



OLEANDER
FARMS



sohum
spa





SOHAM SPA AT OLEANDER FARMS

We at Oleander Farms are thrilled to partner with Mumbai's trusted wellness brand - Soham Luxury Spas!

Soham's pursuit of wellness and the preferred indigenous wellness practices worldwide has emerged as one of the notable luxury wellness brands.

Together, we look forward to curating a bespoke wellness sanctuary which offers a private haven to rejuvenate the mind, body, and soul.

We aim to rediscover the sentiment of travel to revitalise the guest experiences with ingeniously crafted therapies that accord authentic encounters and provide a sense of escape.

We offer complete holistic rejuvenation experiences that combine the best of traditional Indian Ayurvedic therapies with western ideologies. All our wellness treatments are designed to touch individuals; physically, mentally, and emotionally.

We hope you have a rejuvenating experience!



SPA MENU

INTERNATIONAL RITUALS

SWEDISH (LOW PRESSURE, OIL THERAPY)

4500 *60 minutes*

6000 *90 minutes*

Boost your energy levels and re-energize your body with the classic Swedish massage. We use rejuvenating seasonal blend of oils to provide a firm and deeply relaxing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating the overall blood circulation. Also, to facilitate the process of healing, please do let our therapists know on which areas they should focus and also those areas that experience pain so that they can be left untouched, thus ensuring a smooth therapy execution.

Tax as applicable



AROMA (MEDIUM PRESSURE, OIL THERAPY)

4500 *60 minutes*

6000 *90 minutes*

Indulge in this authentic massage, influenced by stalwarts from homeopathic healing tradition. An uplifting combination of aroma oils selected from carefully preserved global bio-reserves. are blended with cold pressed anti-oxidant rich base oils to provide a gentle relaxing massage, which is effective on the senses as well as on the skin and nerve endings. Surrender your self to a thoroughly pampering experience!!!

DEEP TISSUE (MEDIUM TO DEEP PRESSURE, OIL THERAPY)

4500 *60 minutes*

6000 *90 minutes*

A medium to strong deep pressure massage with slow strokes to reach deeper layers of muscle and fascia, which minimizes recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles. Deep tissue reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

SOHUM SIGNATURE (MEDIUM TO DEEP PRESSURE, DRY, OIL & STRETCHES COMBINATION)

7000 *90 minutes*

Our senior Spa trainers have developed this signature bodywork only for regular spa and fitness enthusiasts. This bodywork has an integration of sports Massage and Thai Acupressure techniques, to effectively work on irritated deep tissue, fascia and muscles. Recommended only for those who require deep bodywork to undo muscle knots and loosen fibrous tissue, this therapy accounts to be one of the most chosen and appreciated treatments by our clients.





BALINESE (MEDIUM PRESSURE, DRY & OIL COMBINATION)

4500 *60 minutes*
6000 *90 minutes*

The traditional Balinese Royal Massage is a technique of relaxing the body through acupressure, and firm smooth strokes along specific energy channels. This ritual is a confluence of the best of healing traditions of erstwhile Thailand China and India. It re-awakens your inner self and evokes peace of mind, by releasing energy blockages and restoring smooth flow of energy.

Tax as applicable

THAI MASSAGE (DRY AND STRETCHING MASSAGE)

4500 *60 minutes*

6000 *90 minutes*

Traditional Thai massage is a combination of stretching and deep muscle work that increases flexibility and clears blockages in the energy channels.

Tax as applicable





SKIN REFINEMENTS

Skin refinements are therapies where powders containing plant, fruit and cereal extracts are rubbed on the skin surface. This therapy removes dead skin cells and pollutants, increases circulation and energizes the body. Works well in conjunction with any bodywork.

Rice and Oatmeal Polish	3000	<i>30 minutes</i>
Apricot and Lemongrass Polish	3000	<i>30 minutes</i>
Coffee Polish	3000	<i>30 minutes</i>

BODY ENVELOPMENT RITUAL (BODY MASK)

Also referred to as body wraps and body masks this spa ritual begins with an invigorating body scrub to exfoliate dead skin cells and stimulate circulation. The all natural floral or marine extracts rich purifying mask is then applied to the whole body to ensure that the skin is soothed and rebalanced. It has anti-septic, skin toning and nourishine properties. This is highly recommended for a full body enhancement of look and feel.

Seawood Mask	3000	<i>30 minutes</i>
Mineral Mud Mask	3000	<i>30 minutes</i>
Vanilla and Cocoa mask	3000	<i>30 minutes</i>
Champi	3000	<i>30 minutes</i>
Meru	3000	<i>30 minutes</i>
Feet Reflexology	3000	<i>30 minutes</i>
Spich Poultice	3000	<i>30 minutes</i>





FACE THERAPY

Our Face therapies are unique in every aspect; right from the service sequence to the products used. These facials invariably play a vital role in hydrating your skin as well as bringing a healthy glow on your face. Our facials are designed with utmost care and are customized to suit your skin type. They not only pamper your delicate skin but also your complete being. All our facials start with trigger point therapy that helps reduce puffiness. It is recommended once a week for lasting results.

Facial Express	3000	<i>30 minutes</i>
Hydra Moist Facial	4000	<i>60 minutes</i>



Acne/Oil Resist	4000	<i>60 minutes</i>
Combination Skin	4000	<i>60 minutes</i>
Youth Enhancer	6000	<i>60 minutes</i>
Brightening Facial	6000	<i>60 minutes</i>

Tax as applicable





TIPS TO ENHANCE YOUR WELLNESS EXPERIENCE

This is the first time I am having a Spa therapy. Will someone help me choose the most appropriate treatments?

Any of our Spa team members will be happy to discuss our range of therapies with you and recommend what would be of benefit to you.

Can I have multiple Spa therapies in a day?

Yes. Many Spa therapies complement each other and work very well to produce marked results. Please feel free to ask any member of our Spa team to tell you how best to combine therapies for optimal results.

What if I have any health concerns?

You should discuss them with our team, especially if you are pregnant, suffer from cardiovascular disorders such as cardiac ailments or high blood pressure, have recently undergone surgery or have any implant or are suffering from skin diseases.

When should I eat before my spa therapy?

3 hours gap after moderate meal is ideal. A light snack is appropriate if you are hungry. We do not recommend any intake of alcohol before any spa therapy.

What type of skin care products will you use in my Spa therapy?

We have taken great pains to ensure that all of our products are gentle on your skin & have natural ingredients.

What should I wear during my visit to the Spa?

You may arrive in your street clothes. since we shall offer you the appropriate disposable undergarments and other apparel while enjoying our Spa therapies.

What is the minimum age requirement to be able to enjoy spa therapies?

15 years. Guests between 15 to 18 years of age are permitted to experience selected Spa therapies only accompanied by a guardian of the same gender.

How early should arrive for my treatment?

We recommend that you arrive fifteen minutes before your appointment time, so that you do not rush through things to do and have enough time to complete a health status questionnaire.

What if am running late for my Spa appointment?

If you are running late for your treatment, we will shorten your therapy so as to be completed by the designated time booked by you. This is to ensure that the next guest is not delayed or inconvenienced.

What do I do if I need to cancel my spa treatment?

Any Spa therapy appointment that is cancelled without a minimum of 3 hours notice or an un-informed "no show" will incur a charge equal to 100% of the value of the therapy/therapies booked. If a 3 hours notice is provided then a cancellation fee equivalent to 50% of the Spa therapies fee will be charged.

How can I pay for the therapies that I have reserved?

We accept cash (Indian Rupees only), all major credit cards and debit cards.

Should I pay tips I gratuity?

Gratuity is a reflection of your level of satisfaction and 15%-20% of the cost of therapies is appropriate.

Is there anything else I should know so I have the best Spa Experience?

By making a reservation with us you have paid for time to relax and rejuvenate. To maximize the value you derive. Please inform your therapist on how comfort during your therapy can be enhanced. Temperature settings, music volume, amount of pressure etc. are some of the customizations possible.

Can I use my mobile phone in the Spa?

We do not permit the use of electronic devices, (including mobile telephones) into the Spa area as these not only detract you from your experience, but also interrupt other guests in their satisfaction of the Spa experience.

Are Gift certificates and packages available?

Please feel free to speak to our team members who will be glad to assist you in choosing the package and gift certificate most suitable to your needs.

‘Sohum luxury spa has emerged as one of the notable wellness and luxury brand’s in the country’

RECOGNITION & AWARDS

Soham Luxury Spa -
Winner of 22 awards and counting

“Best Day Spa 2010”
for Juhu Day Spa, by Asia Spa India Awards

“Best Day Spa”
for Pune Day Spa, by Asia Spa India Awards

Won “Best Day Spa 2011”
for Juhu Day Spa, by Big Brand Research Awards

Won “Best Day Spa 2012”
for Juhu Day Spa, by Asia Spa India Awards

Won “World Luxury Spa Awards”
Mövenpick Hotel and Spa Bangalore –
Best Luxury Hotel Spa India



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