



#wellbeingathyatt





The Club Prana Spa Experience

To ensure your spa experience is a relaxing journey into a different world, we recommend the following:

Take time - Give yourself plenty of time so you can enjoy the steam prior to your therapy. This will relax the muscles and aid in the therapeutic benefits of all our therapies and services.

Shower - A quick shower just before your massage or therapy is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other therapy products.

Treatment attire - You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your therapies, your body will be completely draped. At no time will you be fully exposed.

Communicate - Prior to your therapy, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your therapy, let the therapist know if you feel any discomfort. Communication is the key to getting what you want out of your therapies experience. Keep in mind that all bodywork is similar to exercise in that, lactic acid and other toxins released from the muscles may cause some soreness for a few days.

Relax - Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember, this time is for you.

Health matters - Please inform us of any health conditions when booking your appointment, for example high blood pressure, heart conditions, allergies or if you are pregnant.

Home spa - Most of the body and skin care products that we use in our therapies are available for purchase. We encourage you to ask your therapist how to use these products to continue your spa experience at home.

Club Prana Spa operating hours:
10:00am - 08:00pm

Prices are inclusive of Govt. Taxes,

Payment of service charge [of 5%] is discretionary



PRANA MASSAGES

Club Prana's Signature Massage (60mins /INR.4950 - 90mins /INR.6800)

Relax your mind, body and senses with our signature holistic massage that increases circulation and assists in removing daily stress and tension from the body. A combination of Swedish and Thai improves flexibility and blood circulation.

Deep Tissue (60mins /INR.4950 - 90mins /INR.6800)

This therapeutic massage is strong and intense, realigning the deeper layers of muscles and connective tissues to restore normal movement. It helps regain vitality and eases tension.

The Classical Swedish Massage (60mins /INR.4800 - 90mins /INR.5800)

Mastered in the early 1800's by Swedish physiologist, Henri Peter Ling, the classical soft tissue manipulation still remains the pioneer of all western massages. The most conventional form of alternate healing.

Volcanic Hot Stone (75mins /INR.5800)

Traditionally used by the Native Americans, Basalt, a black volcanic rock that absorbs and retains heat, is heated in 120 degree water & the aromatic oil used to smoothen it works together to help the energy flow through the chakras of the body. Helps ease muscle tension faster.

Aromatherapy Massage (60mins /INR.4800 - 90mins/ INR.5800)

Aromatherapy is an ancient art using the natural essential oil of plants, roots and flowers. This unique massage will help to soothe the body, mind and spirit. This gentle, nurturing treat combines the sense of touch and smell to ease physical and mental tension using fragrant essential oils.

Balinese Massage (60mins /INR.4800 - 90mins /INR.5800)

Ancient Therapy from the land of Bali, Indonesia, using skin rolling and flicking, firm and gentle stroking, percussion, and application of essential oils, energize the body and relieves fatigue. The Balinese massage is proven to provide relief from sleep disorder.

Payment of service charge [of 5%] is discretionary



PRANAAYURVEDA

Shirobhyangam (90mins /INR.7500)

Calm your mind with the traditional Shirodhara treatment, where flow of warm oil on your forehead soothes and balances your mind, body and soul. Reduce internal heat and regain internal balance of your body with a combination of Ayurveda therapies.

Abhyangam (60mins /INR.5200 90mins /7500)

Abhyangam is the ancient Indian Ayurvedic oil massage therapy for healing and detoxifying Body and Spirit. This Ayurvedic detox and stress reduction therapy is performed by herbal oils.

Kizi (60mins /INR.5200. 90mins 7500)

Healing herbal powder with herbs, plants, and fruits in a densely packed muslin ball is dipped into warm medicinal oil and applied over the body focusing on tense & stressed areas of the body. Reduces muscular pain and helps easing joint stiffness.

Udvarthanam (60mins /INR.4950)

An Ayurvedic body scrub that softens and exfoliates dead skin cells, leaving a lustrous glow. It helps to stimulate excess fat deposited in the body by improving blood circulation.

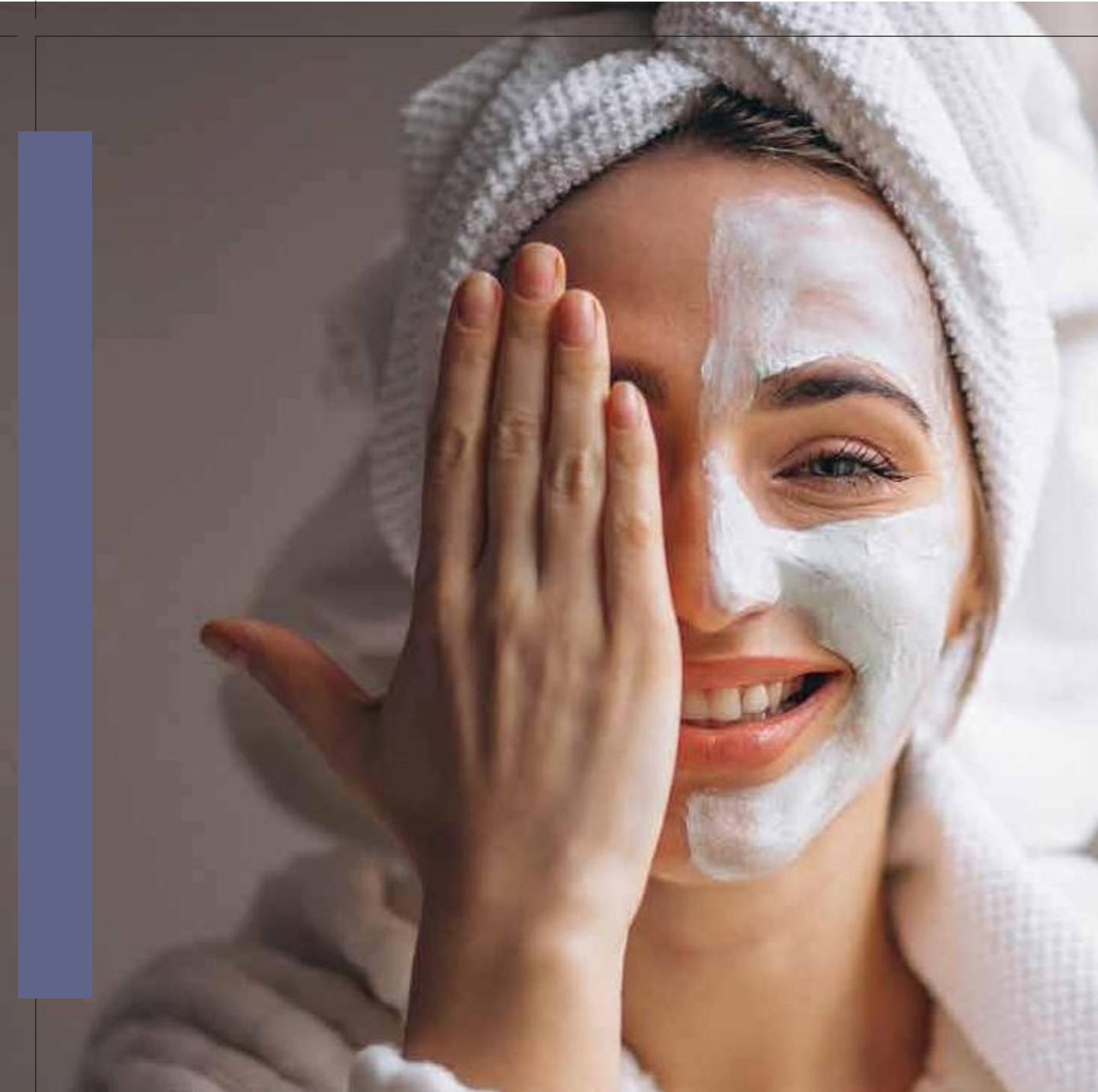
Champi -The Ancient Indian Head Massage (30mins /INR.1800 - 45mins /INR.2700)

Nourish the scalp, hair and invigorate the upper back and neck to promote a sense of well being. Application of warm herb infused hair oil followed by a pressure point deep scalp massage revitalizes the scalp and hair to prevent hair loss, premature graying and improving blood circulation. Excellent for easing tension, headaches, inducing calmness and total serenity.

Shirodhara (30mins /INR.4350 - 45mins /INR.4960)

Swaying process of warm medicated oil on the forehead, is an effective treatment for insomnia, jet lag and to improve concentration.

Payment of service charge [of 5%] is discretionary



BEAUTY AT PRANA

Hydrating Facial (75mins /INR.6850)

This is an ideal treatment to hydrate, add radiance and soften very dull and tired skin. Enhancing suppleness & elasticity of the skin with the natural products that are used and is recommended for all skin types.

Anti-Ageing (75mins /INR.6850)

A complete skin wellness experience unlike any other treatments, where the right blends of sandal almond, apricot and olives leaves a smooth radiant appearance leaving the skin look fresh & young.

Active Men's Facial (60mins /INR.4500)

This deep cleansing, therapeutic facial for men is designed specifically to cater to your special skin care needs. Paying particular attention to razor burn and skin sensitivity, the therapy includes a de-stressing facial massage and a mask to refine the pores. Our expert therapists will then perform a scalp and shoulder massage to relieve tension and rejuvenate your senses.

Prana's Face Refresher (45mins /INR.3200)

Suitable for all skin types, our face refresher includes intense cleansing, gentle exfoliation, energy point face massage and a nourishing face mask designed to naturally improve the skin's condition and appearance.

Payment of service charge [of 5%] is discretionary



PRANA BODY TREATMENTS

Prana Body Envelopment (120mins /INR.6800)

Great to improve, tone and tighten the look and texture of the skin. Ideal for people with loose skin from weight loss or pregnancy. A full body exfoliation followed by a full body mask wrap that helps to balance oil flow, strengthening the skin and aiding in repair of scars, soothe dry & sensitive skin.

Prana Leg Envelopment (45mins /INR.4500)

Envelopment dedicatedly from thigh to foot.

Beautiful Back Envelopment (45mins /INR.4500)

A beautiful wrap for a beautiful back

Prana Skin Exfoliation (45mins /INR.3800)

This soothing, body exfoliation nourishes and alleviates the skin, restoring its texture with an incomparable softness and glow, helping to get rid of dry, flaky skin that develops over the day

Back & Arms Exfoliation (30mins /INR.2500)

Exfoliation purely for the back & arms

Leg Exfoliation (30mins /INR.2500)

Skin exfoliation purely from upper thigh to foot

Payment of service charge [of 5%] is discretionary



PRANA EXPRESS MESSAGES

Prana's Signature Foot Herbal Compress (45mins /INR. 3500)

Herbs and spices packed in a muslin ball are steamed cooked and applied with an oil massage from knees to sole

Prana Express Back Massage (25mins /INR.2500)

This Swedish massage uses long, flowing strokes, focusing on the back, to reduce pain and induce calmness and serenity

Prana Head, Neck & Shoulder (25mins /INR.2500)

A firm but gentle pressure massages to improve the circulation easing muscle stiffness & tension.

Prana Express Leg massages (25mins /INR.2500)

A stimulating deep tissue massage for circulation to recharge tired legs

Foot Reflexology (25mins /INR.2500)

Step out with happier feet after an energizing foot massage

Payment of service charge [of 5%] is discretionary

PRANA EXPRESS MESSAGES

Soul Invigorating: (5hrs) INR.17,910

- Reflexology or Champi • Skin Exfoliation • Abhyangam or Aromatherapy
- Facial - Hydrating facial or Anti Ageing • Hair cut with Hair Spa or Manicure & Pedicure

Rejuvenation: (4.0hrs) INR.15,120

- Mani Cure or Pedicure • Reflexology or Foot herbal compress
- Abhyangam or Classical Swedish massage • Facial - Face Refresher or Active Men's facial
- Hair Cut or Champi - The Ancient Indian Head Massage

Bliss: (2:15 hrs) INR 9200

- Skin Exfoliation or Foot Reflexology • Swedish or Deep Tissue or Aromatherapy • Face Refresher

Make your own Spa day

Choose any 5 treatment each from below: INR15000

AYURVEDA

Abhyangam Kizhi Udvartanam

MASSAGE

Deep Tissue Aromatherapy Prana Signature

BEAUTY

Hydrating Facial, Anti-Ageing Facial, Active Men's Facial

BODY

Skin Exfoliation, Full Body Waxing, Threading (Face)

SALON

Hair cut, Manicure, Pedicure

Payment of service charge [of 5%] is discretionary



ADD-A-TOUCH TO YOUR TREATMENTS

Energy Point Face Massage (15mins /NR.500)

Working on the Chinese meridian lines on the face, enervate the energetic channels throughout the face along with the blood circulation, nerve and lymphatic supply of the face.

Hot Herbal Compress INR.500

Adds another dimension to your treatment; concentrates heat on specific areas that need attention.

Hot Oil INR.250

Oil heated to luke warm temperature, adds serenity to the entire experience

Payment of service charge [of 5%] is discretionary



PRANA'S RECOMMENDATIONS

Prana Skin Exfoliation with Aromatherapy
Udvarthanam with Kizi
Serenity Express Back Massage with Hot Herbal Compress
Serenity Head, Neck & Shoulder with Hot Herbal Compress
Express Leg massages with Hot Herbal Compress
Beauty at Prana with Express Foot Reflexology
Beauty at Prana with Champi

Do ask for our promotion of the month
Club Prana Spa operating hours: 10:00am - 08:00pm

For reservations, please dial Tel: +91 33 6820 1141 or ext 1141 for Spa reception

Prices are inclusive of Govt. Taxes, We levy 5% service charge



Payment of service charge [of 5%] is discretionary

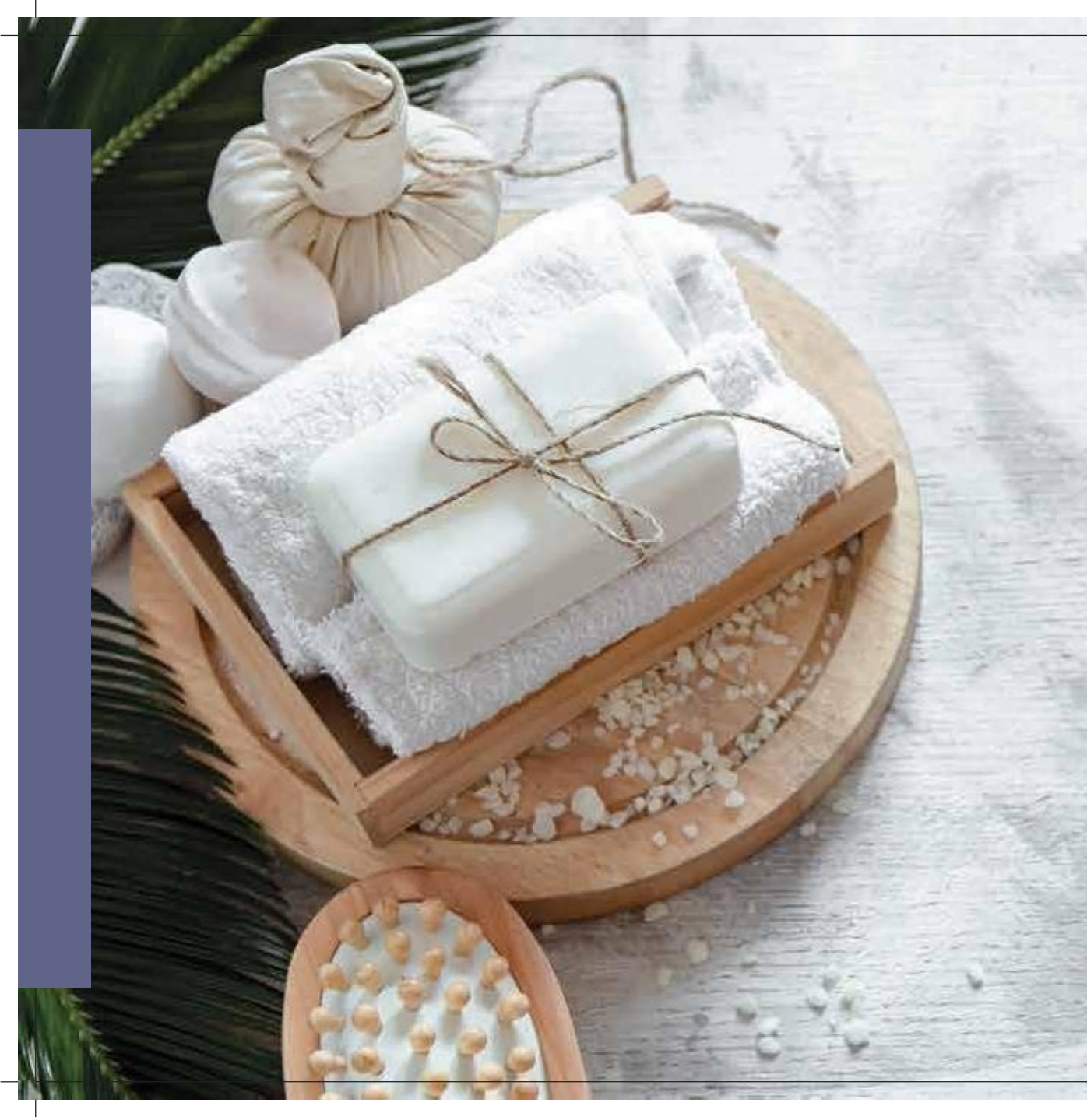


SALON MENU

HAIR STYLING	New All*	FACIALS	
Men's Hair Cut	999	Hydrating Facial	6850 75 mins
Ladies Hair Cut	999	Anti-Ageing	6850 75 mins
Children Hair Cut	500	Active Men's Facial	4500 60 mins
Shampoo	600	Prana's Face Refresher	3200 45 mins
Men's Hair Styling	1240	TREATMENTS	
HAIR COLOR		Champi - The Ancient Indian	1800 30 mins
Short /Root Touchup	2365	Head Massage	2700 45 mins
HAIR SPA		Prana's Signature Foot	3500 45 mins
Short	1645	Herbal Compress	
BEARD COLOR		Prana Head, Neck & Shoulder	2500 25 mins
Ful Beard	1750	Foot Reflexology	2500 25 mins
French Beard	1750	WAXING	
SHAVE		Ful Body	3675
Beard	500	Ful Legs	840
Beard & Moustache Trim	750	Face	420
French Trim	750	Half Legs	420
Head Shave	790	Ful Arms	630
FINISHING TOUCHES		Stomach/Bust	840
Luxury Pedicure	2235	Half Arms	315
Luxury Manicure	1710	Under Arms	315
Pedicure	1575	Fullback/Full Chest	1260
Manicure	1315		
Nail cut & File	395		

*Prices are all inclusive taxes and in Indian rupees

Payment of service charge [of 5%] is discretionary



MEMBERSHIP

All Facility |ALL DAY |

ANNUAL	RATES*
SINGLE	85,150.00
COUPLE*	120,000.00
FAMILY**	202,500.00
6 MONTHS	RATES*
SINGLE	48,858.00
COUPLE*	73,992.00
FAMILY**	115,700.00
3 MONTHS	RATES*
SINGLE	44,633.00
COUPLE*	56,767.00
FAMILY**	75,400.00
MONTHLY	RATES*
SINGLE	24,916.00
COUPLE*	33,583.00
FAMILY**	45,500.00

Note: Rates Exclusive of All Taxes & charges
GST 18% +SC 5%
* 1 Male & 1 Female ** 2 Adults & 2 children below 18 yrs of age

Payment of service charge [of 5%] is discretionary



MEMBERSHIP

All Facility | SUNRISE | 06:00 -16:00

ANNUAL	RATES*
SINGLE	83,840.00
COUPLE*	118,400.00
FAMILY**	199,800.00

6 MONTHS	RATES*
SINGLE	48,107.00
COUPLE*	72,853.00
FAMILY**	113,920.00

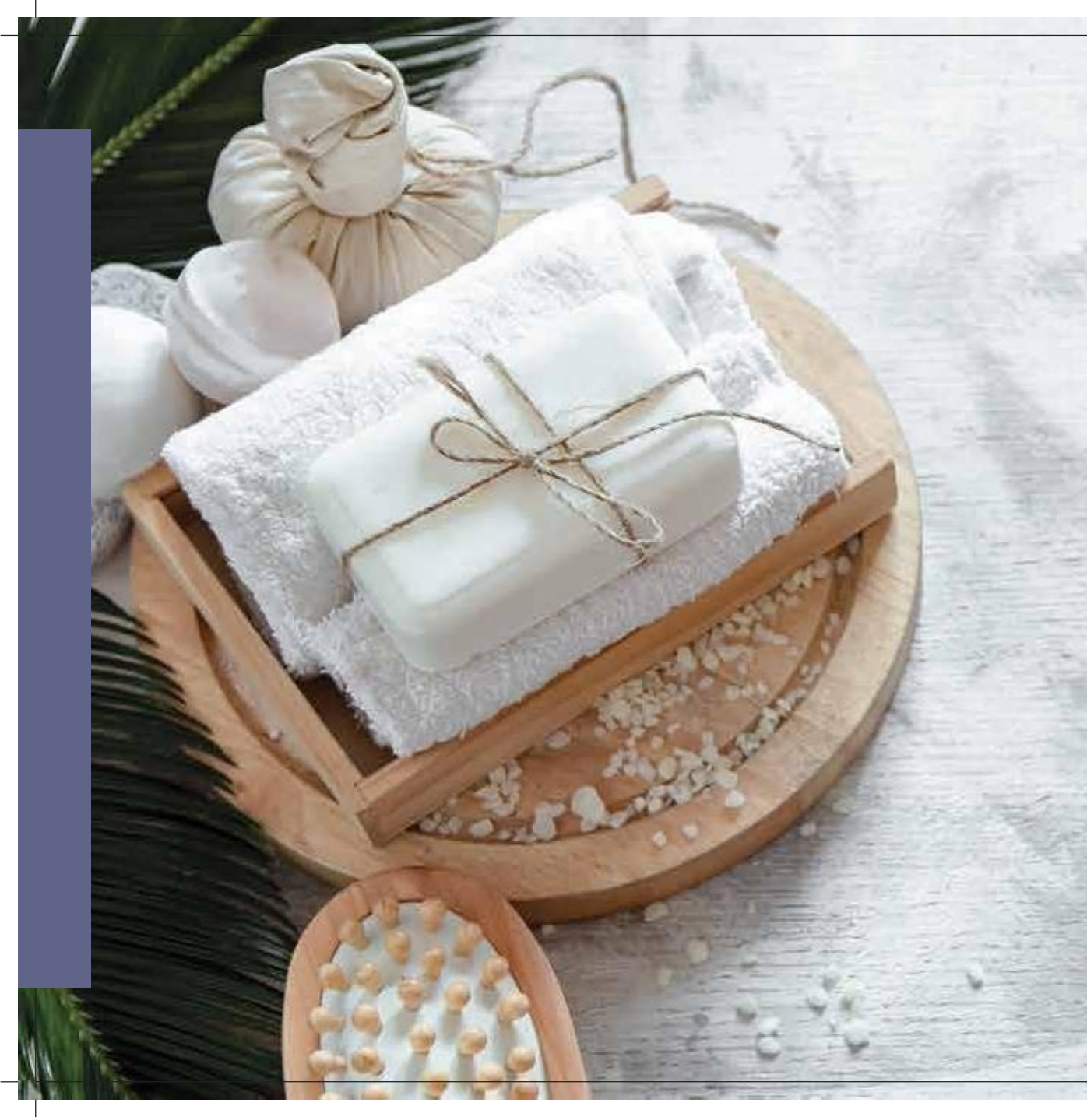
3 MONTHS	RATES*
SINGLE	43,947.00
COUPLE*	55,893.00
FAMILY**	74,240.00

MONTHLY	RATES*
SINGLE	24,533.00
COUPLE*	33,066.00
FAMILY**	44,800.00

Note: Rates Exclusive of All Taxes & charges
GST 18% +SC 5%

* 1 Male & 1 Female ** 2 Adults & 2 children below 18 yrs of age

Payment of service charge [of 5%] is discretionary



MEMBERSHIP

All Facility |SUNSET |16:00 -21:00

ANNUAL	RATES*
SINGLE	81,875.00
COUPLE*	116,000.00
FAMILY**	195,750.00

6 MONTHS	RATES*
SINGLE	46,979.00
COUPLE*	71,146.00
FAMILY**	111,250.00

3 MONTHS	RATES*
SINGLE	42,917.00
COUPLE*	54,583.00
FAMILY**	72,500.00

MONTHLY	RATES*
SINGLE	23,958.00
COUPLE*	32,291.00
FAMILY**	43,750.00

Note: Rates Exclusive of All Taxes & charges
GST 18% +SC 5%

* 1 Male & 1 Female ** 2 Adults & 2 children below 18 yrs of age

Payment of service charge [of 5%] is discretionary



SINGLE MEMBERSHIP

INDIVIDUAL FACILITY	ALL DAY	SUNRISE	SUNSET
TENNIS	12,458.00	12,267.00	11,979.00
SQUASH	12,458.00	12,267.00	11,979.00
SWIMMING POOL	12,458.00	12,267.00	11,979.00

Note: Rates Exclusive of All Taxes & charges
GST 18% +SC 5%
* 1 Male & 1 Female ** 2 Adults & 2 children below 18 yrs of age

Payment of service charge [of 5%] is discretionary