

## A'ira Healing Therapy

Dry / Local cupping	60 Minutes	Rs.3500
Hijama	60 Minutes	Rs.5000
Accupuncture	30 Minutes	Rs.3500
Yoga		Rs.2500



## 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.5000
A'ira body polishing (fruit / Herb or Mixed)	60 Minutes	Rs.5200



## 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.5500
Oily Skin Facial	60 Minutes	Rs.4700
Anti-Ageing Facial	60 Minutes	Rs.5500
Dehydrated/ Dry Skin Facial	75 Minutes	Rs.4700
Express Facial	30 Minutes	Rs.3000

Taxes As Applicable | T&C Apply

## 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.



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## 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.

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## A'ira Wellness Packages

*(Discounted Packages: No additional discounts or offers can be applied. These packages cannot be combined with other promotions.)*

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. 10500
Indian	150 minutes	Rs.9500
Mannelijk	210 minutes	Rs.12000
Rapid	90 minutes	Rs.6500
Restoral	120 minutes	Rs.10000
Soothe	150 minutes	Rs.9500
Pamper	150 minutes	Rs.8500
Ze	180 minutes	Rs.11000
Couple Allure	195 minutes	Rs.22000



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## 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.5000
Synchronized Abyangam	60 Minutes	Rs.8000
Choorna Pinda Sweda (Pain Relief Therapy)	45 Minutes	Rs.4500
Shirodhara (Third Eye Therapy)	45 Minutes	Rs.5500
Udvarthanam (Anti-Cellulite)	60 Minutes	Rs.5000



## 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, palate-cleansing fruits and culminate with a warm, comforting cup of detoxifying green tea.

Bali (Lymph drainage)	60 minutes 90 minutes	Rs.4800 Rs.5900
Swedish (Aches & Pain)	60 minutes 90 minutes	Rs.4600 Rs.5600
Aroma	60 minutes 90 minutes	Rs.4600 Rs. 5600
Hot Stone (Pain Relief)	90 minutes	Rs.6500
Thai (Increases Flexibility)	60 minutes 90 minutes	Rs.5500 Rs.6500
Deep Tissue Massage	60 minutes	Rs.6500
Foot Reflexology	30 minutes 45 minutes	Rs.2500 Rs.3200
Meru (Back Massage)	30 minutes	Rs.2500
Champi (Head Massage)	30 minutes	Rs.2500

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## A'ira Signature

A'ira Signature Massage (Deep Muscle Therapy)	90 minutes	Rs.6500
A'ira Signature Synchronised Massage	60 minutes	Rs.8500
Lomi Lomi	60 minutes	Rs.5500
A'ira Bamboo Massage	60 minutes	Rs.5500
Kansa Bowl Therapy	30 minutes 45 minutes	Rs.3500 Rs.4300
A'ira Jet Lag Reviver		
Indian	90 minutes	Rs.8000
Western	90 minutes	Rs.8000



## 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.4000
Coffee Sugar Exfoliant (Caffé Latte Scrub)	30 minutes	Rs.3200
Aqua Mineral Exfoliant (Sea Salt Scrub)	30 minutes	Rs.4000
Fruit Herb Scrub- Indi or Mixed	30 minutes	Rs.4200
Kiwi Exfoliant (For Tanned Skin)	30 minutes	Rs.4000
Chocolate	30 minutes	Rs.3200
Ayurvedic Detoxifying body scrub	30 minutes	Rs.3500

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