

Spa Menu

Relaxed Mode Between
Your Hectic Code



ABHYANGAM

(KERALA AYURVEDA TRADITIONAL MASSAGE)

Reduce Body Aches & pains,
Improves Muscles Consistency,
Improves skin texture

Duration: 1 hour (₹3000)



KAYAKALPAM

ABHYANGAM. HERBAL FACE PACK,
MEDICATED STEAM

Duration: 1.5 hour (₹4000)

THE WAY TO
DISCOVER YOURSELF

UPAKARMAM

ABHYANGAM DELUXE (FOUR HANDS MASSAGE)

Traditional massage with
medicated steam bath
Duration: 1.5 hour (₹3500)



KALARIMARMA MASSAGE

WITH MEDICATED STEAM BATH

Cleanses any blocked energy from joints and tissues, enables proper blood circulation, improve awareness and enthusiasm, improves the quality of sleep and rest, increase flexibility and physical stability

Duration: 1 hour (₹3500)



SHIRODHARA

Helps in reducing eye disorder, solves memory problem, promotes better sleep, improves concentration, the body gets strengthened, sleep is induced and ageing is reduced.

Duration: 1 hour (₹5000)

PUNARJANI

ABYANGA, SHIRODHARA
MEDICATED STEAM

Duration: 2 hour (₹8000)

SWEDISH MASSAGE THERAPY

Swedish massage therapy is a perfect method to relax your mind and body. It gives a complete calmness. This Relaxing massage stimulates your nerve system and boosts the blood flow system in the body.



Duration: 1 hour (₹4000)



HOT STONETHERAPY

Hot stone therapy helps to release toxins. Relieve pains and muscle spasms and stimulate the blood circulation. Stones are applied over key points on the body. The warmth of the stones melts away all the stress and tension.

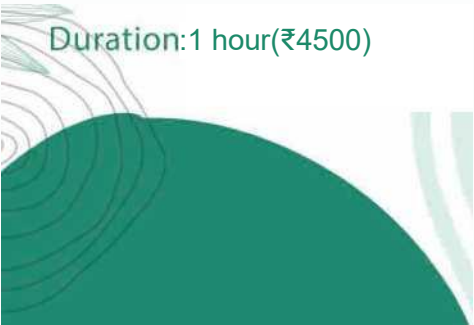
Duration: 1 hour (₹3500)



AROMA-THERAPY

Aroma therapy massage with essential oils gets from lavender, chamomile and tea tree. Sandalwood which promotes a better sleep. It's soothing and also addictive good for healthy skin.

Duration: 1 hour (₹4500)





BODY SCRUB

Removes dead skin cells, refreshes your appearances to increase confidence, as the dead skin cells are removed, rough looking skin and impurities are removed along with them, promotes skin hydration, clears blemishes, reduce stress.

Duration: 1 hour (₹3500)

DEEP TISSUE MASSAGE

Deep tissue massage creates a deep pressure across the grain of muscle and connective tissues. This therapy tightened muscles to promote increased blood flow and brings the relief you've been longing for.

Duration: 1 hour (₹4500)





POPULAR SHORT THERAPIES

1. REFLEXOLOGY FOOT THERAPY (1/2 hr-₹2500)
2. HEAD AND SHOULDER THERAPY (1/2 hr-₹2000)
3. NECK AND BACK BONE THERAPY (1/2 hr-₹2000)
4. HEAD MASSAGE (1/2 hr-₹1500)
5. HERBAL FACE PACK (1/2 hr-₹1000)
6. HERBAL STEAM BATH (1/2 hr-₹1000)
7. SAUNA STEAM (1/2 hr-₹500 PER HEAD)
8. HERBAL FACIAL (1/2 hr-₹1000)
9. ALOVERA GEL FACIAL (1/2 hr-₹1000)
10. KUMKUMADITHAILAM FACIAL MILK STEAM (1/2 hr-₹1500)
11. PEDICURE (1 hr-₹2500)
12. MANICURE (1 hr-₹2000)
13. HAIR SPA (1 hr-₹2500)
14. HAIR CUTTING AND STRAIGHTENING (1 hr-₹2000)
15. HENNA (1 hr-₹1000)

ALL THERAPIES INCLUDES GST.

All services Ladies by Ladies & Gents by Gents





WELLNESS SPA

state beach resort and spa
“ **enlivening & Detoxifying** “

Looking for some me time ?? Book yourself a spa ,, mystical , exotic & rejuvenating ...

Experience your healing journey ..We make it easy to find your healing heaven & reach your personal health and wellbeing goals...

Enjoy the benefits of our ayurvedic massage & steam , herbal facials, herbal bleech, hot oil hair massages, hair care packs , reflexology foot massage , hot stone therapy ,swedish massage ,ayurvedic shirodhara and much more ...

Ayurvedic approach relies on a deep understanding of nature,s countless treasures to heal us of various ailments and help us to be at our best physically , mentally as well as spiritually ..

Sink in to the serene with a herbal facial and soothing massage in the spa... Loving yourself isn't vanity...it is sanity!! it's a chance to detox and purify your mind, body and soul with our exhilarating massage..

Come, experience & cherish healthy skin and hair at its finest!! because filters don't follow you around in real life . Ayurvedic approach is a holistic one and it's purpose is to protect life of healthy and alleviate disorders in the diseased. it has also been indicated as the science of protection of ayu(age) . our resort and spa is preserving and promoting wellness in all aspects .



SKIN CARE



AYURVEDIC FACIAL

Perfect blend of ayurvedic herbs with benefits of njavara rice and milk to make your skin healthy and glowing , powerful anti-ageing formula , cleanses the pores , strengthen the facial muscle , remove tan and improves complexion . Reverses the oxidising free radical process for smoother , younger ,happier and truly vibrant skin.fully natural with benefits of njavara powder which reduce wrinkles and cherish the skin.removes stress and anxiety plaguing your mind .

Duration: 1 hour 15 min

FRUIT FACIAL

Has natural fruit pulp concentrates of papaya , orange peel ,cucumber and milk,banana ,tomato etc that helps in deep cleansing of the skin . This is a magnificent method to get life and brilliance to the dead skin . papaya facial is known to lighten your skin tone and adequately cleans the facial skin . it renews and rejuvenates skin making it supple and soft . fruit facial are improved with such a large no:of nutrients and minerals that they in a split second includes a solid gleam the face.

Duration: 1 hour

HEALTHY SKIN (TWACHYA PACKAGE)

Exclusive skin treatment which address all your skin conditions . combination of facial massage with kumkumadi taila and mugha lepa . kumkumadi taila is a wonderful blend of plant , flower , fruit and milk extracts that aims lightening the complexion , deminishing various signs of ageing like wrinkles , fine lines,dark circles , spots , blemishes etc . amazing ayurvedic concoction of herbs that act as a magic remedy for uplifting skin health . kumkumadi taila massage is renewed for its use in rejuvenating and renewing the skin cells , illuminating the skin and bestowing a young and healthy appearance .

Duration: 1 hour





HERBAL BLEECH

Forget chemical bleach and stick to the benefits of herbal bleach with natural essence of turmeric and milk which together helps to remove dead skin cells , suntan, lighten skin tone and gives healthy fairness. Herbal bleach is great for sensitive skin with no side effects and skin issues. combination of facial marma massage , facepack and herbal bleach. let your skin shine brighter than the sun,,enliven your face and get back the glow .

Duration: 1 hour 30 min

VEG PEEL FACIAL

Veg peel facial is a boom for people with scars and blemishes. loaded with the benefits of almond powder , which is a rich source of vit.E. antioxidants and anti ageing properties . Includes facial with natural veg peel powder.helps to remove black heads and dead epithelial cells and brings glowy skin.ideal for your damaged skin.let your skin breathe again.

Duration: 1 hour 15 min

MARMA FACE MASSAGE

Marma point face massage have far reaching benefits for not just your face and skin but also the quality of your day ,mental health and level of awareness in life. Reduce signs of mental stress and ageing in facial muscles. marma point massage detoxify body better by improving the lymphatic drainage.get rid of eye strain and stress and enjoy the overall rejuvenation of mind and body .soothing experience which calm your mind and brings youthful and cherished skin. works on improving the function and health of the related doshas,type of prana and nadis associated with the points.

Duration: 1 hour





FACE YOGA

Stimulate your facial muscles with face yoga practise and eliminate the toxins. Enjoy a calm and peaceful life with stress free face yoga practice and improve the energy levels of your body . improves the blood circulation and strengthen the facial muscles which inturn gives a healthy soft facial skin.complete solution for dark circles,sagging of facial skin,pigmentation and for a perfect shape of your face . dont forget to pamper yourself ..relax your mind and body.

Duration: 1 hour 30 min

HAIR CARE

HOT OIL MASSAGE

Enjoy the soothing marma massage of head for a calm stressfree life. combines the benefits of hot oil massage for hair growth and stress relief . stimulates the hair root and replenishes the nutrients needed for hair and scalp.perfect care for your hair and scalp to nourish,protect and rejuvenate .

Duration: 2 hour

HAIR PACK

Supplies abundant nutrients to your hair and scalp with the combination of hair pack and massage with natural ingredients of triphala powder.Triphala cleanses the scalp and hair and gives abundant nourishment to your hair roots . powerful remedy for all your hair issues like dandruff, itching etc and gives a clean scalp.fully with the benefits of natural triphala powder to promote healthy hair and scalp.

Duration: 1 hour





State Beach Resort

A unit of Payyambalam Beach Resort Pvt. Ltd.