICE (HEALING HERBS)
This centuries-old treatment consists of a therapeutic massage using a warm poultice filled with healing herbs and spices from India. Warm oils are drizzled over your body and then, utilizing the poultice, your therapist massages your body in slow rhythmic movements. The healing properties from the poultices and essential oils will leave you feeling rejuvenated, refreshed and wonderfully relaxed.

60 MIN
₹3000

HOT STONE THERAPY
This is a deeply relaxing and healing treatment with continuous heat and pressure that leads to powerful and long-lasting benefits. It helps in blood circulation and oxygenation, boosts lymphatic circulation, stimulates toxins elimination, and relieves pain, fatigue and discomfort. It also helps in rejuvenation, hydration, repair of free radical damage, and gives your skin a smooth texture and a radiant look.

90 MIN
₹3500

INDIAN FOOT MASSAGE (THumbs AND SOLES)
A traditional Indian therapy used for centuries by stimulating the reflex zones in the feet. Massaging these points with the thumb pressure technique sends waves of relaxation to the brain and releases energy blockages throughout the body. It helps re-establish the body’s natural energy flow, and relaxes your mind, body and soul.

30/60 MIN
₹1500/2500

EXECUTIVE STRESS BUSTER (SOUTh THE SAVVY)
This treatment focuses on the back, neck, shoulders and head. It incorporates acupressure and soothing strokes, and is an immediate stress buster for the tech-savvy business executive of today.

30/60 MIN
₹2000/2500

THE ROYAL ELIXIR
A customised signature therapy and mini facial. The soothing strokes of this therapy take you into a state of absolute transformation, followed by deep cleansing of your skin with gentle exfoliation to restore its natural texture and radiance.

90 MIN
₹3500
**SPA JOURNEYS**

**SAUNA DRYING WRAP**
Refine your skin with the gentle exfoliation, leaving it wonderfully soft and supple. Pick your choice of aromatherapy to soothe your nerves and feel a hormonal surge from this treatment, which will bring your body, mind and spirit in perfect harmony. This enchanting spa facial leaves a never-ending glow on your face.

180 MIN
₹2000

**PICK ME UP RITUAL**
Revive your body with a deep cleansing of your skin with gentle exfoliation to calm you and restore your skin natural texture and radiance. This is followed by an intuitive signature treatment specific to your needs with our anti-stress blends of essential oils and body envelopments to awaken and enliven your body. It helps you de-stress and relax, while invigorating your body and imparting a sense of tranquility and overall well being.

120 MIN
₹2000
SCALP CARE (CHAMPI)

JAPAPATTI (TREATMENT FOR DRY, THIN AND DULL HAIR)
Allow your hair, body and senses to be rejuvenated with natural herbs. The healing properties of rich coconut milk, pure coconut oil, and hibiscus and japa pattu leaves will leave your hair looking and feeling hydrated, silky, strong, nourished and revitalised with a radiant shine.
30 MIN
₹1000

BHERINGA (TREATMENT FOR SPECIAL CONDITIONS)
This is a specialty treatment to cure and heal stubborn discomforts. Our ayurvedic herbs will gently assist with conditions such as hair loss, dandruff, premature greying, chlorine build-up and psoriasis. Our natural products act like a fountain of life for your hair while releasing them from daily environmental stress.
30 MIN
₹1000

SUGARADHA (TREATMENT FOR COLOUR ENHANCED HAIR)
This is an intensive de-stressing and repair treatment for dull, dry, chemically processed hair. It is excellent for replenishing lost moisture with organic vetiver and jasmine flowers, Indian spikenard and coconut oil. Help your hair shine more brilliantly than ever before.
30 MIN
₹1000
REPLENISHING BODY ENVELOPMENTS AND EXFOLIATION TREATMENTS

In ancient India, it was a tradition to make the body beautiful through exquisite cleansing rituals. Now modern body scrubs and envelopments are not just beauty enhancements for the body, but are healing techniques meant to rejuvenate, improve circulation, tone the skin for a youthful look, and, of course, to soothe the soul.

BODY POLISHER HYDRATING SEA SALT CRYSTAL ROSE
This is the ultimate spa skin potion for unrivaled smoothness and dazzling radiance. Mineral-rich salts saturated with sensual oils of the Indian rose, and blended with nourishing apricot kernel, almond and sunflower oils, create the perfect scrub for stimulating, exfoliating and softening the skin. This highly addictive treatment pampers the skin by leaving it luxuriously buffed and glowing.

40 MIN  
₹3000

SANDALWOOD MINERAL MUD WRAP
This intense purifying wrap uses traditional ayurvedic recipes for nourishing the skin. Pure herbs, pulps and flowers are powdered to a fine powder and blended with a liquid medium and applied on the skin to help rejuvenate blood circulation. We conclude with an application of our signature aroma blend moisturiser which leaves the skin radiant and healthy.

50 MIN  
₹3500

REVIVING BODY WRAP
An exclusive body treatment with a combination of active ingredients, such as marine actives, including miraculous sea plant extracts, essential oils and healing water to relieve fluid retention. It has a detoxifying and reducing action to rejuvenate and revive your complexion.

50 MIN  
₹3500
BODY POLISHER (CANE SUGAR AND TAMARIND)
Decadent and luxurious, this gently exfoliating body polish uses raw cane sugar that leaves your skin incredibly smooth and buffed. It contains pure, nutritious, cold-pressed sweet almond oil; nourishing apricots that soften the skin and improve elasticity; gokhru that firms and tones; ashwagandha herb, renowned for its anti-aging effects; organic beeswax that deeply nourishes; and avocado oil rich in minerals and vitamins A, D and E. Regular use of this body polisher gives you radiant skin with ultra-rich smoothness. The treatment gently exfoliates to make the skin clear and fresh with a fragrance of sweet orange and tamarind.

40 MIN
₹2000

REVITALISING KASHMIRI WALNUT GEL SCRUB
An exfoliating scrub with finely milled walnuts in pure aloe vera with a vitamin A and E enriched gel base. While the aloe vera and vitamins stimulate cell regeneration, the oil-rich walnut deeply cleanses your skin to brighten the complexion by gently removing dead cells and impurities.

40 MIN
₹2000
BEAUTY ELIXIRS

Our skin care professionals will create a healthy skin care regime just for you. Each of our specially designed facials is customised to your specific needs. The youthful glow of your pampered skin will reflect your inner beauty.

DEEP CLEANSING FACIAL
This deep acting, elaborate cleansing facial is designed to gently penetrate the skin, freeing pores of dirt, makeup and grime, to keep your skin looking healthy and young. Deep cleansing products are used to enhance hydration and restore balance, so that your skin feels replenished and smooth, and looks radiant, while providing essential protection against environmental aggressors.

60 MIN
₹2500

EXPRESS FACIAL
In this fast-paced world where there is little time for our valued corporate guests to indulge in total luxury, this facial is intended to add a perfect glow to your face while completely cleansing your skin in the shortest time possible.

30 MIN
₹1500

ELIXIR FACIAL
Our signature facial begins with a relaxing back massage with aromatic oils to balance the mind, body and soul. The facial uses scrubs made from the finest natural ingredients for specific skin types to rebalance the skin and derive maximum results. Facial scrubs made with finest herbs, flowers, fruits and vegetables are used. The soothing strokes of the massage will take you to a state of absolute bliss, and will be followed by a mask that will leave the skin refreshed, rejuvenated and rebalanced.

90 MIN
₹3500

ANTI-AGEING FACIAL
This customised facial is suitable for all skin types and is designed to nourish and revitalise the skin. The natural botanicals help stimulate the skin cells to enhance moisture retention, counteract the signs of environmental damage, and rejuvenate and revitalise the complexion. This facial also has a wrinkle-reducing action while awakening the senses and restoring natural energy.

60 MIN
₹2500
SPA INFORMATION

SPA FACILITIES
- Two personalized therapy rooms, along with changing rooms for men and women with lockers
- Our wet areas include a steam room, sauna and a shower
- We provide robes, towels, slippers and personal amenities

SPA ETIQUETTE
The spa facility is an oasis of serenity, relaxation and rejuvenation. To maintain this tranquil environment, we ask you to be respectful of others’ privacy, speak softly and deactivate any disruptive communication devices such as cell phones or pagers.

STORING VALUABLES
Lockers will be provided to all guests using the facility, but if you feel more comfortable, we recommend that you leave valuable personal items in the safe in your guest room.

WHAT TO WEAR
We will provide you with a robe and slippers to wear while visiting our spa and you will be assigned a locker to store your personal belongings. Our therapists are professionally trained and will ensure a level of comfort and privacy by appropriately draping areas of the body that are not a focus of the treatment. We require that swimming attire be worn in all pool, sauna and steam facilities.

LATE ARRIVAL TIME
We ask that you arrive at least 30 minutes prior to your scheduled appointment time. However, if a late arrival is unavoidable, please call to notify the spa receptionist, when possible. Arriving late will simply limit the time for your treatment, as we must complete your service by the designated time in order to appropriately accommodate the next guest.

CANCELLING A SPA RESERVATION
We request that all guests using the spa extend a four-hour cancellation notice to avoid a 50% surcharge. No show will incur a 100% surcharge.
SPA TREATMENT SELECTION
We recommend calling the spa directly and speaking to one of our knowledgeable staff members. A discussion with our reception staff can often help you decide between specific types of spa treatment offerings depending on whether your goal is simply relaxation or more therapeutic in nature.

SPECIAL HEALTH CONSIDERATIONS
If you have health concerns or are pregnant, please be sure to notify our spa staff when booking your treatment. Our reservationists can offer guidance as to which treatments will be the most beneficial and those that should be avoided due to physical limitations or sensitivity.

SHAVING
Generally, shaving is not recommended prior to any treatment or hair removal services. However, it is recommended that men shave prior to a facial treatment at least 2 hours before the scheduled appointment time.

SAUNA
Sauna and steam are beneficial facets of the spa hotel experience, but should always be used in moderation. Proper usage time will vary, but there are some general guidelines that most individuals who are in good health can follow. If you are looking to warm-up and relax your muscles, we recommend 10-15 minutes in the dry heat of the sauna. The wet heat of the steam room is effective in opening pores and awakening the respiratory system. For this, we recommend a five to six minute time frame.

ALCOHOLIC BEVERAGES AND SPIRS
We recommend that you do not consume alcohol before, during or immediately after your spa treatments.

PERSONAL PREFERENCES
Whether it is the room temperature or the level of massage pressure, please communicate your preferences to the therapist so that he or she can make your time with us a special experience.
THERAPIST GENDER
Please feel free to request either a male or female therapist for your treatment. However, we would like to bring to your notice that all our therapists are professionally trained and will offer you the highest standard of service with continuous consideration for your comfort level.

GRATUITIES
Our spa staff is dedicated to exceeding your expectations and creating a memorable spa experience. We do not levy a service charge at the spa. However, gratuities for these efforts is an accepted norm in India and a 10-20% gratuity is considered adequate and can be either given directly to the staff member, or extended at the front desk of the spa facility.

VALUABLES
While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

PAYMENT
We accept all major credit cards and cash. You may also charge spa services to your hotel room.

AGE MINIMUM
Guests must be at least 16 years of age to experience a spa treatment.

FEEDBACK
If your experience at our spa has not met your expectations, we request that you speak with the Spa Supervisor before leaving the facility.

HOURS OF OPERATION
Monday through Sunday
Fitness Centre: 0600 hrs - 2300 hrs
Pool: 0700 hrs - 2000 hrs
Spa: 0800 hrs - 2200 hrs
For more information about the Spa and Services, kindly call at Extension 7895.