



THE SPA
AT
NOORMAHAL PALACE



**TREAT YOURSELF TO A DAY OF
SELF-CARE & BLISSFUL RELAXATION**



The Spa we have integrated healing and wellness modalities from various streams of relaxing and pampering experiences. After all, getting back to being healthy should be an enjoyable experiences.

We have gone a step further, to ensure that all our therapies are highly effective in producing the desired results, as they are based on science. Right from assessment of wellness and lifestyle we offer many ways to get Fit along with modern, scientific and effective therapies.

What's more, all services are truly personalized right from the face therapy where ingredients are chosen as per various skin zones .

Welcome to Wellness and healing.

Welcome to

The Spa at Noormahal Palace





SPA & WELLNESS CENTER



BODY RITUALS

To commence your journey within our Spa ,each treatment begins with a relaxing foot wash rituals to symbolically cleanse stress away. Manipulating the trigger points during the treatment to effectively relieve tension and ease you into relaxation and healing.

SWEDISH RITUALS

60 MIN/₹ 3599

Boost your energy levels and re-energize your body with the classic Swedish massage that uses rejuvenating seasonal blend of oils to provide a firm and deeply relaxing and healing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating overall blood circulation. Do let our therapists know where they need to focus more to facilitate healing.

ABHYANGAM RITUALS

60 MIN/₹ 3599

A part of daily ritual of the ancient Indians, this ritual uses long strokes and warm herbs infused sesame oil to stimulate circulation, enhance joint mobility, relieving muscles soreness and hydrate the skin and speed up detoxification.

AROMATHERAPY RITUALS

60 MIN/₹ 3899

Indulge in this authentic massage style that has been influenced by stalwarts from homeopathic healing tradition. An uplifting combination of aroma oil selected from carefully preserved global bio-reserves, blended with cold pressed anti-oxidant rich base oil to provide a gentle relaxing massage which works on the senses as much as it works on the skin.

BACK RITUAL

30 MIN/₹ 1799

According to the ancient healing science and medical practitioners, it is believed that a flexible and tension free back is the back bone for bodily alignment. Relax and rejuvenate while our therapist dissolves the tension stored in the muscles of the back leaving with energized and refreshed feeling.



ESCAPE THE
HUSTLE & BUSTLE
OF DAILY LIFE...



BALINESE RITUAL

60 MIN/₹ 3899

The traditional Balinese royal massage is a continuum of relaxing acupressure, skin rolling, and firm, smooth strokes long specific energy channels. This ritual is a confluence of the best of healing traditions of erstwhile Siam, China and India. It guarantees to re-awaken your inner self and evoke calm by releasing energy blockages and restoring smooth flow of energy.

DEEP TISSUE RITUAL

60 MIN/₹ 3899

Deep tissue massage is a common course of treatment for athletes as well as individuals with physically active lifestyles. The deep tissue treatment utilizes motions and pressure which targets deeper into your musculoskeletal system, which also includes the inner layers of muscle and the connective tissues.

NOORMAHAL SIGNATURE RITUAL

90 MIN/₹ 4299

This treatment is specifically tailored only for the regular spa and fitness enthusiast. This body work has an integration of sports massage and traditional thai massage acupressure techniques that are very effective in working on deep tissue, fascia and muscles. Recommended only for those who require deep body work to undo muscles knots and dissolve fibrous tissue.

SHIRO-ABHYANGA RITUAL

30 MIN/₹ 1799

It is an invigoration experience where warm ayurvedic oil with firm and fast strokes are combined with effective trigger points on the head to improve blood flow, nourish the scalp which leaves you with calm and relaxed state of mind.

HAND & FOOT REFLEXOLOGY

30 MIN/₹ 1799

This treatment is highly recommended for tired hands and feet where application of pressure point massage technique is used to stimulate the reflex points on your hands and feet which is directly connected to the various organs of our body. It is very effective to relieve muscle fatigue after a long and tiring journey.



VARIETY OF TREATMENTS
TO HELP YOU ACHIEVE
TOTAL RELAXATION & RENEWAL.



BODY SCRUBS

Body scrubs is also referred to as Body polishes which is overall body exfoliation using natural extracted plant and flower extracts with anti-oxident rich, cold pressed base oils and organic sugar or finely grinded sea salt or other plant extract powders. This treatment removes the dead skin cells, stimulates blood circulation and oxygenates the skin. As a final touch, the skin is hydrated and nourished with a fragrant body balm, leaving you feeling silky, smooth and refreshed. Body polish is recommended every fortnight also maintenance and renewal of the body skin.

APRICOT & LEMONGRASS

30 MIN/₹ 1799

Apricot, it is well - known as an age retardant in the Hunza community people, who live till at least 100 years is the mainstay of this body polish. This beta carotene, minerals and other plant compounds from this high ranges fruit seep into the skin and triggers cellular maintenance and renewal. Lemongrass perfectly complements Apricot with its antiseptic and mood elevating properties.

COFFEE

30 MIN/₹ 1799

Invigorates the senses with this amazing body polish. This therapy captures the mystery of the ancient Arabic coffee where cooling lentil powder is used to temper the heat of handpicked finely ground aromatic coffee. You will instantly feel the increased circulation and the smoothness of skin.

AYURVEDIC POTLI

60 MIN/₹ 5999

Ayurvedic massage is a customized treatment incorporating essential oils, typically herbal-infused, with time-honored and non-traditional strokes and kneading that suit each individual's needs.

Please Note:- Jacuzzi charges will be additional.

15 MIN/₹ 499



NOORMAHAL PALACE KARNAL
TEL : +91-184-71733-361

E: healthclub@noormahal.in | Web : www.noormahal.in
