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ANTAH PURA

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Floating above a canopy of green foliage and disengaged from the chaos of Chennai, Antahpura Spa allows you to connect with your truest sense of inner peace and solitude.

Drawing on a rich history of ancient Indian wellness practices, including herbal and mineral healing, alongside traditional and western aesthetics, seekers of serenity find solace here.

Once inside the sanctum of Antahpura Spa, we help you regain your center as we restore balance to your mind and body in the order of the natural world. Unwind at Antahpura Spa as you travel to achieve the ultimate elevated state of being and inner balance.

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Allow the following guide to lead you to the ultimate experience of balance, the height of happiness.

ASCEND

Clear The Path

Detoxifying treatments purify the body, bestowing clarity of mind and allowing healing energy to fuel your journey.

UPLIFT

Activate New Energy

Invigorating treatments awaken new energies, enhancing physical dynamism and increasing essential self-awareness.

ENGAGE

Initiate Transformation

Restorative treatments increase mental alertness and skin tone, allowing body and mind to listen, absorb, implement and improve.

ELEVATE

Achieve Inner Balance

Enjoy a state of transcendence through this treatment, offering an experience of release and expansiveness high above the physical realm.



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ANTAH PURA SIGNATURES

Marma Points Spice Poultice

This traditional and therapeutic massage technique, rooted in Ayurveda, helps sustain the flow of energy throughout the body. It improves the function of connecting organs and relieves stress-related ailments. A poultice of thermodynamic herbs enhances the therapy by generating heat, relaxing knots and restoring the range of motion in muscles and joints.

120 minutes

INR 9,000

Antahpura massage

This refreshing massage effectively relieves stiffness and muscle spasms. It eases joint pain and straightens the spinal muscles with lubrication and is one of the best treatments for rheumatic fever and arthritis. The pressure created by this treatment therapy moves blood through congested areas, enhancing circulation and promoting rejuvenation.

90 minutes

INR 7,000

Prices are exclusive of government taxes and voluntary 5% Service Charge.



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RITUALS

Retreat into our Antahpura Rituals. Three pure treatments in succession, perfectly aligned to promote and restore the inner balance of body and mind.

Ascend Ritual

Warming and detoxifying, our Ascend Ritual begins with a heating brown sugar scrub to open the pores and remove old skin flakes. The ritual continues with our heating and detoxifying clay wrap to purify the system and finishes with a deep tissue massage. We use cinnamon and nutmeg oil, generating warmth to balance the cold principle in the body.

150 minutes

INR 14,500

Uplift Ritual

Cooling and soothing, our Uplift Ritual starts with a milk-based exfoliation, made with native rice and coconut. It continues with our Uplift facial, addressing dryness and skin sensitivity and finishes with a custom massage utilizing rose and sandalwood oils to rebalance the hot principle in the body.

150 minutes

INR 12,500

Engage Ritual

Moisturizing and nourishing, our Engage Ritual is initiated with a moisturizing Korean salt scrub to improve the texture of the skin and continues with our Hydravive facial to replenish moisture with the goodness of hydra marine and oligo elements. The ritual closes with a custom massage utilizing jasmine and lotus oil to restore moisture, while balancing the dry principle in the body.

150 minutes

INR 12,500

Prices are exclusive of government taxes and voluntary 5% Service Charge.



MASSAGES & TREATMENTS

Deep Tissue (Uplift)

For those seeking relaxation of stress and anxiety, this rejuvenating treatment addresses the inner layers of muscles and their connected tissue. Its kneading technique promotes blood flow, reduces inflammation and assists the body in healing physical and mental tension.

60 minutes | 90 minutes

INR 6,000 | 7,500

Aromatherapy

Unwind and de-stress with this bespoke aromatic treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension in the body.

60 minutes | 90 minutes

INR 5,500 | 7,000

Swedish

Traditional European full-body massage techniques are applied to relax aching muscles, stimulate circulation and eliminate toxins so that you look great and feel even better.

60 minutes | 90 minutes

INR 5,500 | 7,000

Thai Aroma Massage

Our Thai aroma massage is a unique form of body therapy performed using a dry pressure point massage, stretching to improve muscle movement to enhance your body's flexibility and energy flow.

60 minutes | 90 minutes

INR 5,500 | 7,000

Balinese

A gentle yet deep massage focusing on acupressure, pressure points, kneading as well as long and short effleurage.

60 minutes | 90 minutes

INR 5,500 | 7,000

Prices are exclusive of government taxes and voluntary 5% Service Charge.

Hot Stone (Ascend)

Our Hot Stone massage is the ideal soothing and relaxing treatment. Improving both energy flow and blood circulation through the body, the treatment also relieves pain and releases toxins, pacifying the mind, body and soul.

90 minutes

INR 7,000

Four Hand (Elevate)

Lose yourself in the rhythm of gentle strokes, kneading and pressure points as two therapists work simultaneously to relieve your body of the most deep-seated tension. This cadenced massage collaboration envelops the whole body, calming the mind and intensely relaxing the body.

90 minutes

INR 10,000

Balancing Massage (Elevate)

With a soft, manipulative technique, kneading and long soothing strokes evoke balance in the body. A combination of cooling and calming rose and sandalwood oils soothe the skin, cool the system and calm the mind.

60 minutes | 90 minutes

INR 5,500 | 7,000

Detoxifying Massage (Ascend)

With our aromatic jasmine and lotus oils, soft friction body brushes prepare the skin for effleurage. Pressure point massage techniques then work to nurture, hydrate and rebalance.

60 minutes | 90 minutes

INR 5,500 | 7,000

Scalp Ritual (Engage)

Hibiscus combined with coconut oil for a targeted scalp massage, using traditional techniques to protect and nourish scalp and hair.

30 minutes

INR 3,500

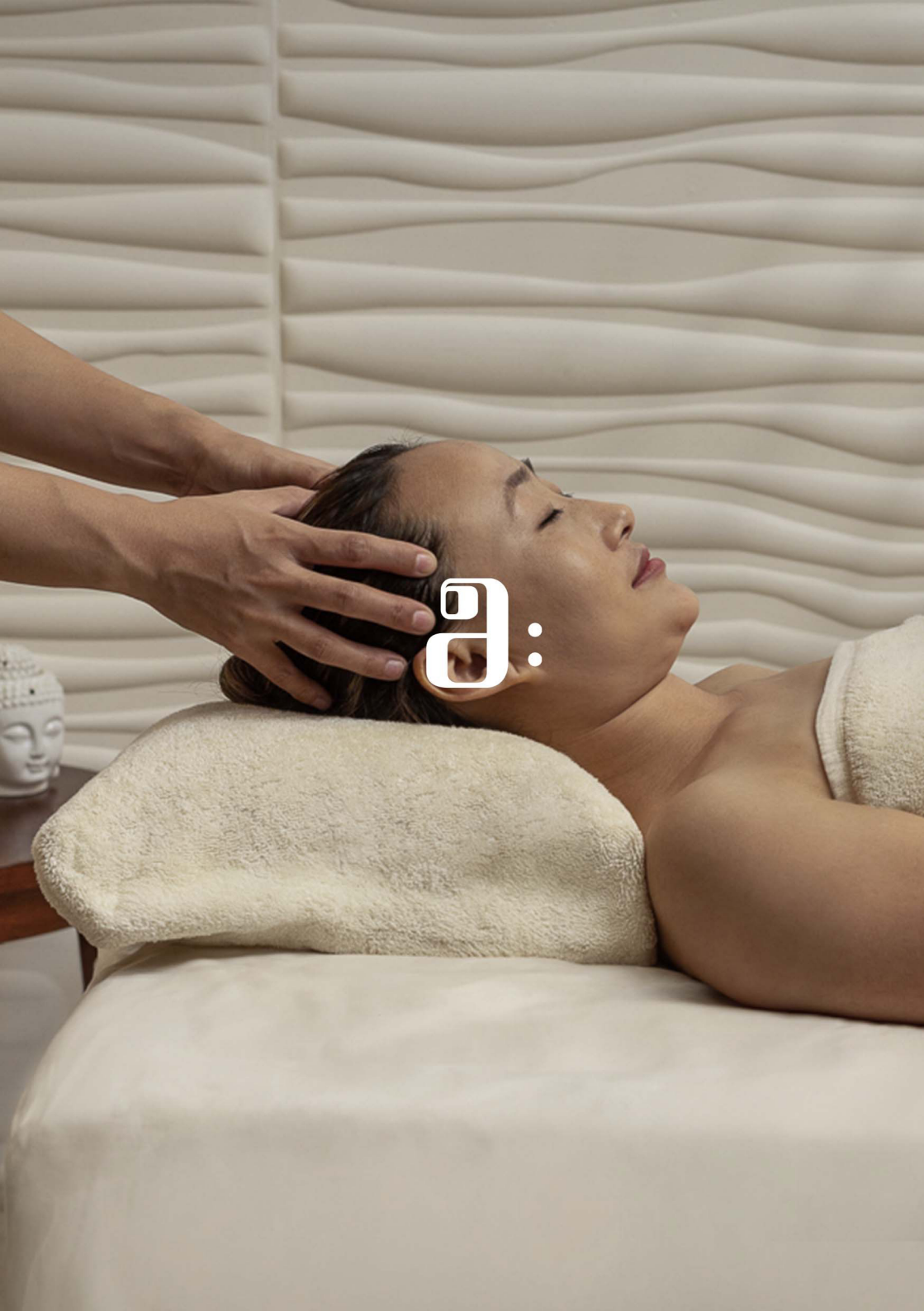
Foot Touch (Ascend)

An energizing massage of the legs combined with pressure point massage of the feet, utilizing natural citrus oils to simulate and rebalance the systems of the body.

30 minutes

INR 3,500

Prices are exclusive of government taxes and voluntary 5% Service Charge.





FACIALS

Restorative Mineral Care (Ascend)

This skincare treatment addresses the modern lifestyle and pollution-based concerns by eliminating accumulated toxins and skin clogs leaving behind a renewed and fresh appearance.

60 minutes

INR 5,000

Calming Care (Uplift)

Dryness and sensitivity can be the result of various factors like weather, pollution or hormonal imbalance. Natural additives like calendula and chamomile reduce redness and flaky skin. They help boost microcirculation and skin vitality, thus giving the skin a healthy glow.

60 minutes

INR 5,000

Hydravive Care (Engage)

Dehydrated skin, long hours in air-conditioning, lack of sleep and not drinking enough water can result in dull and dehydrated skin. With the goodness of hydra marine and oligo elements, this treatment revitalize the skin, bringing freshness and radiance.

60 minutes

INR 5,000

Rejuvenate DNA Treatment (Elevate)

This treatment offers a full-spectrum facial that addresses various aspects of youthful skin, including skin tone balance, smooth texture, overall health and validity of the skin.

60 minutes

INR 6,000

Prices are exclusive of government taxes and voluntary 5% Service Charge.



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SCRUBS

Silky Sugar Peeling (Ascend)

Also referred to as body polish, this treatment gently exfoliates your skin using natural plant and flower extracts, blended with anti-oxidant-rich, organic brown sugar and mineral salts. This treatment removes dead skin cells, stimulates blood circulation and oxygenates the skin, leaving you feeling silky refreshed and smooth.

60 minutes

INR 5,000

Himalayan Salt Scrub (Uplift)

Himalayan salt is a brilliant natural exfoliator that removes dead cells for softer, brighter-looking skin. The minerals present in this salt help restore deep hydration, leaving your skin smooth and even.

60 minutes

INR 5,000

Exfoliating Scrub (Engage)

This body scrub refines the skin by removing dead cells. It increases blood circulation and leaves the skin with a healthy glow. The body scrub improves and amplifies intake of skin care products used after the treatment.

60 minutes

INR 5,000



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WRAPS

Black Clay Body Wrap (Ascend)

This luxurious, pampering treatment helps to cleanse, purify and detoxify your body while improving skin tone and vitality. It encourages the body to relax while being enveloped in the warmth of the wrap as your skin absorbs benefits from the rich array of micronized minerals, vitamins and enzymes used in the wrap.

60 minutes

INR 7,000

Cotton Extracts (Uplift)

Soothe your senses, lift your spirits, and enjoy intense moments of relaxation with this delicately fragrant body wrap. This body wrap is rich in cotton and aloe vera with cell renewing properties. The active marine ingredients, rich in red algae, reduce water loss and moisturize your skin perfectly.

60 minutes

INR 5,000

Micronized Rice Powder (Engage)

This comforting rice powder body wrap revitalizes and soothes the epidermis, leaving the skin soft and renewed.

60 minutes

INR 5,000



SALON SERVICES

Hair Services

Men's haircut / trim	1,250/800
Women's haircut	1,600/2,000
Children's haircut	750
Hair spa	3,000
Hair wash and blow dry	950/1,650
Rebonding	5,000
Women's haircut	1,600/2,000
Keratin treatment	5,000/9,000
Ironing	1,800
Tong curls	1,800
Shave	600
Beard trim / design	500/800

Pedicures and Manicures

Pedicure	2,500
Manicure	2,000
Mani-Pedi combo	4,000

Waxing

Full / half arm	1,000
Full / half leg	1,500
Lip & chin	350
Bikini line	2,000
Full body	6,000
Underarms	800

Prices are in Indian Rupees and exclusive of government taxes and voluntary 5% Service Charge



HOW TO SPA

Antahpura Spa is open from 10 am to 10 pm daily, with last appointments starting at 8:30 pm. For reservations, please contact the Spa reception at 1300.

Arrival

Please arrive 20-30 minutes prior to your appointment to prepare for your spa experience and use the Antahpura wet areas at leisure.

Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so our therapists can be on time for the next session.

Consultation

All guests enjoy a personalized consultation prior to their experience to determine the best treatment program. Please inform us 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.

Attire

Antahpura Spa will provide you with a robe and slippers for your comfort. A secured change closet will be available for your personal belongings.

Spa Environment

At Antahpura Spa, we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. Please refrain from using your mobile phone at all times while on the premises. Your cooperation in providing a quiet environment is greatly appreciated.

Health Consideration

For your comfort, please advise upon booking of any allergies, injuries or concern areas.

Gift Certificates

Gift certificates are available to create your own personal spa experience. You can purchase them from the Spa reception directly.

Adult Facility

Antahpura Spa is an adult facility available to both men and women over the age of 16 years.

Claims

Use of the spa is at your own risk. Management is not responsible under any circumstance for any loss of property or injury that may be caused while using the spa.

Information Privacy

Privacy and confidentiality of our guests are of paramount importance, and therefore, we use information in accordance with the global privacy policy for guests, located at privacy.hyatt.com or by request from the spa reception.

