Andaz Spa offers an innovative apothecary approach guided by your Chakra energies and desires.

Products for your journey will be handcrafted at the Apothecary blending bar, while Andaz Spa signature experiences combine seasonal fruits, herbs, minerals, and essential oils with authentic therapies to balance the body and mind. Being mindful of the environment, locally sourced ingredients are used wherever possible.
Chakra Healing

Each guest Spa Journey is guided by the Chakra healing philosophy of balancing and restoring the flow of energy in one’s body.

Chakras direct and distribute the flow of electromagnetic energy (aura) in the body, representing one’s well-being. Illness and loss of emotional equilibrium takes place when there is an imbalance within these energy channels and frequencies.

With the use of the Elements, Crystals, Colour, Apothecary and Ayurveda, we can restore, rebalance and reactivate our Chakra centres. This ancient philosophy serves as a guide to physical and spiritual well-being in Hindu and Buddhist cultures.

CROWN CHAKRA
Sahasrara

The Crown Chakra represents spiritual enlightenment. The Amethyst is believed to induce a sobering effect on the mind and body. Recommended for those in need of clarity.
THIRD EYE CHAKRA
Ajna
This Chakra is tied to one's intuition, inner vision and intellect. Sodalite deepens your meditative state, helping you achieve emotional balance. Recommended for those facing difficulty with concentration.

THROAT CHAKRA
Vishuddha
The throat Chakra aids self-expression; the Lapis Lazuli stimulates the mind, enhancing intellectual ability and memory. Recommended for those looking to add gravitas to the opinions they share.
**HEART CHAKRA**  
Anahata

The heart Chakra is the meeting point for all the Chakra energies, unifying one’s being. The Jade soothes and renews this Chakra point. Recommended for those in need of balance.

**SOLAR PLEXUS CHAKRA**  
Manipura

This Chakra is connected to one’s will to act; as this Chakra is empowered so are one’s actions. Yellow Citrine aids in lending power to one’s gut feelings. Recommended for those looking for fortitude.
**Sacral Chakra**  
*Svadhishthana*

The sacral Chakra is the focal point of one’s compassion and zest for life, along with sexuality. Carnelian assists in opening this Chakra, and by extension one’s entire self, to new experiences. Recommended for those grappling with change.

**Root Chakra**  
*Muladhara*

The foundation of one’s spiritual development, the energies of this Chakra form the bedrock of one’s being. Red Jasper is the stone of endurance. Its steady frequency calms the body and ensures a stable flow of Chakra. Recommended for those experiencing turbulence, physical or emotional.
Signature Andaz Journeys

With a passion for innovative skin care, beauty, and individual wellness, Andaz Spa Journeys offer a curated collection of indulgent experiences designed to deliver results and nurture you inside out.

**Restore**

**Scrub – Andaz Signature Massage – Deep Cleansing Facial**

Discover full body renewal through a tailor-made exfoliating body scrub, a tension relieving massage to release muscle and mental strain, and a balancing facial to address individual skin requirements.

150 MINUTES | INR 12,000

**Bliss**

**Head Massage – Aroma Therapy – Brightening Facial**

Experience a tension eliminating head massage followed by a soothing aroma therapy that helps rejuvenate the body, mind and soul. The journey concludes over a facial that instantly brightens, smoothens and tightens your skin for a radiant glow.

120 MINUTES | INR 10,000

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.
Jet Lag Journeys

Relax and rejuvenate with our range of personalised post-travel remedies. Each treatment follows a ritual that aims at eliminating fluid retention while a luxurious face, neck and shoulder massage helps release tension.

World Traveller
Scrub – Andaz Signature Massage – Reflexology – Brightening Facial
150 MINUTES | INR 13,000

Long Haul
Scrub – Balinese Massage – Reflexology – Facial Massage
120 MINUTES | INR 12,000

Short Haul
Scrub – Head Massage – Swedish Massage
90 MINUTES | INR 10,000

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.
Facials

Delight the senses and let your skin be renewed with our unique range of facial treatments that focus on cleansing, hydrating, balancing and nourishing the skin.

**Deep Cleansing**
*Hydrate – Balance – Nourish*
This facial will help moisturise and tighten your skin while making it stronger and less prone to breakouts.
60 MINUTES | INR 5,000

**Brightening**
*Pamper – Renew – Rejuvenate*
This facial helps treat sun damage, pigmentation, premature ageing and dehydration.
60 MINUTES | INR 5,500

**Anti-Ageing**
*Smooth – Protect – Rebalance*
This treatment is designed to combat wrinkles, fine lines and dull skin through the use of natural ingredients that improve your complexion and reduce the appearance of wrinkles.
60 MINUTES | INR 6,000

---

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.
Massages

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

BALANCING MASSAGES

Andaz Signature
Various massage techniques are used to liberate muscular stress, stimulate circulation and release an intensive sense of balance.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Champi
Indian massage focusing on the head, neck, and shoulders to release stress, pressure and recapture lost energy.
45 MINUTES | INR 3,500

Shiatsu
An ancient technique of stimulating specific pressure points on the feet and body to open energy pathways, leaving you with restored clarity.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.
ENERGISING MASSAGES

Thai
Designed to expose exceptional flexibility and mobility to relieve muscle and joint tensions through stretching, compressions and yoga techniques.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Sports
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.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

RELAXING MASSAGES

Swedish
The classic massage. Gentle to firm pressure with gliding strokes, kneading and friction techniques stimulate circulation, ease muscular tension and promote relaxation.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Balinese
Deep rhythmic strokes and rolling movements with gentle kneading disperse negative energy and stress.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Relaxing Stone
Hot volcanic stones are used as an extension of your therapist’s hands with the purest oil infusions to melt away stress, soothe and induce a sense of calm and well-being.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Aroma Therapy
A holistic massage therapy using an infusion created with therapeutic oils like Rosemary, Hyssop, Lavender and Marjoram. This soothing oil blend helps detox and melt the stress away.
60 MINUTES | INR 5,000
90 MINUTES | INR 7,000
120 MINUTES | INR 9,000

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.
All prices are subject to government taxes as applicable.
Body Treatments

Body wraps and scrubs are created keeping in mind how to properly detoxify and nourish the body while also giving a slimming effect and energising the senses. Scrubs and wraps are the ideal way to begin a spa journey. If taken before any other treatment, products will penetrate deeper into the skin for longer lasting effects.

WRAPS

Skin Lightening
Enjoy the benefits of a skin lightening mask made using traditional herbs and spices taken from ancient recipes. Jasmine rice bran, packed with natural powerful antioxidants and whitening properties, sloughs away dead skin cells, revealing glowing and toned skin.
45 MINUTES  |  INR 6,000

Clay Ginger
A therapeutic body wrap especially formulated to restore and replenish the body’s natural balance and vitality. The natural clay will tighten your skin, eliminate toxins and ginger will help with temporary inch loss and soothe the tired muscles. Feel revived, nurtured and rejuvenated.
45 MINUTES  |  INR 6,000

SCRUBS

Pink Himalayan Salt & Rose
This Himalayan pink salt and rose scrub is a powerful detoxifying scrub, packed with healing minerals for your whole body.
30 MINUTES  |  INR 3,500

Forest Mint & Himalayan Salt
Himalayan mineral salts and a uplifting tonic of Eucalyptus and Spearmint, rich in nourishing botanicals, helps surface cells maintain optimum hydration levels. Works by gently exfoliating and stimulating blood flow to reveal fresh radiant skin.
30 MINUTES  |  INR 3,500

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.
Ayurveda

Experience traditional Indian Ayurvedic treatments each of which addresses a specific aspect of mental, and physical wellbeing.

Abhyangam Massage
A traditional Ayurvedic full body massage using herbal infused Sesame oil, Abhyangam improves physical consistency, sleep patterns and eye sight. It helps liquefy toxins and induce relaxation, whilst eliminating impurities.
60 MINUTES | INR 5,500

Shiro Abhyangam
This Ayurvedic hair treatment helps in nourishing the scalp and eradicates dandruff, hair loss, breakage and dryness. It conditions the hair with the help of medicated oil.
30 MINUTES | INR 2,500

Pad Abhyangam
A pampering massage for your feet, this treatment improves blood circulation in the leg and helps relax stiff muscles, sluggish tension and lethargic movements.
30 MINUTES | INR 2,500

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.

Yoga & Meditation

Yoga enhances physical health, emotional well-being, mental clarity and spiritual connection with self and the world around us. Yoga at Andaz Spa is completely pure and traditional in form, stemming from the roots of Hatha yoga and adapting it to suit individual needs.

Individual Yoga Session
60 MINUTES | INR 2,500

Individual Meditation Session
45 MINUTES | INR 2,500

Couple Yoga Session
60 MINUTES | INR 3,000

Couple Meditation Session
45 MINUTES | INR 3,000

Group Yoga Session
60 MINUTES | INR 1,000 PER PERSON

Group Meditation Session
45 MINUTES | INR 1,000 PER PERSON

All prices are subject to government taxes as applicable.
Express Menu

For the times when you don’t have time, Andaz Spa offers an express menu that instantly addresses your needs.

**Back, Neck & Shoulder Massage**
This treatment focuses on neck, shoulders and back to release stress, pressure and recapture lost energy.
30 MINUTES | INR 1,800

**Facial**
For immediate and long-lasting results, this facial therapy is suited for all skin types, delivering immediate and positive results.
30 MINUTES | INR 2,000

**Champi**
An Indian scalp massage helps release tension in the forehead and scalp areas and stimulates mental function.
30 MINUTES | INR 1,500

**Feet Massage**
Feet massage improves blood circulation and helps relax the feet and nerves.
30 MINUTES | INR 1,500

Our trained spa consultants will handcraft custom spa products for treatments, personalised to the needs of each guest.

All prices are subject to government taxes as applicable.
andazdelhi.com
Follow our journey @AndazDelhi

For more information, reach out to your Andaz host on + 91 11 4903 1347

The trademark HYATT and related marks are trademarks of Hyatt International Corporation.
© 2017 Hyatt Corporation. All rights reserved.