

A'ira Healing Therapy

Dry / Local cupping	60 Minutes	Rs.5000
Hijama	60 Minutes	Rs.6000
Acupunture	30 Minutes	Rs.3000
Yoga	on consultation	



A'ira Body Wrap

An energising body therapy to exfoliate dead skin cells, stimulate blood circulation, and nourish the skin.

Seasonal Envelopment	60 minutes	Rs.4000
A'ira body polishing (fruit / Herb or Mixed)	60 minutes	Rs.5000



A'ira Face Therapy

Face therapies that put back the glow in your skin and restore youthful looks by reducing puffiness and skin fatigue.

Brightening Facial	60 Minutes	Rs.5000
Oily Skin Facial	60 Minutes	Rs.4100
Anti-Ageing Facial	75 Minutes	Rs.5000
Dehydrated/ Dry Skin Facial	60 Minutes	Rs.4100
Express Facial	30 Minutes	Rs.2600

A'ira Ayurveda & Yoga Rejuvenation Program

A'ira offers personalised programs that combine the healing powers of Ayurveda and Yoga, based on your constitutional dosha analysis and findings by the Doctor.

Ayurveda Wellness Consultation

You can consult our Ayurveda Doctor to get a detailed assessment of your body type and a personalised therapy plan to improve your overall wellbeing.

Prakriti Pareeksha/Dosha Analysis - 2 Sessions (Pre & Post Program Consultations) Ayurveda Lifestyle & Diet Consultation.

Daily Personalized Yoga Consultation & Meditation Program.

Ayurveda therapies based on consultation

A'ira Ayurveda Detox & Rejuvenation Program

Ayurveda Wellness Consultation: Prakriti Pareeksha/ Dosha Analysis - (pre & post program).

Ayurveda Lifestyle & Diet Consultation.



Taxes As Applicable | T&C Apply



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WELLNESS
FOR LIFE



Welcome To A'ira, Welcome To Wellness



An ultraluxury destination for body and mind rejuvenation, the A'ira Wellness Spa at Crowne Plaza Kochi is an experience that's pure bliss. Designed to pamper your senses right from the time you step in, A'ira combines multiple, time-tested healing systems ranging from Ayurveda to Reflexology to provide you a highly-personalised, holistic wellness experience.

A'ira offers a curated list of nature-based therapies for your skin, face, body and mind, ranging from anti-ageing facials and skin polishing to de-stress massages and hot stone treatment for pain relief. These treatments are scientifically validated and carried out by an expert team of therapists under the supervision of a Wellness Doctor to ensure maximum safety and lasting results.

Taking a treatment at A'ira is an enjoyable experience. All you need to do is call: 0484 7115200, 2865000 Extn.5200 (if you are a guest at Crowne Plaza) and fix an appointment anytime between 8:00 AM to 10:00 PM. We will handhold you through the rest of the process, which starts with a digital 'Prakriti' body analysis that helps us understand your body nature and recommend a personalised therapy plan depending on your needs, your body nature and health condition.



Come, enjoy wellness for life.

A'ira Wellness Packages

A range of meticulously curated therapies from various streams of healing across the world to provide you an absolutely blissful and personalised experience that will leave you relaxed, rejuvenated, revived and refreshed from within.

Indulge Ayurveda	150 minutes	Rs.9300
Indian	150 minutes	Rs.8800
Mannelijk	210 minutes	Rs.11000
Rapid	90 minutes	Rs.5500
Restoral	120 minutes	Rs.8800
Soothe	150 minutes	Rs.7700
Pamper	150 minutes	Rs.7000
Ze	180 minutes	Rs.10000
Couple Allure	195 minutes	Rs.21000



A'ira Ayurveda Treatments

A'ira brings you greatness of Ayurveda, the 5000+ year-old all-natural Indian system of healing, which helps you achieve body-mind-spirit balance.

Abhyanga	60 minutes	Rs.4200
Choornam Pinda Sweda (Pain Relief Therapy)	45 minutes	Rs.3200
Shirodhara (Third Eye Therapy)	45 minutes	Rs.5000
Indian Traditional Head Massage (Champi)	30 minutes	Rs.2200
Udvarthanam (Anti- Cellulate)	45 minutes	Rs.2900
Kaya Seka (Relieves Body Pain & Muscle Spasms)	45 minutes	Rs.4500



A'ira Holistic Body Work

A soothing therapy that focuses on your trigger points to alleviate stress and put you into a state of relaxation. This multi-sensory experience will be initiated with a serving of fresh, palette-cleansing fruits and culminate with a warm, comforting cup of detoxifying green tea.

Bali (Lymph drainage)	60 minutes 90 minutes	Rs.4300 Rs.5500
Swedish (Aches & Pain)	60 minutes 90 minutes	Rs.4000 Rs.5300
Aroma	60 minutes 90 minutes	Rs.4000 Rs.5300
Hot Stone (Pain Relief)	90 minutes	Rs.6000
Thai (Increases Flexibility)	60 minutes 90 minutes	Rs.5000 Rs.6000
Deep Tissue Massage	90 minutes	Rs.6000
Foot Reflexology	30 minutes 45 minutes	Rs.2000 Rs.2500
Meru (Back Massage)	30 minutes	Rs.2100

A'ira Signature Rituals

A'ira Signature Massage (Deep Muscle Therapy)	90 minutes	Rs.6000
A'ira Bamboo Massage	60 minutes	Rs.5500
Lomi- Lomi (Traditional Hawaiian Therapy)	60 minutes	Rs.5000
Kansa Bowl Therapy	30 minutes	Rs.3500
Kansa Bowl Therapy	45 minutes	Rs.4300
Jet Lag Reviver, Indian Western	90 minutes 90 minutes	Rs.9200 Rs.6600



A'ira Scrubs

A skin refinement and rejuvenation treatment that involves a full body exfoliation using natural plant extracts to remove dead skin cells and oxygenate the skin by improving blood circulation.

Husky Shell Exfoliant (Kerala Scrub)	30 minutes	Rs.3000
Coffee Sugar Exfoliant (Caffé Laté Scrub)	30 minutes	Rs.2700
Aqua Mineral Exfoliant (Sea Salt Scrub)	30 minutes	Rs.2700
Fruit Herb scrub - indi or mixed (<i>Imported</i>)	30 minutes	Rs.4000
Kiwi Exfoliant (For Tanned Skin)	30 minutes	Rs.3000
Chocolate	30 minutes	Rs.2700
Ayurvedic Detoxifying (Body Polish)	30 minutes	Rs.3000