



ESENSIA
a boutique spa



**With Good
Intention desire for
equitable wellness**





An abode of Indulgence and Rejuvenation

Pamper yourself with any of our therapies and packages specially designed to rejuvenate your mind, body and spirit. You can also choose from a wide variety of scrubs and body wraps.

Returning to
the true definition of spa, “sanitas
per aquas,” Latin for “healing by waters,”
treatments and services incorporate
the principles of hydrating the body to
promote wellness and renewal.



Guiding you on a personal journey to discover
your own path to peace, serenity
and complete well-being in the sanctuary



FULL BODY THERAPIES

Discover the calm within, with our holistic body therapies. Each treatment has been specially designed to encompass the physical, mental and emotional framework. The result is deep relaxation, and renewal of your inner being.

SWEDISH

This is a truly relaxing massage that instils calmness from head to toe. Featuring gentle pressure and long gliding strokes to relax the body, mind & spirit, this massage is designed to improve circulation and relieve tension.

Rs 3000.00 for 60 min

Rs 4000.00 for 90 min

DEEP TISSUE

A therapy designed to reach deeper layers of muscle tissue relieving pain and an overall release in physical and mental tension. The massage may cause some soreness during or immediately after the massage, which will ease within the next 48hrs. It is important to drink plenty of water after this massage to help the body's natural elimination process.

Rs 3000.00 for 60 min

Rs 4000.00 for 90 min

* all taxes extra

AROMATHERAPY

This therapy promotes physical and mental wellbeing through a combination of the two most important senses: smell and touch, creating a deep sense of relaxation.

One can choose from Apricot, Lavender, Rose or Jasmine oil

Rs 3000.00 for 60 min

Rs 4000.00 for 90 min

BALINESE

Balinese massage techniques are gentle and aim to make the guest feel relaxed and calm throughout. The techniques include skin folding, kneading, stroking, and other acupressure techniques. The massage therapist applies aromatherapy oil throughout the massage. The blood, oxygen and energy flow is said to increase due to the treatment.

Rs 3000.00 for 60 min

Rs 4000.00 for 90 min

THAI BODY WORK

This no oil massage is ideal after long days and strenuous activity, to relax and loosen tight and stiff muscles by flexion and extension

Rs 3500.00 for 60 min

* all taxes extra

FOCUSED THERAPIES

Enjoy the benefits of focused bodywork with our special range of therapies for instant relaxation and rejuvenation

SOUL TO SOLE

A traditional massage technique of applying gentle pressure to the reflex points on the feet

Rs 2000 for 45 min

Rs 1500 for 30 min

BACK REJUVENATION

Designed to ease knots of stress on the back and upper back

Rs 2000 for 45 min

Rs 1500 for 30 min

DE-STRESS MIND

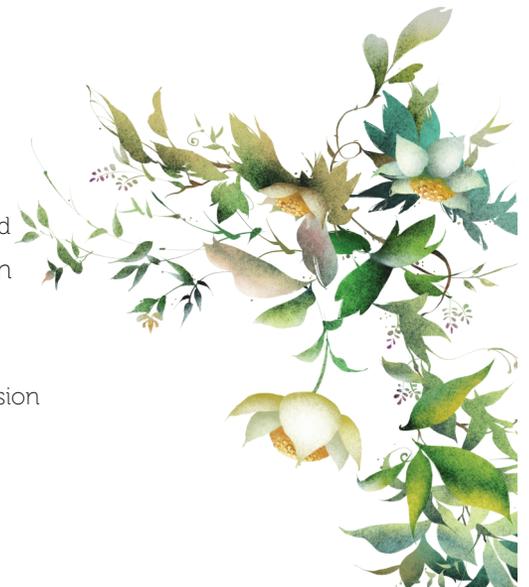
Stress relieving massage on either forehead or upper back, eases the mind

Head- Rs 1500 for 30 min Neck & Shoulder- Rs 1500 for 30 min

HEAD, NECK AND SHOULDER RUB

This treatment rebalances the body's energy flow and alleviates the tension

Rs 2000 for 45 min



* all taxes extra

EXFOLIANTS & WRAPS

Exfoliants remove dead skin, leaving the skin soft, smooth and fresh.
All wraps will leave your skin feeling nourished, hydrated, youthful and glowing.

PEAR & GREEN APPLE

The mild formulation gently exfoliates the skin removing dead cells and surface grime. Essential Vitamins and Nutrients like quercetin and malic acid imparted from pear and green apple enrich the skin with soft effective abrasives and cleansers, reducing the appearance of wrinkles leaving the skin radiant and refined.

SCRUB Rs 2600.00 (duration 45 min)

WRAP Rs 2800.00 (duration 45min)

LEMON & WALNUT

This all natural scrub effectively exfoliates and scrubs off rough & dry skin for a super soft moisturised skin. It has an intense invigorating scent too. Lemon is a natural antiseptic having stimulating, de-tanning and anti-bacterial benefits.

SCRUB Rs 2600.00 (duration 45 min)

WRAP Rs 2800.00 (duration 45min)

* all taxes extra

OLIVE & TROPICAL FRUIT

This range is rich in vitamins, antioxidants and has moisturizing and anti-ageing properties which are essential for the health and beauty of our skin. The scientific knowledge gained through centuries of experience of olive oil usage as a cosmetic agent has been the core element in this treatment. A blend of varied fruit extracts (papaya, pineapple and mango) are used in this treatment. It's uniqueness is abundance of AHA: glycolic acid, lactic acid, citric acid, which is excellent for skin lightening & firmness

SCRUB Rs 2600.00 (duration 45 min)

WRAP Rs 2800.00 (duration 45min)

CHOCOLATE

This exfoliating body scrub has a decadently chocolatey scent and leaves skin feeling softer and smoother. It contains real cocoa butter and organic cane sugar. An excellent hydrating wrap that provides nourishment to the skin making the texture silky and velvety.

Wear it, love it, but don't eat it.

SCRUB Rs 2600.00 (duration 45 min)

WRAP Rs 2800.00 (duration 45min)



* all taxes extra

WINE

A perfect body product with precious extracts of grapevine is here to detox and nourish your skin. Polyphenol accumulated in grape seeds and pulp is a cure against skin ageing. Grapes are characterized not only by their impact on free radicals but also block harmful effects of UV radiation. Tissues become smooth while your circulatory system is stimulated by the grapes active element.

SCRUB Rs 2600.00 (duration 45 min)

WRAP Rs 2800.00 (duration 45 min)

PELO THERAPY

Mud therapy is been used therapeutically for hundreds of years. Its high mineral content absorbs toxins for detoxifying the body to radiate with vitality a healthy tone and silky to touch skin.

BLACK TERRA REVIVING BODY POLISH Rs 2600.00 (duration 45 min)

PURIFYING MUD BODY WRAP Rs 2800.00 (duration 45 min)

MINERAL SPA

Based on Mud & Salt for natural healing from inside out. The therapeutic value of these 100% natural ingredients is priceless in the maintenance of a healthy, glowing skin.

COFFEE & SALT SCRUB Rs 2600.00 (duration 45 min)

HYDRA QUENCH MINERAL BODY WRAP Rs 2800.00 (duration 45 min)

* all taxes extra

THE TERRACES – PAMPER TREATS

Cuddle yourself with our special packages

THE SHEER NATURE'S DELIGHT

Enjoy a Thai massage in a Gazebo, pitched in the heart of nature surrounded by pine trees
Rs 6500 + Cost of therapy

THE COUPLE'S COCOON

Escape along with your partner for a massage, a wrap and soak in divine seasalt Jacuzzi
Rs 7500

THE REFRESHING

A combination of any one of the scrubs, or wraps
and any one of the massages.
Special Discount 10% on Menu Price

THE ULTIMATE

A combination of any one of the scrubs, any one
massage and any one of the body wraps.
Special Discount 20% on Menu Price

* all taxes extra



HYDROTHERAPY

Explore the special therapeutic powers of water through traditional treatments that relieve stress, soothe your body and simulate your immune system

STEAM or SAUNA

Rs 1000

JACUZZI

Indulge in the warm relaxing waters of Jacuzzi with bath salts that are rich in minerals.

Sea Salts

Rs 2000 for 30 min

Beer Bath

Rs 2000 for 30 min

Milk Bath

Rs 2000 for 30 min

Only hot water

Rs 1500 for 30 min

STEAM & SAUNA with JACUZZI

Rs 3000

* all taxes extra

Blow it out, and Pour it on

Aromatic Massage Candles and Aromatic Scrub Candles

They are premium body massage candles. Simply light the candle and let it melt up to the edges of the jar. Pour melted candle onto your skin and gently massage for a warm soothing skin treatment.

All our candles are in mono dose packaging, in order to maintain hygiene.
They are natural, 100% vegan, free of gluten, dyes, lead or zinc.



Our Massage & Scrub Candles Contain:

Shea Butter is like food for the skin containing Vitamins A, E and natural fatty acids. Vitamins A and E help the skin keep itself healthy. These vitamins are especially important when it comes to helping sun damaged skin heal. The natural fatty acids serve to protect the skin as well as help it revive. It soothes rough, dry or chapped skin & helps soften dry and damaged skin. Shea Butter easily penetrates the skin allowing it to breathe and not clogging pores.

Sea Salt is a natural disinfectant with antibacterial & detoxifying properties. The calming & stress relieving effects of the minerals reduce inflammation, supports the skin's water balance and is effective in removing dead skin.

Jojoba oil acts as an excellent moisturizer supplying adequate hydration without blocking the skin pores making it suitable for all skin types. This is possible because it restores normal oil balance of the skin by controlling the excess production of oil by the oil glands in oily or combination skin and meets the requirement of additional hydration & moisture level in dry skin. Vitamin E rich makes it a natural antioxidant, aiding in skin repair and damage control.

All-natural smoke free wicks which unlike many wicks does'nt contain a lead-core & does'nt release high amounts of hazardous smoke that is linked to learning disabilities, hormonal, behavioural and numerous health problems.

* all taxes extra

Melt away your stress with our Massage candles that work wonders for your skin. They moisturize and soothe the skin and are available in three exotic fragrances.

Rejuvenate Candle

Scrub Rs 2600 (45min)

Massage Rs 3000 (60min)

Zesty lemon and fresh Mint leaves combination, blended harmoniously with Black Pepper spice helps in rejuvenating frayed nerves making you feel charged. Lemons detoxifying agents, black pepper being packed with anti-oxidants and anti-bacterial properties and mint's medicinal and skin healing reagents help in restoring skin's vitality.

Balancing Candle

Scrub Rs 2600 (45min)

Massage Rs 3000 (60min)

A sparkling citrus blend mingled with nuances of fresh Orange, soothing Lavendar and nutty Cinnamon combined to create this delightfully refreshing candle. Calming properties of Lavendar sets the mood for relaxation and fresh orange & spiced cinnamon brings about a feeling of harmony & balance.

* all taxes extra



Calming Candle

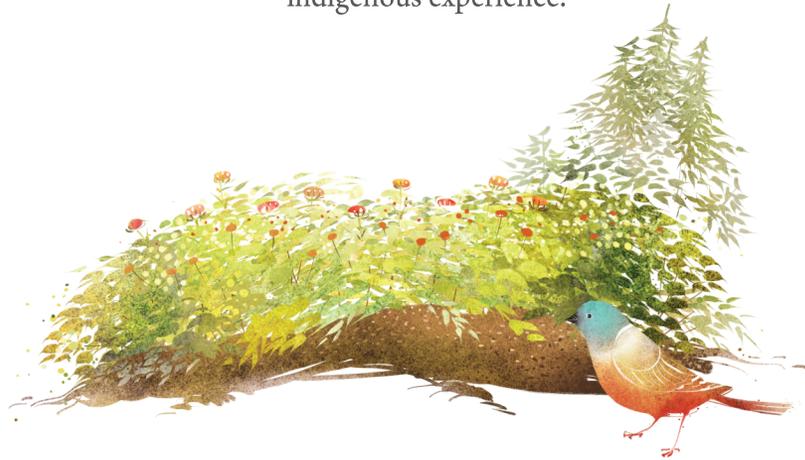
Scrub Rs 2600 (45min)

Massage Rs 3000 (60min)

Specially blended exotic concoction of Rose, Sandalwood and Vertiver Candle has calming and meditative qualities. The aroma of rich Sandalwood & Vertiver with an underlying softness of the Rose gently blends to recreate a serene atmosphere, helping you relax and ease the stress at the end of the day.

* all taxes extra

a wide collection
of extraordinary spas,
ranging from urban to resort
in setting. Each spa is custom designed
to embrace the local environment and
culture to provide an authentic
indigenous experience.






The Terraces
a boutique spa resort in the himalayas