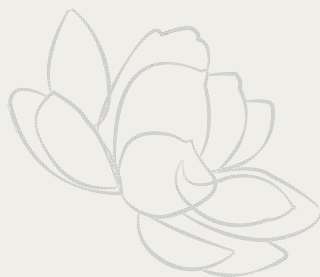




Chakratirth Beach - Ghoghla Beach

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Dear Esteemed Guests,

Welcome to Praveda Nature Spa As you embark on your journey through our luxurious spa offerings, we invite you to immerse yourself in an experience designed not just to relax, but to revitalize your spirit and restore your inner harmony.

At Praveg, we believe that self-care is essential to a balanced life. Each treatment has been carefully curated, drawing inspiration from ancient traditions and modern techniques, ensuring that you receive the highest quality of care. Our skilled therapists are dedicated to tailoring each experience to meet your individual needs, allowing you to truly unwind and reconnect with yourself.

We encourage you to embrace this opportunity to escape from the everyday hustle and bustle. Whether you choose a soothing massage, a revitalizing facial, or a holistic wellness treatment, know that every moment is created with your well-being in mind.

Thank you for allowing us to be a part of your journey. We hope you leave feeling refreshed, renewed, and ready to embrace the world with a revitalized spirit.

Warmest regards,

Team Praveg.



Deep Tissue Massage

A combination of assisted stretching and medium to firm pressure works at a deep, muscular level. Long strokes using hands, forearms and elbows help to reduce chronic pain and increase mobility. The therapist massages layer by layer of muscle, applying more pressure to reach and stretch that deep tissue.

Deep Tissue

60 mins

₹ 3200

Deep Tissue with Head Massage and deep stretch

20 mins

₹ 3800

80 mins

Deep Tissue Massage with Accupressure and Potli Massage

90 mins

₹ 4000

Deep Tissue Massage with Accupressure, Potli Massage and Body Scrub

120 mins

₹ 6000

Deep Tissue Massage with Accupressure , Potli Massage with Body Scrub and Body Wrap

180 min

₹ 6500



18% GST is applicable on all massages

Swedish Massage

Swedish massage is known for its ability to induce deep relaxation. The soothing nature of Swedish massage can significantly reduce stress levels. It stimulates the release of endorphins, which are natural mood-boosting chemicals in the body, helping to alleviate anxiety and promote a sense of well-being.

Swedish massage

₹ 2800

60 mins

**Swedish Massage with Head
Massage and lymphatic face
massage**

₹ 3500

80 mins

**Swedish Massage with Back
and Leg Stretching with Hot
Stone Therapy**

₹ 3700

90 mins

**Swedish Massage with Back
and Leg Stretching with Hot
Stone Therapy and Body
Scrub**

₹ 5500

120 mins

**Swedish Massage with Back
and Leg Stretching with
Hot Stone Therapy , Body
Scrub and Body Wrap**

₹ 6000

180 mins



18% GST is applicable on all massages

Balinese Massage

This traditional massage technique combines gentle stretches, acupressure, and aromatherapy to bring balance to the body and mind. Our skilled therapists will use a combination of long, flowing strokes and deep tissue pressure to release tension, improve circulation, and promote overall well-being. The therapeutic properties of essential oils further enhance the experience, leaving you feeling relaxed, rejuvenated. Indulge in this deeply therapeutic massage to soothe your body, quiet your mind, and restore your natural energy flow.

Balinese massage

60 mins

₹ 2800

Balinese Massage with Head massage and Acupressure

90 mins

₹ 4200

Balinese Massage with Body Scrub

90 mins

₹ 5200

Balinese Massage with Body Scrub and Body Wrap

120 mins

₹ 6700



Lomi Lomi Massage

Also known as loving hands massage, Lomi means to knead, rub, soothe, and work in and out like the paws of a contented cat and sometimes described as mimicking the ebb and flow of the ocean's waves! It is a healing experience that harmonizes the body, mind and spirit. It has a positive effect on all body systems. It improves flexibility, reduces stress, balances the body and mind, and helps you reach clarity and relaxation. The massage therapist makes use of their forearms and hands in a fluid, rhythmic motion, massaging different parts of the body at the same time.



Lomi Lomi Massage

60 mins

₹ 2800

Lomi Lomi with Deep Stretch

90 mins

₹ 3500



18% GST is applicable on all massages

Aroma Therapy Massage

The mellifluous pairing of aromatics and botanicals was an art perfected through centuries of influences and rich healing concepts from China, India, Persia and Greece. In spirit and reverence for this ancient healing technique that honours the sacred union of mind- body- soul. Promotes deep sleep, relief from hypertension, alleviates anxiety and mental fatigue.

Aroma Therapy

60 mins

₹ 2800

Aroma Therapy with Foot Reflexology

80 mins

₹ 3500

Aroma Therapy with Face Massage with Hot Stone Therapy or Potli Massage

90 mins

₹ 3800

Aroma Therapy with Face Massage, Hot Stone Therapy OR Potli Massage and Body Polish

120 mins

₹ 5800

Aroma Therapy with Face Massage with Hot Stone OR Potli Massage with Body Scrub and Mud Wrap

180 mins

₹ 6000



Four Hand Massage

Indulge in our exclusive four-hand massage, where two skilled therapists work in perfect harmony to elevate your relaxation experience. Choose from a blend of techniques, including invigorating deep tissue, soothing Swedish, or the rhythmic flow of lomi lomi massage.

Each therapist tailors their approach to your preferences, ensuring a personalised journey that melts away tension and revitalizes your body and mind. Immerse yourself in this unique treatment and discover unparalleled relaxation and rejuvenation.



Swedish massage

₹ 5200

90 mins

Deep Tissue Massage

₹ 5200

90 mins

Lomi Lomi

₹ 5200

90 mins



18% GST is applicable on all massages

Ayurveda Essentials



Abhyanga

60 mins

₹ 2800

**Ubtan 30 mins +
Abhyanga massage 60
mins + Head Massage
+ kansa wand face
massage**

120 mins

₹ 5000



18% GST is applicable on all massages

Praveda Signature Packages

Indulge in our rejuvenating Couple Therapy Package, where love and relaxation intertwine to create a blissful escape for you and your loved one. Our skilled therapists will tailor each session to cater to your individual needs, ensuring a truly personalized experience that will leave you both feeling refreshed and invigorated.

Bronze Revive & Relax – Foot reflexology with express facial for 2 pax

₹ 4000

50 mins

Silver Escape – 60 mins massage of your choice with express facial for 2 pax

₹ 6500

80 mins

Gold Renewal – 60 mins massage of your choice + Body polish or Potli Massage or Hot Stone Therapy 40 mins + express facial 20 mins for 2 pax

₹ 9000

120 mins

Ayurveda Essential – Ubtan 30 mins + Abhyanga massage 60 mins + Head Massage for 2 pax

₹ 7500

120 mins



Kids Bliss

Our little ones need relaxation too! Treat your child to a soothing massage tailored just for them. We created the right dose of immunity boosting light to medium pressure lymphatic drainage massage and acupressure spa therapy to ease those growing pains, calm their mind, de-stress tense muscles and tissues. Improves sleep quality and induces deep uninterrupted sleep. Gentle touch for young minds and bodies!

Kids' bliss lymphatic drainage and acupressure massage for age 7-14 years



**Low pressure lymphatic
drainage massage**

₹ 1800

30 mins

18% GST is applicable on all massages



Foot Reflexology

A therapeutic foot ritual experience where every touch is designed to transport you to realms of sublime. The treatment begins with an aromatic foot bath infused with therapeutic salts, minerals and fragrant essential oils, preparing your feet for the blissful massage ahead! Using a combination of rhythmic strokes and precise pressure, our therapist will manipulate specific reflex points on the feet.

Foot Reflexology

30 mins

₹ 2200



Clarity - Scalp, Shoulder & Hair Reviver with Back Massage

**Head and Shoulder OR
Back Massage**

30 mins

₹ 2200



18% GST is applicable on all massages

Soundarya Facial Rejuvenation



Express Facial for Men and Women (De-Tanning and Moisturising)

₹ 1200

20 mins

Facial Rejuvenation with Collagen and Elastin Boosting Actives.

₹ 2500

60 mins

Facial Rejuvenation with Exfoliating, Brightening, Tightening and Anti-Ageing Properties with Acupressure

₹ 3000

60 mins

Gentlemens Facial

₹ 3000

60 mins





For the Ultimate Spa Experience,

Follow These Guidelines:

To ensure a relaxing atmosphere, Praveda is a mobile and WiFi-free area.

Out of consideration for all guests, treatments will begin and end punctually.

Gentlemen opting for a facial are recommended to shave at least 3 hours before.

Guests with medical conditions and expectant mothers should seek advice from their doctor before booking.

The spa is exclusively for guests aged 7 and above.

Kindly refrain from wearing jewellery during your spa visit.

Spa robes and slippers are provided at the spa.

Reservations and Cancellation Policy:

All spa appointments can be made or canceled directly at the spa or via our front office. We understand that unforeseen circumstances may arise, necessitating appointment changes. If you need to cancel, please notify the spa at least 4 hours in advance to avoid being charged the full amount for your service.



