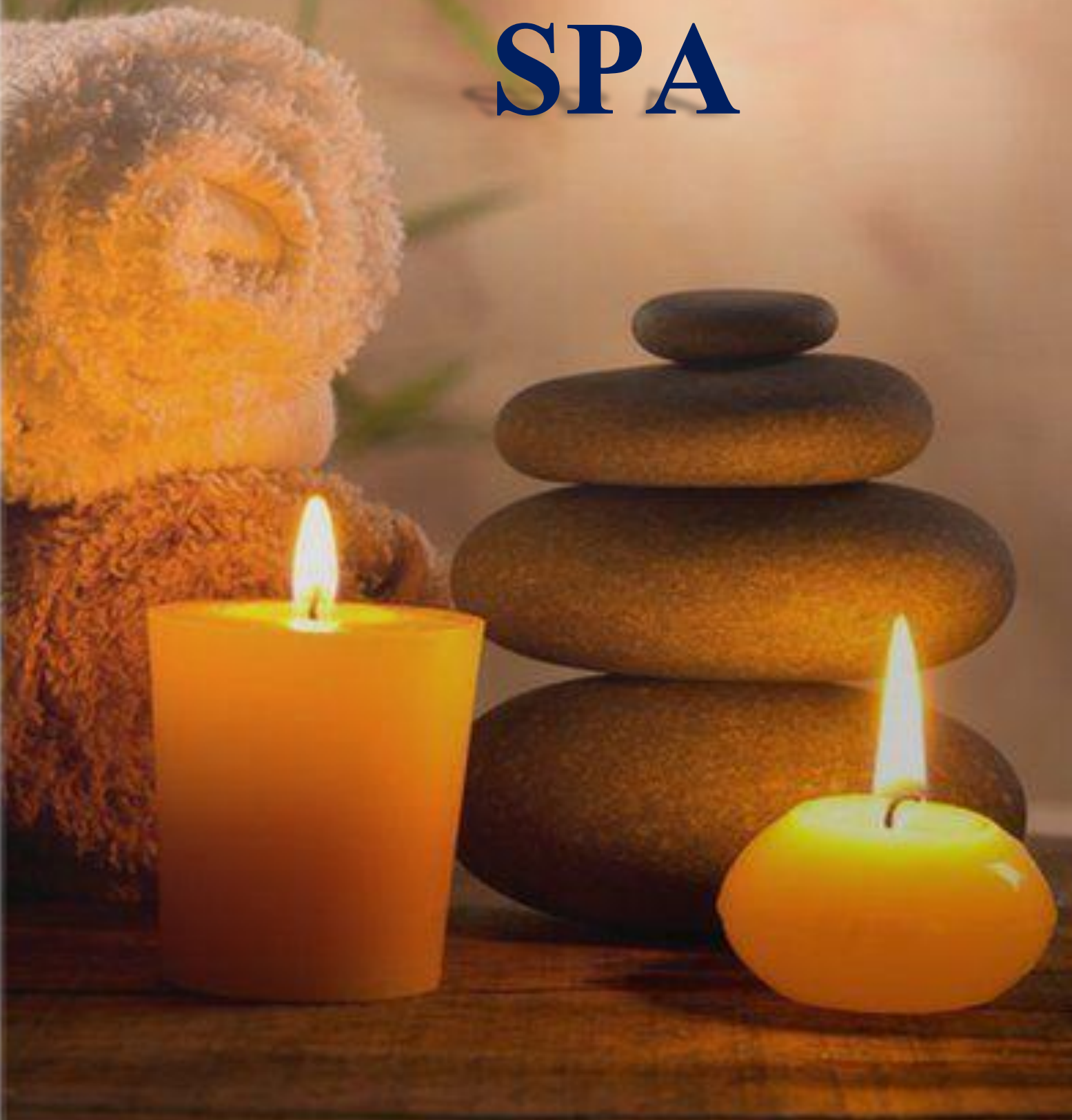


THE GINGER SPA





GANGEHI WELLNESS

***A DIVINE EXPERIENCE
THROUGH CARING HANDS***

Pamper yourself at Gangehi Ginger SPA where treatments are combined with a spiritual and meditative experience.

Antique furniture and décor, candle light, oriental music and mysterious aromas are all a part of this unique experience.

Come and experience some of the most innovative and time-tested classic traditions of skin and body therapies.

Our massages range from easing away tension and aiding relaxation, to energizing treatments and traditional Ayurveda experiences.

Whether you wish to rejuvenate, revitalize or relax, our treatments will bring you unparalleled retreats that promise restoration of body, mind and spirit.



GANGEHI WELLNESS

AYURVEDA INSPIRED RITUALS

Ayurveda is a holistic system of healing which evolved from India over 5000 years ago. This ancient science focuses not only on alleviating illness but also on establishing and maintaining the balance of optimum health, in body and mind. Our therapists at Gangehi Ginger SPA can help determine your body type 'dosha' and recommend the appropriate therapy and oils.

ABHYANGA (45 minutes)

65.00 USD

A traditional full body Indian massage using a combination of symmetrical, rhythmic strokes to regulate the entire body, specifically the circulatory, lymphatic and nervous systems.

SHIRODHARA (60 minutes)

95.00USD

An ancient Indian therapy, involving the continuous pouring of lukewarm oil on the third eye, this treatment will calm and soothe the mind relaxing the nervous system.

SHIRO-ABHYANGAM (30 minutes)

45.00 USD

Using Ayurveda massage techniques, this massage will activate the vital points along the neck, shoulder and head to relieve stiff muscles and ease upper body tension.

KIZHI - HOT HERBAL POULTICE (60 minutes)

75.00 USD

A warm herbal poultice made up of Ayurveda herbs, soaked in oil and applied in long strokes with specific punctuation on 'marma' points to relieve tight muscle tensions.

UDWARTHANA - Ayurveda Scrub (45 minutes)

50.00 USD

A specific powder made of herbs and spices is the main ingredient for this massage. Traditionally used to improve the health of the skin and to drain toxins and liquids, for those seeking to achieve a perfectly smooth body.

KATI-ABHYANGAM – Back Massage (30 minutes)

45.00 USD

A rejuvenating massage that involves all the back massage, releases tension and stimulates the deep connective tissue.

All rates are in USD and are subject to 10% service charge and 12% government tax (GST).



GANGEHI WELLNESS

TOUCH THERAPIES

These touch therapies use a wide variety of bodywork techniques including kneading, friction, strokes, tapping, compression, stretching and applying pressure to trigger points and acupressure points. The use of massage to improve wellbeing dates as far back as humanity itself and different countries and cultures have their own distinguishing features.

WESTERN THERAPIES – CLASSIC MESSAGES

AROMA COUPLE MASSAGE (45 minutes)

140.00 USD

The tandem treatment invites couples to get a bit closer and reconnected, it can enhance intimacy thanks to a delightful and romantic experience.

BALINESE MASSAGE (45 minutes)

80.00 USD

A combination of classic oil massage techniques are combined with stretching, reflexology and the use of essential oils to stimulate the flow of energy around the body and leave you with a sense of well-being, deep calm and relaxation.

AROMA THERAPY (50 minutes)

75.00 USD

Aromatherapy is a healing procedure using aromatic oils, sweet smell or fragrance. In this massage we use very soft and gentle stroke which sooth our senses, mind and soul

SWEDISH MASSAGE (45 minutes)

60.00 USD

The massage combines long gentle strokes, kneading and firm circular movements. Benefits: good for relaxation of the mind and muscles.

All rates are in USD and are subject to 10% service charge and 12% government tax (GST).



HOLISTIC TREATMENTS

A Holistic massage is an individual treatment that is specifically tailored to each client. A holistic practitioner treats the client as a whole, taking into account their emotional and spiritual wellbeing, as well as their physical body.

WARM EARTH STONE THERAPY (60 minutes)

90.00 USD

A muscle relaxing massage that combines the healing power of touch and the energy of the heart. Smooth, warm stones glide across your body in long flowing strokes.

CHAKRA BALANCING WITH HOT STONE (90 minutes)

120 USD

Warmed basalt stones are used for massage over the body with warm oil. After massage we put warm stone on your chakra (energy points of the body) which helps to balance our energy. Chakra balancing with hot stones is one of the most relaxing and soothing techniques. This works on your inner soul and relaxes your mind. It is a great choice for people who suffer from chronic pain, stress or insomnia.

AYURVEDA FUSION (60 minutes)

90.00 USD

This massage is a mixture of Abhyanga, Kizhi and Back massage. In this therapy we use warm poultice of herbs which help to release your muscles pain and improves your blood circulation. This is one of the most famous therapy in Ayurveda which promotes your sound sleep and nourishes your bones and skin.



GANGEHI WELLNESS

BEAUTY TREATMENTS

BODY SCRUB

A body scrub will be selected with your skin type in mind, and is then applied in a way to promote circulation and to remove dead skin cells. The body feels light, smooth and silky afterwards giving a glowing complexion.

CANDRA SCRUB (45 minutes)

60.00 USD

Renewal and exfoliation with Ayurveda oils and spices to give nourishment, smoothness and brightness to the skin

COCONUT, HONEY AND MILK SCRUB (50 minutes)

65.00 USD

Coconut and honey body scrub is perfect for scrubbing away dead skin cells and revealing and revitalize glowing skin benefits. It stimulates skin micro circulation and leaves your skin soft and smooth.

All rates are in USD and are subject to 10% service charge and 12% government tax (GST).



BODY WRAPS

A wrap is a nourishing cocoon designed to slim and tone your body, hydrate, cleanse or heal your skin, or relax and soothe your muscles. Body wraps combine herbal pastes, mineral-rich muds and soothing creams. The body mask will contain a mixture of ingredients designed to have a remedial effect on your skin, while the coverings will swathe and warm your body, promoting muscle relaxation, and sweating to cleanse your pores.

COOLING BODY WRAP (50 minutes)

70.00 USD

Natural cool body mask of cucumber and yogurt, applied to the whole body and wrapped. The face is cooled with fresh cucumber slices while you enjoy a scalp massage.

PAPAYA AND ALOE VERA WRAP (50 minutes)

75.00 USD

Papaya is an extremely rich source of vitamin C, vitamin A and anti-oxidants which helps to rejuvenate the skin. Aloe Vera reduces acne and dryness and pigmentation as well by helping in the regeneration of new cells. This treatment is very good for sunburn.

FACIAL THERAPIES

JALA FACIAL TREATMENT (25 minutes)

40.00 USD

Extraordinarily nourishing and moisturizing by the action of Karite' butter and vitamins

SAMSARA FACIAL TREATMENT (50 minutes)

65.00 USD

Intensive anti-oxidant treatment; it deeply restructures and nourishes the skin.

FACIAL TREATMENT WITH HONEY (40 minutes)

55.00 USD

Delicate honey lifting mask will give you a deep purification to skin and an unforgettable inner shine, lifts up and creates invisible screen against UV rays.



GANGEHI WELLNESS

FOOT EXPERIENCE

REFLEXOLOGY (30 minutes)

45.00 USD

Pressure points on the feet stimulated by the therapist for detoxification

THAI FOOT MASSAGE (30 minutes)

45.00 USD

Massage of the lower legs and feet that involves hands on stretching and massage to "open" Sen (energy) lines. It gives a better and deeper sleep, relieves stress and clarifies your mind.

MANICURE & PEDICURE

MANICURE (40 minutes)

55.00 USD

A traditional manicure to leave hands soft and smooth and nails beautiful. Includes hand and arm massage and nail polish application.

PEDICURE (40 minutes)

55.00 USD

Pamper your feet with an aromatic foot soak and scrub, followed to a traditional pedicure and foot massage to enhance the condition of your feet nail polish application included.

COLOR (20 minutes) 20.00 USD

(Hand, Feet)

Select your preferred color from our range

All rates are in USD and are subject to 10% service charge and 12% government tax (GST).



GANGEHI PACKAGES

GANGEHI WELLNESS

These packages have been designed to be spread throughout your stay at Gangehi. They have been created to ensure that you experience the best in relaxation during your holiday.

WELLNESS PACKAGES

ANANDA

380.00 USD

5 massages of your choice+ 1 COMPLIMENTARY.

PREMA

250.00 USD

3 massages of your choice+ 1 COMPLIMENTARY.

CLASSIC PACKAGES

SERENITY (90 minutes)

1 Balinese massage + 1 Candra Scrub.

110.00 USD

TROPICAL (80 minutes)

1 Katiabyangam massage + 1 Foot massage.

100.00 USD

AYURVEDIC PACKAGES with YOGA

These packages are a retreat designed to give you some peace and calm to restore the mind body and spiritual connection. You may want to rejuvenate, relax or invigorate yourself or may just desire the space in which to find some tranquility in which to consider where you are in life and refocus your direction. All the great spiritual traditions are about discovering ourselves in ways that help us to grow in happiness and love. For many people a retreat will be an awakening to the presence of all that we have to feel good, happy and grateful for in our lives.

PATANJALI PACKAGE

140.00 USD

Abhyanga + Coconut, honey and milk scrub + Anulom vilom pranayama

AGNI PACKAGE

152.00 USD

Warm herbal poultice massage + Candra Scrub + Kapalbhati pranayama

SIVANANDA PACKAGE

175.00 USD

Shirodhara+ Foot and leg massage + Bhramari pranayama

All rates are in USD and are subject to 10% service charge and 12% government tax (GST).



SPA ETIQUETTE AND POLICY

MEDICAL CONDITIONS

If you have any kind of medical condition, mention it when you book an appointment. Certain treatments may not be advisable for you.

PREFERENCES

If you want the therapist to give you a deeper massage, or be gentler, let him or her know. Feel free to ask questions. Your therapist will enjoy knowing your thoughts and clarifying any issues you may have. If any part of your experience is unsatisfactory, first tell the therapist.

RESERVATIONS

Reservations can be made directly at the SPA reception or dialing extension 340 from your in- room telephone. We suggest you to book your appointments in advance in order to obtain your preferred time. Spa guest must be at least 18 years of age.

PUNCTUALITY

Ideally arrive 15 minutes before your appointment time in order to enjoy an unhurried transition into the SPA. If late, the time of your treatment may need to be shortened.

CANCELLATION POLICY

Our cancellation policy is 4 hours. Cancellations made less than 4hr in advance of a booked treatment may incur in a penalty fee equal to 100% of the price of the treatment.

HYDRATION

We advise you stay hydrated before and after the treatment in order to gain maximum benefit from your treatment.

SMOKING

Smoking is not permitted anywhere in the SPA.

VALUABLES

In order to avoid all worries and stress, please leave all jewelry and valuables in your in-room safe and do not bring them to the SPA. The management will take no responsibility for loss of money or valuables of any kind brought into to the Spa.

MOBILE PHONES & ELECTRONIC DEVICES

Ginger Spa is a heaven of serenity. Leave phones in your room or turn them off before entering the SPA so that your relaxation and that of the other guest is not disturbed.

The price list above refers to the prices and treatments available today.

Changes may be made without prior notice by the resort