

SPA MENU

BODY MASSAGE:

1:SWEDISH

Experience rejuvenating, detoxifying, international technique of Swedish massage only at Zyur Thai spa, Swedish massage is ideally recommended for everybody, it's extremely beneficial for muscular swelling, pain and stiffness,

This is a oil massage ,no stretching is involved in it

60mins | | 90mins

2: ABYANGAM/TRADITIONAL INDIAN AYURVEDIC

The oldest body massage dates back to 5000 years, abyangam means full body oiling of the body, we use more oil, the oil used is blended with different spices like cardamom, clove, cinnamon, dry ginger, etc. technically it's done with long flowing strokes covering the entire body in one go, extremely good for nerves, muscles and bones, lubricates the skin to a greater extent hence good for dry skin

Experience this age old traditional body ritual in it's pristine form only at Zyur Thai spa

Oil massage no stretching or dry strokes are involved

60mins | | 90mins (2 HAND)

60mins | | 90mins (4 HAND)

3: DEEP —TISSUE

Deep tissue massage works on the deeper layers of muscles and connective tissue it involves applying sustained pressure unlike other massages which focuses on relaxation more this massage relieves muscular tension stiffness and pain. it also heals, deep tissue injury improve blood circulation, muscle tone and flexibility.

Ideally recommended for people who likes hard pressure

60mins || 90 mins

4: THAI DRY

A dry massage which includes a combination of palm pressure, thumb pressure compression strokes and stretching replicating yogic postures, it works along the energy lines of the body also called as meridians, working on this lines opens up the energy channels thus creating an unhindered flow of vital energy in the body, one of the most energising massage

Recommended for people with sedentary lifestyle and a stiff body

60mins || 90mins

5: THAI OIL/THAI AROMATHERAPY

It's a blend of dry massage with oil techniques of Swedish massage, it's ideal for people who wants a blend of stretching, dry technique finishing with oil technique, a great combination of Thai dry and Swedish massage

60mins | |90mins

6: HAWAIIAN LOMI LOMI

Lomi means 'to knead' a traditional Hawaiian practice that heals the mind, body and soul, creates a spiritual balance, therapist uses their forearm, elbow and even upper arm to glide through the body with long flowing strokes often looks like a dance or a wave Like motion, it's also called the loving hands massage where both the hands of the therapist moves in coordination with each other

90 mins

All the body massages are without steam, if u want to take steam u have to pay 200 more for 15 mins of steam

BODY SCRUB

1: INDIAN HERB & SPICES

The scrub is fortified with herbal coarse powder which rapidly increases the warmth in the body and is good for body odour, good for any kind of infections on the skin coz the herbs have anti-bacterial, anti-fungal and anti-viral in nature

2: MILK HONEY & OAT

Milk is regarded as the best friend of skin with innumerable benefits, along with honey it becomes a formidable component add to it the mechanical exfoliating property's of oats

Detans the skin, makes it a shade lighter

3: COCOA BUTTER WITH APRICOT

Cocoa powder is rich in antioxidant, good for ageing and mature skin, gives a good glow, shine or lustre to the skin

4: SPA SALT WITH JASMINE

Salts are good for detoxifying the skin,, good for thick skin to make it soft and supple it makes the skin more clear and desquamates the dead cells more effectively than other scrubs, dries the skin, good for oily skin

45 MINS

BODY POLISH:

Its generally done after the body scrub, you need to take s body scrub with any of the above mentioned scrub, take a steam, with scmb on your body and then rinse it with water, don't use soap, dry yourself and then the therapist will use any of this creams to rub on the entire body in a light relaxing way

A: MOGRA

B: LOTUS

C: BASIL

D: GREEN TEA

E: MILK & HONEY

90 MINS

BODY WRAPS/BODY MASK

Body wrap or mask is a dual process of body scrub and body mask ,u select the type of body scrub you want from the options listed, after the scmb again u need to take a steam with scmb on your body and then rinse yourself without applying soap, after drying yourself u need to lie the therapist will apply the mask on your body with light relaxing strokes and cover u with 3 layers of plastic sheet, towels and bed sheet, this traps the body heat and liquefys the mask thus helping it to penetrate and work better on the skin

Improves blood circulation, tightens and tones the skin, flushing out the toxins

Types of Wrap

1: RICH MINERAL MUD WRAP

Enriched with the minerals salts, detoxifying the skin and is good for cellulite, tightens and tones the body

2: HALDI-CHANDAN & SHEA BUTTER

Detans the skin, good for blemishes and pigmentation, makes the skin a shade lighter good for any kind of infections on the skin, shea butter at the same time nourishes and hydrates the skin,

3:UBTAN

Age old Indian traditional rituals in which we use Multani Mitti, milk powder, oats. Gram flour, all grounded together to form a paste which is applied all over the body, has a dual benefit of detoxification, detanning, and tightening the skin

90 mins

SPA FACIALS

One of the most relaxing and rejuvenating therapy done for u r face, here at Zyur we use products from ayurveda, there is no chemicals used on the face we use indigenous organic ayurvedic products only, We follow a 4 step procedure while doing the facials, cleansing, scrub, steam with enzymes, massage and mask It's done only by experts, hence u need to book it a day prior

1: DE-TANNING

Ideally recommended for dark or tanned, pigmentation prone skin, this makes the skin a shade lighter

2: HYDRATING

Recommended for dull, dry, flaky and itchy skin, it hydrates the skin & provide the required moisture to bind the different layers of skin

3: ANTI-AGEING:

Mature and ageing skin, it increases the production of collagen and elastin in the skin thus making it more firm and elastic, works on the fine lines and wrinkles on the skin

4: FACIAL FOR INFECTED SKIN

The face skin generally suffers from bacterial infections ,which makes the face acne prone, the hyperactive sebaceous glands makes the skin more oily ,this facial disinfects the skin by it's antibacterial action using antibacterial, antiviral and antifungal ayurvedic herbs

90 mins

MEMBERSHIP PACKAGES

We are offering 2 types of packages,

REGULAR:

for 8 hours of therapy (steam not included)

for 8 hours of therapy (steam included)

PREMIUM:

for 40 hours of therapy (steam not included)

for 40 hours of therapy (steam included)

CONDITIONS:

1: The full membership amount to be paid in advance, we don't accept payments in instalments

2: Membership amounts cannot be refunded back under any circumstances

3: Membership is transferable

4: Membership is valid till your balance hours are there

5: All massages are included in membership except Lomi Lomi, body polish, body wraps, facials and therapies listed in ayurvedic spa menu

6: Mobile number is mandatory while taking membership