



## **THE QUAN SPA MENU** **THE QUAN SPA RITUALS**

*Pure fulfillment at the heart of the oceans. True invitations to a sensory journey, the SPA RITUALS combine expert skincare and deep relaxation.*

**1. Jet Lag Reviver (120 minutes)** - This most sensual of treatment commences with a body exfoliation that prepares your skin for an oriental body wrap, which harnesses the serenity and relaxing powers of the Orient. After slow and rhythmic hands-on Swedish therapy, you and your skin will feel intensely reinvigorated. INR: 7000++

**2. Feminine touch (120 minutes)** - The ritual begins with a mild body scrub to leave your skin thoroughly scrubbed and scented. Move on further to a relaxing massage with an aromatic oil to maintain the youth of your cells and prevent against stress signs. Followed by a detoxifying facial to take away the signs of stress and every day tensions and leave your skin with a radiant glow: INR: 7000++

**3. Revitalizer for Men (120 minutes)** - We begin this ritual with a scrub that rids the skin of its deep impurities, detoxifies and improves cell renewal. This is followed by a therapeutic massage which activates to flush away toxins. Finally end with a revitalizing facial for stressed male skin; combining energizing marine active ingredients with relaxing massage movements. Your skin regains all its energy and balance and signs of tiredness are erased. INR: 7000++

Kochi Marriott Hotel, Lulu International Shopping Mall Pvt. Ltd, 34/1111, N.H 47, Edapally Kochi 682024.

GST as applicable



## **AYURVEDA**

*Discover the healing secrets of this Indian legacy through our Ayurvedic selections.*

- 1. The Peace of Ayurveda (120 Minutes):** Enter the sacred world of Ayurveda and surrender to this treatment of deep peace and pleasure. Warm herbalised oils used in the Abhyanga massage penetrate deep into the tissues, loosening toxins and enhancing immunity whilst the body and mind are prepared for the vigorous body scrub. This treatment ends with restorative facial, which is suitable for all skin types. INR: 7000++
- 2. Abhyanga (60 & 90 Minutes):** An ancient massage technique that uses warm herbal oil with a combination of invigorating and soothing strokes, this treatment helps relieve muscle tension, encourages sound sleep and ensures silky soft and toned skin. INR: 4000& 5000++
- 3. Ayurveda Restorative Facial (60 Minutes):** Enjoy the restorative and healing benefits of Neem and sandalwood, commonly known in India as the "village pharmacy". Neem and sandalwood has been used for thousands of years for health and medicinal purposes with special benefits for the skin. Uses herbal mask application is designed to calm and heal the skin. Suitable for all skin types. INR: 4500++
- 4. Indian Head Massage (45 minutes):** This traditional Indian head massage addresses stress and tension in the head, neck and shoulders using medicated oil that nourishes the scalp and promotes hair growth. INR: 2500++

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## **MASSAGES**

*Our massage selection has something for everyone. We will be delighted to guide your choice by addressing your needs and building on the desired outcome.*

- 1. The Quan Signature – (90 minutes)** – Our unique blend of specialized massage techniques from all over Asia including Thai pressure point, Filipino hilot and Malaysian urut. Combined with the healing warmth of natural Indian Ocean seashells, heated with a blend of dried sea kelp and rich algae minerals. Feel tension melt away with the Asian massage techniques. This massage is ideal for soothing aches and pains. INR: 5000++
- 2. Deep Tissue – (60 & 90 minutes)** – An intense, therapeutic treatment using highly targeted deep-pressure techniques to relieve muscular tension, drain toxins and aid the recovery of strained muscles after sports activities. INR: 4500& 5500++
- 3. Swedish massage – (60 & 90minutes)** - This classic massage uses a variety of techniques to promote a deep sense of wellbeing. Swedish massage is particularly great for stimulating circulation, increasing lymphatic drainage and easing muscle pain. INR: 4000 & 5000++
- 4. Aroma Bliss (60 & 90 Minutes):** This gentle massage releases tension held in every part of the body, leaving you feeling relaxed and recharged. Carefully applied pressures stimulate the nervous system and improve the lymphatic drainage. INR: 4000 & 5000++
- 5. Traditional Thai Massage (60 & 90minutes):** Stretch and stimulate pressure points along the body's energy meridians with a traditional Thai massage. It also boosts energy flow, improves flexibility and eases tension. INR: 4500& 5000++

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**6. Reflexology (45 minutes):** This specialized foot massage improves blood circulation by channeling qi (energy) from the reflex points of the feet. Massage of these reflex points improves well-being by restoring the natural flow of body energy. INR: 2500++

## **FACE THERAPY**

*Indulge in skincare Excellence with **THALGO's FACIAL TREATMENTS** - true concentrates of marine products and a source of relaxation.*

**1. Chrono Detox Oxygenating (60 Minutes):** A detoxifying, oxygenating treatment for dull & polluted skin. This treatment is an effective pre-party facial, anti-jet-lag treatment and also effectively treats smoker's skins. This anti-ageing facial good for normal to dry skin types. INR: 4500++

**2. Tropical Revitalizer (60 Minutes):** Take your skin on a journey of total renewal with this refreshing facial. Thalgo's warm aromatic facial products soften and exfoliate, and enhanced by Thalgo's facial massage techniques, this restorative treatment uses luxurious Plant Essence Synergies to leave skin revitalized and refreshed. Good for Normal to sensitive skin types. INR: 4000++

**3. Marine Algae (60 minutes):** Using the nurturing intelligence of marine plants such as seaweed and algae, this facial brings renewed radiance and glow to your face. Good for normal to oily skin types. INR: 4200++

**4. Exclusively for Men (60 Minutes):** Exclusively for men's tough face. Helps to relax, recharge and regains its hydration, energy and balance. INR: 4500++

**5. Express Facial (30 Minutes):** Created specifically for the person on the go, this customized facial is uniquely designed to give maximum results in minimum time. Formulated to refresh, renew and revitalize. INR: 2300++

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## **BODY TREATMENTS**

*Our selection of body treatments includes scrubs and bodywork designed to cleanse the body of tired energy and restore vitality and vigor, inside and out.*

**1. Energizing and Detoxifying Body Scrub (60 Minutes)** –This nourishing scrub stimulates the lymphatic system and helps to eliminate toxins while it cleanses and strengthens the bio-energy field, leaving you rejuvenated and radiant. INR: 4000++

**2. Bio-Energy Mud Wrap (90 Minutes)** - Surrender to the sweet scents of brown sugar, citrus essential oils and marine scrubs. Followed by a creamy marine body wrap that intensely hydrates the skin. The body is relaxed, moisturized and scented with a soft, silky touch. INR: 4500++

**3. Express Body Scrub (30 Minutes):** Specifically for the person on the go, this customized scrub is uniquely designed to give maximum results and add on treatment for facial or massage. INR: 2300++

## **EXPRESS SERVICES**

**1. Tension Relief (30 Minutes):** Feel the stress and tension drift away, while the healing hands of our therapist unravel the tight and stressed muscles of the back and neck area. Perfect just before a nap. INR: 2000++

**2. Toe Harmony (30 Minutes):** Relax and put your feet up for a rejuvenating foot massage that increase the circulation and relax your tired lower legs and feet. INR: 2000++

**4. Spa Bliss (30 Minutes):** Gentle and stimulating massage techniques on the scalp and neck combined with invigorating hand massage will awaken your senses and make you feel grounded and balanced. INR: 2000++

## **Personal Training**

**1. Personal Training (60 & 90minutes):** A specially trained instructor will teach you to regulate and control your breathing, correct postural alignment and strengthen back and abdominal muscles. The method develops tone, long muscles and is excellent for all fitness levels. INR: 1000 & 1500++

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**2. Private Yoga Session (60 & 90minutes):** Work one-on-one or in a private group with our certified professionals to design a program that is based on your own individual goals. INR: 1000 & 1500++

## **HOW TO QUAN SPA**

### Hours of operation

The Quan Spa opens daily from 9.00 am to 11.00 pm.

### Reservations

We recommend all Quan Spa experiences are booked in advance. Please call Spa Reception at **0484-7124300** or **#4300 (if you are in your hotel room)** to make arrangements.

### Cancellation/Changes policy

A 3-hour notice is required to help us cancel/changes your appointment. Any cancellation with less than 3 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show". Running late for your treatment; we will shorten your therapy with full charges, so as to be completed by the designated time booked for you. This is to ensure that the next guest is not delayed or inconvenienced.

### Special consideration

Your health and safety come first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are suffering any pain or discomfort.

### Smoking, alcohol and mobile phone

Smoking, consumption of alcohol and mobile usage within the spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

## YOUR COMFORT

Please indicate to your therapist any special needs or request .The treatment Room has the option of with or without air conditioning and various music styles.

Guest will be provided with disposable undergarments and slippers. You are required to wear the same. Our therapists will always use draping techniques to respect your privacy.

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