

Sri Sri

WELLBEING
holistic health

SPA

Menu

Jayanagar, Bengaluru





SriSri

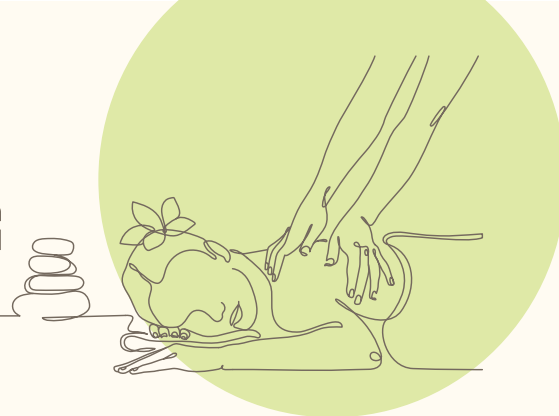
WELLBEING

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Wellbeing Journey

A luxurious body care ritual can transform the way you feel about your skin and yourself. Customise your routine with a wonderful array of aromatics and textures.



Sundarya: Lavishing Treatment

105 Mins | ₹ 4,675

An enveloping body experience that is comforting, nurturing and enticing to the senses. We begin with a luxurious full body exfoliation using Shankara's Sea Salt Scrub to awaken, refine, and purify the skin. The captivating Sundarya Body Oil is then used for a soothing Swedish Massage. Tension melts from the face, neck, shoulders and head with the combination of a soothing Scalp and Facial Massage.

Couture Touch

150 Mins | ₹ 7,350

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour facial with your personalised Freestyle Muscle Release or Deeper than Deep Hot Stone Massage.

Vitality

180 Mins | ₹ 8,850

Revitalize, body and complexion! The Vitality ritual includes a full body scrub, a body wrap, a prescriptive massage and Shankara facial to tackle your fine lines and wrinkles. An energy releasing and rejuvenating experience. (Free Hair wash)



*GST will be charged additionally on the listed rates.



Massage

All our massages can be personalised to your desired results by seamlessly blending various techniques and essential oil fusions to present you with a unique massage experience.



Balinese

105 Mins | ₹ 4,200

75 Mins | ₹ 3,500

Various massage techniques are used to liberate muscular stress, stimulate circulation and release an intensive sense of balance.

Muscle Release

105 Mins | ₹ 4,200

75 Mins | ₹ 3,500

A vigorous massage concentrated on specific muscles and muscle groups. Perfect for the athletic individual to increase muscle flexibility, alleviate pain and assist the healing process.

E-Deeper than Deep Hot Stone Massage

105 Mins | ₹ 4,800

Lava hot stones bathed in the Body Oil are worked deep into the muscles, melting away areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin and the most amazing aroma.

Relaxing Aroma

105 Mins | ₹ 4,000

75 Mins | ₹ 3,200

A harmonious fusion of ancient healing techniques, our aromatherapy massage uses specially blended, aromatic natural oils and massage therapy to relax, refresh and rejuvenate the body and mind.

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Massage

All our massages can be personalised to your desired results by seamlessly blending various techniques and essential oil fusions to present you with a unique massage experience.



Hilot

105 Mins | ₹ 4,400

An Ancient Filipino healing method which involves a massage with different strokes that aims to stimulate the nervous system, increase lung activity and more.

Marma

45 Mins | ₹ 2,100

A healing and relaxing therapy that works on subtle points in the body to remove blocks in the system. Enhances and balances the flow of Prana (life force). Results in total relaxation. Boosts vital organ function. Energizes cell function.

Abhyanga

60 Mins | ₹ 2,700

Abhyanga is an ayurvedic therapy in which the whole body is enveloped in warm herb infused oil. It's the perfect way to nourish, moisturise and bring comfort and balance to your whole body. At the end of the session, a medicated herbal powder is applied on the crown to re-balance energy flow and awaken the senses.

Shirodhara

45 Mins | ₹ 3,500

This is the ultimate ayurvedic therapy for relief from anxiety wherein warm medicated herbal oil is poured in an even stream onto the forehead. This therapy is known to pacify and revitalise the mind, taking you to a deep peaceful meditative state.

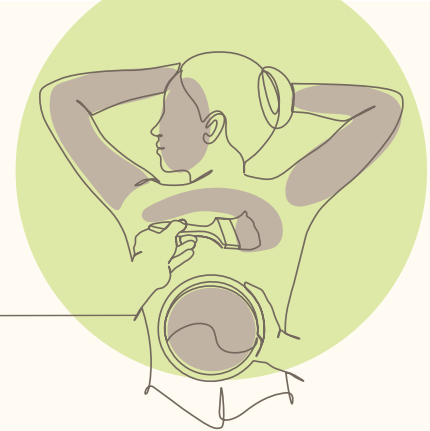


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Body

A natural scrub is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturised layer of fresh, clean and smooth skin.



Rejuvenating Body Wrap

45 Mins | ₹ 3,000

Your entire body is slathered with a mask and wrapped up tightly to keep you warm, helps soothing the muscles, opening the pores and sweating so that toxins are flushed from the body.

Purifying Sea Salt Scrub / Exfoliation

45 Mins | ₹ 2,000

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



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Hands & Feet

Hand and foot massage, is premised on the idea that applying restorative pressure to the hands and/or the feet can create a positive effect in specific other areas of the body.



Best Hand Forward (Manicure)

60 Mins | ₹ 900

This is the last word in conditioning, restorative, anti-ageing hand treatments. Hands are thoroughly exfoliated, bathed, massaged and cleaned leaving them soft & nourished.

Best Foot Forward (Pedicure)

60 Mins | ₹ 1,200

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed, massaged and cleaned. Feet are left nourished, soft and smooth.

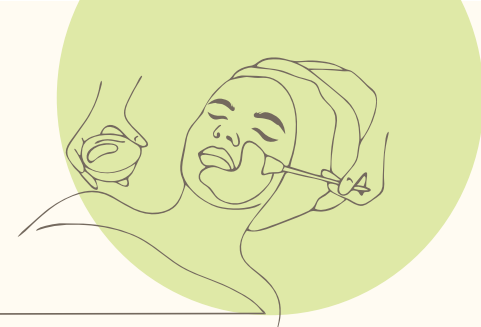


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Skin Care

Each facial includes aromatherapy, a balancing foot bowl massage and 4 customised product options; rich repair for dry skin, Fine line for normal, sensitive or combination skin, Balance for oily skin and Blemish support for acne prone skin.



Calming Facial

60 Mins | ₹ 2,500

Soothing treatment to calm inflammation and irritation in sensitive skin. Ideal for Rosacea. Will bring back balance and assist healing after chemical peels. A gentle cleanse followed by natural exfoliation and marma point massage helps to de-stress the skin. A cooling mask at the end leaves the face calm and revitalised. We use hydrating cleanser, enzyme probiotic powder, calming mask and rose mist.

Deep Cleanse Facial

60 Mins | ₹ 2,200

An ultimate skin detoxification especially for combination and oily skin. This restorative skin treatment includes a combination of herbs, extract and pure flower infusion to rebalance and restore skin's vitality. This is a stimulating and oxygenating treatment that is deeply purifying and invigorating to the skin. Brings liveliness in congested skin. Depending on the skin we use hydrating/purifying cleanser, microcrystal exfoliation, rosé mist or purifying toner, daily repair serum and deep pore cleansing mask.

Anti – Aging Facial

60 Mins | ₹ 2,500

Skin defining facial designed to deeply rejuvenate and nourish aging skin, featuring a double cleanse and exfoliation technique, a special mask blend and the use of an Ayurveda kansa wand to soothe, tone and release stress from facial muscles, neck and shoulders with highly effective ingredients (Gotu kola, Squalane, Olive leaf extract and many more) that help lift the skin and promote youthfulness. Hydrating cleanser, deep cleanse ubtan, rose mist, anti-age serum, moisturizing mask/calming mask, massage oil.

Shankara Kansa Facial Treatment

60 Mins | ₹ 2,500

Skin refining facial designed to deeply rejuvenate and nourish the skin, featuring a double cleanse and exfoliation technique, a special mask blend and use of an Ayurveda Kansa wand to soothe, tone and release stress from facial muscles, neck and shoulders.

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Reset & Refresh

Your tune-in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your nature of you.



Face & Head Massage Combo

40 Mins | ₹ 2,000

A relaxing blend of facial massage to encourage circulation and lymphatic flow, paired with a soothing scalp massage using rhythmic acupressure techniques

Foot Reflexology

40 Mins | ₹ 2,000

Gentle pressure is applied to specific reflex points on the feet, believed to correspond to different organs and systems, promoting overall balance and deep relaxation

Back, Neck & Shoulder Cream Massage

40 Mins | ₹ 2,000

A restorative massage designed to ease muscle tension & improve circulation in the back, neck & shoulders. The use of natural Shea Body Butter enhances the therapy with its soothing, nourishing properties, helping to relieve stiffness while deeply hydrating the skin. This treatment calms the body, restores balance & supports overall well-being.



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Reset & Refresh

Your tune-in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your nature of you.



Leg Massage

40 Mins | ₹ 2,000

A revitalizing massage for thighs, calves, and feet. Techniques are designed to stimulate circulation, ease tightness and enhance muscle flexibility

Head & Foot Massage Combo

40 Mins | ₹ 2,000

A balancing treatment that combines calming scalp massage with reflex point work on the feet, offering a soothing experience for both body and mind



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Doctor/ Vaidya's Consultation

Pulse Diagnosis Nadi Pariksha

30 Mins | ₹ 500

Your first step on the road to health and wellness begins with an age old technique – Nadi Pariksha or Pulse Diagnosis. Nadi or Pulse is the vital flow of energy that runs through the body and enables the Vaidya (Doctor) to assess the patient's health. Based on Nadi Pariksha, our Vaidya will recommend a personalized wellness regime that covers a wide spectrum of wellness treatments – from therapeutic massages with tailor made diets to lifestyle changing experiences.

Garbha Sankskar Consultation

45 Mins | ₹ 1,000

Begin your journey towards a happier and healthier pregnancy with Garbha Sanskar. This ancient Indian practice focuses on creating a nurturing and harmonious environment for both mother and baby during pregnancy. By incorporating principles of nutrition, exercise, mindfulness, and more, Garbha Sanskar can help you have a healthy and stress-free pregnancy while promoting physical, mental, and emotional development of your unborn child. Book a consultation with our experienced practitioner to learn more and create a personalized plan that works for you.

Beauty and Skincare Consultation

45 Mins | ₹ 600

An Ayurvedic beauty & skin care consultation can help you discover the root cause of any skin concerns. Our Ayurvedic practitioner will assess your skin type and underlying imbalances, and recommend a combination of lifestyle changes, herbal remedies, and natural products tailored to your specific needs. Develop a personalized plan to improve the health and appearance of your skin.

Nutrition for Kids

45 Mins | ₹ 600

Children need nutrition that can meet the growing demands of their body. They need sufficient energy and stamina to excel at school and create a sustainable routine. A balanced diet offers all the nutrients in the required amount in proper proportions. Our Doctors will help you build a healthy and strong relationship between food and your child.

* Within 15 days no follow up fee will be chargeable.

Note: Our expert Vaidya may recommend other Ayurveda Therapeutic Services as per your need.



Ayurveda Therapeutic Services

Treatment Name	Duration	Pricing (₹)
Bandhan	30 Mins	2300
Daniya + Amla Dhara (Head)	45 Mins	2700
Ekanga CPS	30 Mins	2500
Ekanga PPS	30 Mins	2500
Ghandoosha	30 Mins	525
Greeva Pichu	30 Mins	2400
Greeva Vasti	45 Mins	2600
Jal Dhara	45 Mins	2300
Jambira Pinda Sweda (JPS)	45 Mins	4000
Janu Bandhan	30 Mins	2600
Janu Vasti	45 Mins	2600
Kabala	30 Mins	2400
Karnapoorana	30 Mins	1700
Kashaya Vasti	45 Mins	3800
Kati Vasti	45 Mins	2600
Ksheera Vasti	45 Mins	2700
Leg Pichu (full)	30 Mins	3200
Lekhanavasti	45 Mins	2700
Local - Thakkradhara	30 Mins	2500
Local Kashayadhara	30 Mins	2400
Local Ksheera Dhara	30 Mins	2600
Local PPS/StaniK PPS	30 Mins	3000
Local SSPS/StaniK SSPS	30 Mins	2500
Local Abhyanga	30 Mins	1800
Matra Vasti	45 Mins	2500

Treatment Name	Duration	Pricing (₹)
Meru Pichu	30 Mins	2400
Nasya - Dhoomapana	45 Mins	2000
Ropan Vasti	45 Mins	2500
Shiro Pichu	30 Mins	2400
ShiroLepam	45 Mins	3000
Shodhan Vasti	45 Mins	3800
Shudhajala Vasti	45 Mins	2000
Sneha Pana	45 Mins	2000
Sneha Vasti	45 Mins	2500
Sthanika/ Local Lepam	30 Mins	2400
Thakkradhara	45 Mins	2500
Thalam	30 Mins	2400
Thalapothichil	30 Mins	2700
Upanaha Swedana	30 Mins	3900
Uro Vasti	45 Mins	2600
Greeva Dhara	30 Mins	4500
Janu Pichu	30 Mins	2400
Kati Dhara	30 Mins	4500
Kati Pichu	30 Mins	2400
Keshavarna	45 Mins	2400
Nabhi Pichu	30 Mins	2400
Virechana	30 Mins	2300
Udwarthana	45 Mins	3000
Netra Tarpana	30 Mins	1000

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Timings 10am to 8pm.

Taxes GST will be charged additionally on the listed rates.

Reservations Advance bookings for your therapies are recommended
Kindly arrive 10 min. before before the time of your appointment / booking
To make a reservation, you may call on  +91 7204108202.

Registration You will be required to fill out a Consultation Request Form.
This will help our Consultant / Vaidya to recommend the right therapies for you.
You will be required to fill out a Waiver form before your treatments.

Special Considerations For pregnant or nursing mothers or individuals with a medical history of high blood pressure, heart conditions, hypertension, thyroidm allergies of any kind, you are requested to consult with our Vaidya / Consultant before taking any therapies. Please ensure our therapist is made aware of any medical conditions or physical conditions / injuries before you begin the treatment.

Valuables, Phones Please take care of your belongings. We recommend to avoid wearing jewellery, watches etc at the Spa.
The management will not take any responsibility for any loss of money or valuables.
Kindly silence your phones for the comfort of others.
This is a healing space and your cooperation in maintaining the decorum is appreciated.

Special Note

This is a highly professional wellbeing spa where we dispense only the listed therapeutic and relaxation services.
Solicitation of any kind with any of our staff members will be reported and is a punishable offence under law.
We expect our customers to respect all staff and adhere strictly to the rules of the premises.

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We hope to see you again soon!



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www.srisriwellbeing.com