



adlya
PAMPER YOUR SENSES



THERAPIES

DEEP TISSUE (60/90 MIN.)

INR 5000/6500/-

A deep oil-massage to ease muscular tension and reawaken your senses. This customized massage uses deep, deliberate strokes to separate and lengthen your muscle fibers and a great choice for those suffering from muscular tension and spasms.

AROMA THERAPY (60/90 MIN.)

INR 5000/6500/-

Experience a personal and customized approach to therapeutic bodywork with our aromatherapy blends. Allows to stimulate your blood circulation, soothe aches and pains and promote a sense of balance and relaxation.

BALINESE (60/90 MIN.)

INR 5000/6500/-

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and Skin rolling with firm but smooth massage strokes.

TRADITIONAL THAI MASSAGE (60 MIN.)

INR 6000/-

A revitalizing ancient healing therapy combining acupressure, Ayurvedic principles, and assisted yoga stretches. Performed without oil, this treatment improves flexibility, relieves muscle tension, and restores natural energy flow.

HOT STONE MASSAGE (60/90 MIN.)

INR 5000/6500/-

The treatment includes hot basalt stones to generate heat and draw out tightness. The stones are an extension of the therapist's hands as they glide over the body allowing the benefits to be felt at a deeper level.

FOUR HAND MASSAGE (60/90 MIN.)

INR 8500/9500/-

Two therapist will work together in a synchronized massage designed to relieve tension from every aching muscle. Increasing levels of oxygen in your blood, decreasing muscle toxins, improving circulation and toning muscles

SWEDISH MASSAGE (60/90 MIN.)

INR 5000/6000/-

A uniquely European full body massage that stimulates blood circulation and soothes tense muscles. Medium in pressure, it uses a combination of three basic strokes, long firm strokes, kneading strokes and small circular strokes to smooth away stress.

INDIAN HEAD MASSAGE (30 MIN.)

INR 2100/-

This Scalp, neck and shoulder massage brings a unique and traditional Ayurvedic stress relieving practice to modern world. Relieving tension from your head, neck and shoulders, this massage will stimulate blood flow to leave your body totally relaxed.

DE-STRESS BACK (45 MIN.)

INR 3000/-

This one's to counted balance your stressed back and relieve aches, pain and tension to attain blissful serenity.



*Taxes extra as applicable.

*The management reserves the right to change the price without any prior notice.

*Therapies will be undertaken subject to prior appointment.



FACIAL

ACTIVE PURENESS DEEP CLEANSING FACIAL (FOR ALL SKIN TYPES)

INR 4000/-

Extracts of sage, balm mint and orange fruit water deeply cleanses and leave the skin feeling fresh and restored. This transformational facial therapy utilizes the healing ingredients of green clay, algae, extracts of sage & ivy, extracts of pineapple, grapefruit and lemon. This luxurious therapy will leave pores noticeably minimized and the skin velvety smooth.

HYDRAMEMORY (FOR DEHYDRATED AND DRY SKIN)

INR 4000/-

A deeply hydrating treatment to combat dry weather, stress and travel conditions. Hibiscus, honey and Sahara desert flowers work together to leave your skin revitalized with complete nourishment and unsurpassed softness. It is especially recommended before and after air travel to replenish moisture.



*Taxes extra as applicable.

*The management reserves the right to change the price without any prior notice.

*Therapies will be undertaken subject to prior appointment.





BODY SCRUBS

DETOXIFYING GREEN TEA SCRUB (45 MIN.) **INR 3750/-**

Green tea scrub soothes and calms the skin, reducing itching and inflammation. It has substantial anti-inflammatory properties, invigorate and enlivens the mind and body with this mineral-rich green tea salt body exfoliation that helps improve circulation and relieves muscle tension. To conclude, a refreshing treatment cream hydrates your skin.

CHOCOLATE AND COFFEE SCRUB (45 MIN.) **INR 3750/-**

This chocolate and coffee body scrub will smooth your skin and kickstart your lymphatic system. The delicious ingredients are also the perfect combination for glowing, healthy skin. Coffee is renowned for its ability to help stimulate congested areas on the thighs and buttocks and cocoa is rich in skin protective anti-oxidants as well as magnesium which is helpful for rejuvenating skin tissue.

COCONUT AND RICE BODY SCRUB (45 MIN.) **INR 3750/-**

Allow the smoothing and brightening rice powder along with the freshness of creamy coconut milk to penetrate your skin in deep circular motions to leave a cooling and relaxing effect and help get rid of dehydrated skin.

*Taxes extra as applicable.

*The management reserves the right to change the price without any prior notice.

*Therapies will be undertaken subject to prior appointment.





FOR HER

HAIR	PRICE (INR)
CUT	1000
SHAMPOO WITH HAIR CUT	1200
TRIM	700
CHILD HAIR CUT	550
BLOW DRY	1000
SHAMPOO WITH CONDITIONER	700
ROLLER SET	700
FLAT IRONING	1000
CURLING TONGS	1000
SAREE DRAPING	600
HAIR UPS (WITH ACCESSORIES)	1500
HAIR UPS (WITHOUT ACCESSORIES)	1000
SHAMPOO WITH BLOW DRY	1500
HAIR SPA	2200

CHEMICAL WORK

ROOT TOUCH UP	1700
AMMONIA FREE ROOT TOUCH	2000

FULL COLOUR

SHORT	3500
MEDIUM	5500
LONG	7500
COLOUR APPLICATION	1000

HIGHLIGHTS/LOWLIGHTS FOIL

SHORT	4500
MEDIUM	5500
LONG	7500
CROWNE AREA HIGHLIGHTS	1000

RE-BONDING/ SMOOTHENING

SHORT	4500
MEDIUM	8000
LONG	10000

SCALP MASSAGE

OLIVE/ALMOND OIL	1000
COCONUT OIL	1000
AROMA OIL	1200

HAND AND FEET

MANICURE

CLASSIC	1300
DELUXE	1500

PEDICURE

CLASSIC	1600
DELUXE	2000
NAILCUT & FILING	400
NAILPAINT CHANGE	600

BLEACHING

FACE	1000
UPPER LIPS	200
HALF ARMS	600
FULL ARMS	800
LEGS	1000
FRONT & BACK	1500
FULL BELLY BLEACH	750
HALF BACK BLEACH	800
FULL BODY	3000

WAXING(NORMAL/RICA) (INR)

UPPER LIPS	150/250
------------	---------

ARMS

HALF	400/800
FULL	800/1200
UNDER ARM	350/550

LEGS

HALF	600/1200
FULL	1200/1800
FULL BODY	4000/ 7000

THREADING

UPPER LIPS	200
EYE BROWS	250
CHIN	200
FOREHEAD	200
FULL FACE	700

MAKE UP

LIGHT	5000
RECEPTION/PARTY	6000
PRE BRIDAL (INCL. HAIR STYLING)	7000
BRIDAL (INCL. HAIR STYLING)	11000

*Taxes extra as applicable.

*The management reserves the right to change the price without any prior notice.

*Therapies will be undertaken subject to prior appointment.



FOR HIM

HAIR PRICE (INR)

CUT	800
TRIM	600
CHILD HAIR CUT	500
BLOW DRY	300
SHAMPOO WITH CONDITIONER	500
FLAT IRONING	600
HAIR SPA	1500

BEARD

SHAVE	450
TRIM	400
STYLING	600
COLOUR	800

CHEMICAL WORK

ROOT TOUCH UP	1300
FULL COLOUR	2200
COLOUR APPLICATION	900
HIGHLIGHTS/LOWLIGHTS CAPS	1500
STRAIGHTENING	2500

HAND AND FEET (INR)

MANICURE

CLASSIC	1300
DELUXE	1500

PEDICURE

CLASSIC	1600
DELUXE	2000
FOOT MASSAGE	800
FOOT REFLEXOLOGY	2000

THREADING

EYE BROWS	200
FOREHEAD	150
FULL FACE	550



*Taxes extra as applicable.

*The management reserves the right to change the price without any prior notice.

*Therapies will be undertaken subject to prior appointment.

GOLD MEMBERSHIP

TYPE	DURATION	FEE (IN ₹)
SINGLE	ANNUAL	135,000
COUPLE	ANNUAL	185,000
FAMILY	ANNUAL	235,000

ENTITLEMENT FOR GOLD SINGLE MEMBERSHIP:

- Usage of Gym, Pool and Spa
- 2 Active Pureness Deep Cleansing Facials
- 3 Haircuts/Blow Dry
- 15% Discount on all Additional Spa and Salon Services.
- 15% Discount on Food and Beverage at All Restaurant/ Bar in the Hotel
- 10% Discount on Laundry and Dry Cleaning Services

ENTITLEMENT FOR GOLD FAMILY MEMBERSHIP:

- Usage of Gym, Pool and Spa for the Family (Includes 2 Children Below 12 Yrs only in Swimming Pool)
- 4 Active Pureness Deep Cleansing Facials
- 8 Haircuts/Blow Dry
- 15% Discount on all Additional Spa and Salon Services.
- 15% Discount on Food and Beverage at All Restaurant/ Bar in the Hotel
- 10% Discount on Laundry and Dry Cleaning Services

ENTITLEMENT FOR GOLD COUPLE MEMBERSHIP:

- Usage of Gym, Pool and Spa
- 4 Active Pureness Deep Cleansing Facials
 - 6 Haircuts/Blow Dry
- 15% Discount on all Additional Spa and Salon Services.
- 15% Discount on Food and Beverage at All Restaurant/ Bar in the Hotel
 - 10% Discount on Laundry and Dry Cleaning Services

*Taxes extra as applicable.



OFF-PEAK MEMBERSHIP (1000 HRS - 1800 HRS)

TYPE	DURATION	FEE (IN ₹)
SINGLE	ANNUAL	75,000

ENTITLEMENT FOR OFF-PEAK SINGLE MEMBERSHIP:

- Usage of Gym, Pool and Spa
- 15% Discount on all Additional Spa and Salon Services.
- 15% Discount on Food and Beverage at All Restaurant/ Bar in the Hotel
- 10% Discount on Laundry and Dry Cleaning Services

*Taxes extra as applicable.av





TERMS & CONDITION



SPA INFORMATION AND FACILITIES

Adya Spa upholds a refreshing idiom of spa design that emanates a harmonious balance of energy. Drawing inspiration from nature and organic niches, the design is simplistic, yet luxurious. Be transported to a world of peace and tranquility where healing oils, herbal remedies, and sounds that are unique to the brand. Located on the 4th floor, the exquisite Adya spa comprises five treatment rooms, including a couple suite, relaxation area, a beauty salon. In Addition the spa offers separate wet area for male and female guests, each equipped with steam, sauna, chilled shower and regular shower along with locker facilities. Our swimming pool is also located on the third floor, along with complete gymnasium with state-of-the-art equipment, and a juice bar.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment. We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the pre-treatment steam and to allow for any special conditions that you may have concerning your treatment. This enhances the effect of your treatment by warming muscles, opening pores and assisting detoxification, also allowing any special conditions to be addressed. You are requested to wear swimwear in the wet areas. Should you arrive late for your scheduled appointment, the treatment time may be adjusted to accommodate the next guest. Treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment. Most treatments include a five-minute pre-therapy and post-therapy ritual.

TIMINGS

The spa is open daily from 9 am to 9 pm.

The gymnasium is open daily from 6 am to 10 pm.

The swimming pool is open daily from 7 am to 08 pm (March-October) & 7:30 am to 7 pm (November-February).


The salon is open daily from 9 am to 8 pm.

PARKING

Valet parking is available for members, in-house guests, and spa visitors.

VALUABLES

While we endeavor to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room






CANCELLATION

3 hours cancellation notice is required to help us reschedule your appointment subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee. This same charge will be applicable if you have arrived in case of a "No Show" without any prior cancellation as specified above. Unused therapy can be tested for the cancellation of a 30-minute treatment.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones and electronic devices on all times. We also request you use a lowered speaking volume in the spa.
- Guest under the age 16 years cannot avail the spa and wet area facilities.
- Adya spa is an alcohol and smoke-free environment. Guests under the influence of alcohol, high-energy drugs, and medication will not be allowed to use the wet areas, gym, or treatment facility.
- Swimwear is required to be worn in wet areas. Underwear/disposable underwear (which is provided by the spa) must be worn for all body treatments.
- The spa management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

- We recommend that you rest for a few hours prior to a facial treatment.
 - Avoid shaving or waxing one day prior to body scrubs.
 - For greater comfort during spa treatment you may prefer to remove hearing aid, spectacles, or contact lenses.
 - Please note certain muds or oils used during some treatment may stain the skin or clothing's.
 - Rest and avoid vigorous activity for at least one hour after treatment.
 - Drink water before and after all treatment.
 - Guests with high blood pressure, heart condition, or who have any medical complications are advised to consult their doctor before signing up for any spa treatment. Please inform your spa therapist of any medical conditions.
 - As a policy, we do not offer spa body treatment to pregnant women.
 - Entry to Adya Spa is at guest own risk and although strict policies and procedures are implemented to maximize safety, Adya spa its employees and its representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/ or undergoing spa treatment.
- 



CROWNE PLAZA[®]

AN **IHG**[®] HOTEL

NEW DELHI ROHINI

Call us: +91 1144884488, 8800696945

Twin District center, Sector-10, Rohini, New Delhi - 110085