



AYUSH
WELLNESS SPA
HOTEL DE FRANCE

Ayush Wellness Spa Rates

From September 2011

AYURVEDIC TREATMENTS

Ayurvedic Consultation £70

Allow 55 minutes
(short consultation -
allow 25 minutes) £40

Abhyanga Oil Massage £125

Allow 1 hour 20 minutes

Navarkizi Massage £125

Allow 1 hour 20 minutes

Shirodhara £70

Allow 55 minutes

Pizzichil £95

Allow 55 minutes

Udvardana £70

Allow 55 minutes

Padaghata £70

Allow 55 minutes
(with Bashpa Sweda -
1 hour 10 minutes £90)

Shirobhyanga £70

Allow 55 minutes

Nasya £70

Allow 55 minutes

Kati Basti £70

Allow 55 minutes

Padabhyanga £40, £70

Allow 25, 50 minutes

Bashpa Sweda £40

Allow 25 minutes

SPA TREATMENTS

Ayush Hot Stone £95

Allow 1 hour 20 minutes

Ayush Massage £40, £70, £95

Allow 25, 55, 80 minutes

Ayush Body Envelopment £95

Allow 1 hour 20 minutes

Ayush Indian Head Massage £70

Allow 55 minutes

Ayush Reflex Fusion £40, £70

Allow 25, 50 minutes

Ayush Reiki Healing £70

Allow 50 minutes

Ayush Body Exfoliation £40

Allow 25 minutes

Ayush Signature Facial £95

Allow 1 hour 20 minutes

Soothing Vata Facial £70

Allow 55 minutes

Cooling Pitta Facial £70

Allow 55 minutes

Purifying Kapha Facial £70

Allow 55 minutes

Refreshing Facial £40

Allow 25 minutes

awaken your senses to the wonders of Ayush

Ayush Wellness Spa Rates continued

FULL DAY PACKAGES

The Retreat £375

Ayurvedic Consultation
Padabhyanga
Abhyanga Massage
Navarkizi
Shirodhara
Allow 4 hours 30 minutes

The Escape £255

Ayush Foot Ritual
Ayush Body Envelopment
Ayush Hot Stone Massage
Ayush Refreshing Facial
Allow 4 hours

The Getaway £230

Ayurvedic Consultation
Padabyhanga
Pizzichill
Ayush Facial
Allow 3 hours 20 minutes

The Journey £220

Ayush Foot Ritual
Ayush Massage
Ayush Signature Facial
Allow 3 hours 20 minutes

COUPLES & FRIENDS RITUALS

Quality Time Ritual £125 per person

Ayush Body Exfoliation
Ayush Body Massage
Ayush Face and Scalp Massage
Allow 2 hours

Treat for Two £125 per person

Ayush Body Envelopment
Ayush Back, Neck and
Shoulder Massage
Ayush Refreshing Facial
Allow 2 hours

PREGNANCY EXPERIENCE

Anandamayi Blissful Day £125

Padabhyanga Foot Ritual
Back, neck and shoulder massage
Refreshing Facial
Allow 2 hours

HALF DAY PACKAGES

Reflective Day £185

Ayurvedic Consultation
Abhyanga
Shirodhara
Allow 2 hours 30 minutes

Restorative Day £155

Ayush Body Exfoliation
Ayush Foot Ritual
Ayush Back, Neck and
Shoulder Massage
Ayush Refreshing Facial
Allow 2 hours 30 minutes

Refreshing Day £135

Ayurvedic Consultation
Padabyanaga
Shiroabhyanga
Allow 2 hours 30 minutes

Reviving Day £155

Ayush Body Exfoliation
Ayush Hot Stone Massage
Ayush Facial
Allow 2 hours 30 minutes

GENTLEMAN'S TREATMENTS

Gentlemen's Enlightenment £185

Ayurvedic Consultation
Abhyanga
Bashpa Sweda
Shirodhara
Allow 2 hours 30 minutes

Gentlemen's Energy Boost £155

Ayurvedic Consultation
Padaghata
Padabyhanga
Bashpa Sweda
Allow 2 hours 30 minutes

Gentlemen's Refresher £125

Ayush Body Scrub
Ayush Hot Stone Therapy
Ayush Head and Scalp Massage
Allow 2 hours

All prices inclusive of GST