



Spa Menu



GRAND | HYATT[™]
KOCHI BOLGATTY

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'Santata' is inner harmony and tranquility. At Grand Hyatt Kochi Bolgatty, we believe in reconnecting with the inner self. Experience our unique approach to wellness which combines centuries-old and time-tested Ayurvedic therapies and Western healing traditions. The signature series is created from our own blend of these therapies.

Your wellness journey at Santata Spa begins with an initial consultation to identify your health goals. This personalised approach makes each of the therapies unique in their own little way.





the signature
series



SPICE SYMPHONY

The art of holistic living

100 minutes / INR 8,500

An all-senses experience brought alive with a highly curated blend of oil prepared inhouse using a mix of several Indian spices. Get healed by a mix of oils prepared with cinnamon, peppermint and cardamom used in combination with a herb infused bundle.

ABSOLUTE AROMA THERAPY

Experience absolute bliss

90 minutes / INR 8,000

Santata's sensory aromatherapy treatment is the combination of gentle and effective techniques using extracts of exotic flowers blended to make the aromatic essential oils perfect to reduce stress, increase energy and induce relaxation by balancing the body, mind and soul.

ARABIAN SEA SALT RITUAL

The unwinding ritual

150 minutes / INR 13,000

This therapy increases your energy level and restores equilibrium. The ritual begins with a nourishing body scrub using cleansing sea salts and essential oils that exfoliates, extracts impurities and stimulates circulation. It cleanses, detoxifies and removes dead skin cells revealing healthy glowing skin. An exotic body wrap, rich in minerals, proteins and vitamins, is used to enhance the cleansing and detoxification followed by a relaxing full-body massage.

HARMONY

Revitalise and renew

180 minutes / INR 18,500

Designed to create an emotional, spiritual and physical balance, this aromatic therapy is a fusion of Eastern and Western practices. The therapy starts with a body polish infused with lemongrass and ginger and a detoxifying herbal Indian clay body wrap for energizing, uplifting and purifying the skin. This will be followed by a Swedish massage and end with a purifying facial.





the
international
series



SWEDISH THERAPY

60 minutes / INR 5,600
90 minutes / INR 7,000

Swedish massage is popular for its perfect balance of therapy and relaxation, providing a full-body massage experience. It increases oxygen in the blood flow and releases toxins from the muscles while improving blood circulation and flexibility. This holistic ritual fuses mindfulness with a deep-healing massage.

BALINESE THERAPY

60 minutes / INR 5,600
90 minutes / INR 7,000

Renowned for many centuries for its energising and restorative effects, Balinese therapy is a unique and powerful form of massage that improves sleep patterns and helps restore the body's energy flow. Our expert therapist and the technique of this therapy will increase blood circulation and boost energy. This unique massage promotes relaxation and eases stress, while increasing flexibility and overall circulation.

ORIENTAL STRETCH

60 minutes / INR 5,600
90 minutes / INR 7,000

Inspired by yogic principles and popularly known as Thai massage, this therapy has been practiced by monks for centuries. This blissful, holistic ritual reflects a mix of all Thai techniques, offering a blend of traditional and authentic Thai experiences. It will help to relieve joint and muscle tension, increase flexibility and mobility, improve posture and provide a sense of well-being encouraging the body to heal naturally.

HOT STONE THERAPY

90 minutes / INR 7,200

This unique therapy uses a combination of gentle and firm massage techniques designed to relieve muscle tension, pain, stress and anxiety. It also promotes sleep and creates a sense of balance and calmness. In this therapy, smooth, flat, heated volcanic stones are placed on the back of the neck and along either side of the spine and this takes you to a state of deep healing and relaxation.



DEEP TISSUE

60 minutes / INR 5,800
90 minutes / INR 7,200

This therapy is ideal for recovering from any muscle tension or reducing stress and anxiety. The massage is customised by our master therapist to suit your needs focusing on your area of concern. Deep strokes and pressure-point techniques combined with a specially infused oil is used in this therapeutic treatment.

EXPRESS REJUVENATION

30 minutes / INR 3,300

A focused back, neck, shoulder and scalp massage technique that uses pure natural essential oils. All these elements unite to increase feel-good endorphins in the body and induces a sense of holistic rejuvenation.

REFLEXOLOGY

30 minutes / INR 3,300

Reflexology is inspired by an ancient Chinese culture that manifests energy. While this therapeutic massage concentrates solely on the feet and lower legs, the meticulously applied pressure will ensure the reflex points corresponds positively with other organs in your body obtaining a distinctive and revitalising healing.

HEAD MASSAGE

30 minutes / INR 3,300

A head massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, and promote hair growth.

COUPLES' ESCAPE

100 minutes / INR 17,500

Couples can embark on a blissful spa journey and treat themselves to an enriching experience. The therapy starts in our couple spa therapy suite with a foot ritual followed by an aromatic bath in our couples soak tub. The treatment commences with a skin softening body exfoliation and is completed with a personalized aromatherapy message.





ayurveda series

Ayurveda, the science of life and longevity, is the oldest healthcare system in the world and combines the profound thoughts of healing and philosophy. Since ancient times, Ayurveda has stood for the wholesome physical, mental and spiritual growth of humanity around the world. Today, it is a unique, indispensable branch of a healing system that helps in achieving the right balance in life.



ABHYANGAM

60 minutes / INR 6,000

The 'warm' rejuvenating massage

Abhyangam in Sanskrit means oil application. This relaxing and refreshing full body massage is a masterpiece of Kerala Ayurveda. It is a massage technique performed by expert therapist using herb infused therapeutic oil. It induces relaxation, imparts softness of the skin, nourishes the body, improves vision and decreases the ill-effects of ageing.

ABHYANGAM WITH SHIRODHARA

90 minutes / INR 8,500

A 'head-to-toe' curative treatment

The procedure fuses two Ayurvedic therapies, beginning with Abhyanga - a full body massage using warm, herb-infused oils to increase the blood circulation, revitalise the mind and relax. Shirodhara follows this wherein medicated oil is poured on to the forehead in the form of a continuous thread flow (dhara). Useful for sleep disorders, anxiety and stress disorders, hair disorders and headaches.

SHIRODHARA

60 minutes / INR 6,000

The oil stream

Shirodhara is a union of two words - shiro (head) and dhara (flow). Thus, Shirodhara means steady stream of therapeutic lukewarm oil on the forehead from a specific height in a rhythm allowing the oil to run through the scalp and into the hair. Shirodhara works on the cerebral system, it improves the function of the five senses and helps reducing the stress, anxiety, hair loss and fatigue.

TAKRA DHARA

60 minutes / INR 6,500

The buttermilk therapy

Takra (medicated buttermilk) dhara (flow) is a combination of herb infused buttermilk which produces a cooling effect on the brain and the nervous system. The blend is poured over the forehead in a continuous stream. This ancient Ayurvedic therapy also helps in releasing stress and anxiety.

24-hour advance reservation required for preparation.

KIZHI

60 minutes / INR 6,500

Herbal bundle massage

Kizhi, a fist-size herbal poultice, is one of the most common Ayurvedic pain relief techniques. This therapy is beneficial in reducing inflammation of spinal muscles, lower-back aches, cervical spondylitis and frozen shoulders as well as eliminating toxins. Kizhis are available in powder and leaf bundles.

24-hour advance reservation required for preparation.





NJAVARAKIZHI

Nourishing therapy

60 minutes / INR 8,000

Njavara rice is known for its life-nourishing qualities. This special rice is cooked in herb-infused milk. This herbal decoction is tied in a cloth and made into a bundle and massaged all over the body. This treatment helps in strengthening the nerves and relieving arthritis.

24-hour advance reservation required for preparation.

UDWARTHANAM

Herbal powder massage

45 minutes / INR 5,900

A stimulating massage that uses mildly heated dry herbal powder that exfoliates your body and helps break down fat deposits. This unique therapy improves circulation, reduces cellulite accumulation and enhances skin texture and appearance. It is also helpful in eliminating body odour.

KATI VASTI

Back & joint pain relief

45 minutes / INR 4,500

Kati Vasti is a highly effective treatment for back pain and spinal disorders. Warm medicated oil is retained and massaged over the lower back or other parts of the spine for an extended period. This treatment helps relieve pain and numbness. It also helps increase blood circulation, strengthens muscles and connecting tissues.

SHIRA MARDANA

Back & joint pain relief

30 minutes / INR 3,000

Based on an ancient healing system, Shira Mardana is a dry head massage that uses specific pressure point techniques to relax and revitalize the mind and the senses. Besides just relieving you from stress, Ayurvedic head massages present exceptional benefits to your scalp.

skín care series



spa facial

MINERAL FACIAL

60/90 minutes / INR 6,500 / 8,500

With this all-purpose facial, feeling and looking good takes on a new meaning. Enjoy the feeling of a 'second skin' which detoxifies and protects against environmental pollutants and gives instant radiance. Ideal for all skin types.

BRIGHTENING FACIAL

60/90 minutes / INR 6,500 / 8,500

Using a unique whitening action and combining powerful moisturisers, the skin appears brighter and youthful. Complemented with Rémy Laure home care, you can now enjoy sustained brightening effects.

HYDRATIVE FACIAL

60/90 minutes / INR 6,500 / 8,500

Designed for the 'forever young' person, the unique products used in this elevating ritual will provide long term hydration and total nourishment unlike any other. Ideal for dry, dehydrated and tired skin.

NUTRIMOOR FACIAL

60/90 minutes / INR 6,500 / 8,500

When ordinary hydration is not enough, Nutrimoor comes to the rescue. This facial repairs and protects, while providing deep moisturising and softness. Ideal for excessively dry or mature skin type. Ideal for dry, dehydrated and tired skin.

PURIFYING FACIAL

60/90 minutes / INR / 6,500 / 8,500

Designed to treat oily or acne-prone skin, this purifying treatment will leave you with a 'healing feeling'. Skin will appear balanced and clear while reducing any old acne marks with improved tone. Ideal for oily and acne prone skin.

EYE CARE TREATMENT

30 minutes / INR 3,500

This smoothing and decongesting treatment fights the effects of eye fatigue. Active ingredients revitalize and tone tired eyelids and helps reduce dark circles and puffiness.

HERBAL FACIAL

60/90 minutes / INR 6,500 / 8,500

Infused with the goodness of natural herbs, this revitalising facial gently purifies, soothes and restores the skin's natural balance. Enriched with botanical extracts, it helps reduce impurities, calm sensitivity and enhance a healthy, radiant glow.

BODY SCRUB

45 minutes / INR 5,500

Scrub is an exceptional skin softening and body exfoliating massage that combines minerals, sea salts and essential oils to leave your skin nourished, smooth and supple. It's perfect as a single treatment or preliminary therapy before a massage.

BODY WRAP

45 minutes / INR 5,500

Body wrap is a tailor-made experience to purify the body or deeply nourish the skin. It is an effective treatment incorporating skin brushing and exfoliation along with a complete body wrap of detoxifying algae or nourishing marine mud combined with essential oils.



kids menu

LITTLE STARS

30 minutes / INR 3,000

This is a great way for your child to unwind after a busy day of play or to simply enjoy some special one-on-one time with you. The foot massage will help to improve circulation and aids relaxation, while the head massage will calm them and promote healthy hair.

JUNIOR GLOW

30 minutes / INR 3,500

Introduce your child to the world of healthy skin with our gentle and relaxing kids' facial. Our trained estheticians will use gentle, natural products to cleanse, exfoliate and moisturize your child's delicate skin. We'll also include a calming massage for their face, neck and shoulders to help them feel relaxed and comfortable.

MAGIC TOUCH

45 minutes / INR 3,500

Give your child the gift of relaxation with our gentle and soothing body massage. Our skilled therapists will use gentle, rhythmic strokes to help your child feel calm and comfortable.

CHOCO FUN

45 minutes / INR 4,000

Who doesn't love chocolate? Our finely crafted chocolate therapy is a gentle cleanser for kids. A scrub followed by a blissful massage that is deeply relaxing.

*Available for kids aged 4 to 16 years and should be accompanied by one parent or guardian.

how to spa

Reservations

To make your reservation at Santata Spa please call +91 484 718 1207 or dial extension 1831 from within the hotel. A valid credit card is required to hold your reservation. Prices are subject to change without prior notification. All prices mentioned are exclusive of taxes. Spa timing is 9 AM to 9 PM.

Pre-Arrival

Please arrive 30 - 40 minutes prior to appointment to take full advantage of our facilities including steam, sauna and plunge pool. Appointments begin at the time scheduled. If you arrive late, your appointment will have to be shortened so that the therapist will be on time for the next appointment.

Health Considerations

Please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant as some services may not be appropriate for you at this time.

Spa Policy

We respectfully ask that you leave cell phones turned off so that the tranquility of Santata Spa experience may be preserved and please leave at home or deposit all valuables in your room safe, as Santata Spa cannot be held responsible for loss of personal items.

Cancellation

Cancellations and changes of scheduled treatments are accepted up to 4 hours prior to appointment time without incurring a charge. For cancellations within 4 hours or no show, you will be charged in full.

Gift Certificate

To buy our spa gift certificates, please contact our reception desk and gift your loved ones a relaxation experience they won't forget.

Age Limitation

Children under age 16 are not permitted to use the spa facilities such as sauna, steam room and plunge pool. However, special therapies are available with parental supervision.

