



Sohum Spa and Wellness Sanctuary - Juhu  
B-10, Vaikunthlal Mehta Rd, Kapole Society, Vithal Nagar, Juhu, Mumbai, Maharashtra 400049

9967189234

## BODY WORK

To commence your journey at our spa, each treatment begins with an offering of a cool, caffeine-free beverage, which is followed with a relaxing foot-wash ritual to symbolically cleanse the stress away. Manipulation of trigger points on the head, neck and rest of the body, is administered to effectively relieve tension and ease you into a state of relaxation and healing. This beautiful experience is completed with a serving of hot beverages and fruits on completion of the therapy, thus restoring positivity and well-being in oneself. Do ensure you book your next appointment with us to avoid disappointment.

Deep Tissue Massage	60 minutes ~ 4500
	90 minutes \$ 6000
Synchronized Massage - Four Hands	90 minutes \$ 8000
Swedish	60 minutes \$ 4500
	90 minutes \$ 6000
Aroma	60 minutes \$ 4500
	90 minutes \$ 6000
Thai*	60 minutes \$ 4500
	90 minutes \$ 6000
<b>*This treatment uses no oil. You will be provided with a pure cotton garment to wear during therapy.</b>	
Bali	60 minutes \$ 4500
	90 minutes \$ 6000
Hawaiian	60 minutes \$ 4500
	90 minutes \$ 6000
Native American Hot Stone	90 minutes \$ 6000
Sohum Signature Therapy	90 minutes \$ 7000
Sohum Re-Energizer Therapy taxes as applicable	90 minutes \$ 7000

Champi 30 minutes \$ 2500

Meru 30 minutes \$ 2500

Feet Reflexology 30 minutes \$ 2500

Spice Poultice 30 minutes \$ 2500

WHIRLPOOL WATER THERAPY 30 minutes \$ 4000

We offer water therapy as any Spa (Solus per Aqua - healing through water) should. Enjoy the gentle pressure exerted by German jet pumps in our king-sized whirlpool filled with a heady mix of milk, rose petals and essential oil extracts.



Taxes as applicable

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
Hydra Moist	\$ 4000
Acne / Oil Resist	\$ 4000
Combination Skin	\$ 4000
Youth Enhancer	\$ 6000
Brightening Facial	\$ 6000



Taxes as applicable

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Facial Express	\$ 4000
Hydra Moist	\$ 5000
Youth Enhancer	\$ 7000
Brightening Facial	\$ 7000



Taxes as applicable

#### **BODY ENVELOPMENTS**

Also referred to as Body Wraps and Body Mask, 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 antiseptic, skin toning and nourishing properties. This is highly recommended for a full body enhancement of look and feel.



Seaweed Mask	30 minutes \$ 3000
Mineral Mud Mask	30 minutes \$ 3000
Vanilla and Chocolate Mask	30 minutes \$ 3000

### 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	30 minutes \$ 3000
Apricot and Lemongrass Polish	30 minutes £ 3000
Coffee Polish	30 minutes \$ 3000



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Rose & Geranium Mask	30 minutes \$ 3000
Lavender & Lemongrass Mask	30 minutes \$ 3000
Coffee & Vanilla Mask	30 minutes \$ 3000

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Lavender & Lemongrass Polish	30 minutes <sup>TM</sup> 3000
Coffee & Vanilla Polish	30 minutes \$ 3000



Taxes as applicable

## AYURVEDA

We follow and execute already tested techniques of ancient Indian therapies to make our guests feel pampered and healthy. This therapy ritual uses long strokes, with healing herbs and oils to stimulate circulation, enhance joint mobility, relieve muscle soreness, hydrate skin, speed up detoxification process and re-balance the energy flow throughout the body.

Abhyanga	60 minutes \$ 4500
	90 minutes \$ 6000
Shirodhara	30 minutes \$ 4000
	60 minutes \$ 5000
Udwarthanam	45 minutes \$ 4500

Kati Basti

30 minutes \$ 2500

Janu Basti

30 minutes \$ 2500



Taxes as applicable

Tips to enhance your wellness experience

This is the first time I am having 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 a 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 I 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 I am running late for my Spa appointment?

If you are running late for your treatment, we will shorten your therapy 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 | 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) in the Spa area as these not only detract you from your experience, but also interrupt other guests in their satisfaction with 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 for your needs.

Thank you