

# CHIQUE SHANTI SPA

SINCE 2003



Recommended by  
**LONELY PLANET**

## INTRODUCTION



Hi my name is Shanti and my team and I,  
are professionally qualified Ayurvedic Therapists.

We have been providing ayurvedic massages and  
treatments for last 20 years in Delhi, Ladakh and Goa.

### NOT JUST ANOTHER MASSAGE

We trained and worked for several years for Kerala Ayurvedic Panchakarma Institute and Kairati Group. If you take massage treatment or a beauty programme with us you will get good value for your money and certainly you, won't be disappointed.

*Shanti*  
*Thank You*

## AYURVEDIC MASSAGE

NO.	TREATMENT	DURATION (MIN)	PRICE
1.	KERALA ABHYANGA MASSAGE	50 Minute	1500/-
2.	INDIAN TRADITION MASSAGE	60 Minute	1700/-
3.	REJUVENATION MASSAGE	90 Minute	2500/-
4.	DEEP TISSUE MASSAGE	60 Minute	2000/-
5.	SYNCHRONIZED MASSAGE	45 Minute	3000/-
6.	HEAD AND NECK MASSAGE	40 Minute	1000/-
7.	BACK MASSAGE	40 Minute	1000/-
8.	FOOT MASSAGE	40 Minute	1000/-
9.	FOOT REFLEXOLOGY	40 Minute	1500/-
10.	AROMA THERAPY MASSAGE	60 Minute	2500/-
11.	CHOCOLATE MASSAGE	60 Minute	3000/-
12.	THAI MASSAGE	40 Minute	2000/-
13.	VACUUM MASSAGE	60 Minute	2000/-
14.	BABY MASSAGE	30 Minute	800/-
15.	PREGNANCY MASSAGE ( B & A)	60 Minute	2000/-
16.	REIKI HEALING MASSAGE	60 Minute	3000/-
17.	DESI MUD MASSAGE	60 Minute	2000/-
18.	FOOT & HAND MASSAGE	45 Minute	1700/-
19.	MARMA MASSAGE	60 Minute	2000/-



## AYURVEDIC TREATMENT

NO.	TREATMENT	DURATION (MIN)	PRICE
1.	SHIRODHARA	60 Minute	2500/-
2.	NASYAM	40 Minute	1300/-
3.	KATI BASTI	60 Minute	2000/-
4.	HOT BUNDLE (KIZHI MASSAGE)	90 Minute	3000/-
5.	MASSAGE + SHIRODHARA	90 Minute	3000/-
6.	UDWARTHANAM MASSAGE	60 Minute	2000/-

## NATURE BODY CARE TREATMENT

NO.	TREATMENT	DURATION (MIN)	PRICE
1.	FULL BODY SCRUB	70 Minute	2500/-
2.	BODY UPTAN	90 Minute	3000/-
3.	BODY POLISHING	2 (HOUR)	4000/-
4.	BODY DETAN THERAPY	2 (HOUR)	5000/-



## BEAUTY CARE

NO.	TREATMENT	DURATION (MIN)	PRICE
1.	AROMA GOLD FACIAL	45 Minute	2000/-
2.	HERBAL FACIAL	45 Minute	2000/-
3.	FRUIT FACIAL	45 Minute	2000/-
4.	AYURVEDIC KUMKUMADI FACIAL	45 Minute	2000/-
5.	PEDICURE	45 Minute	1000/-
6.	MANICURE	45 Minute	800/-
7.	SPA PEDICURE	45 Minute	1500/-
8.	SPA MANICURE	45 Minute	1200/-
9.	FACE MASSAGE	15 Minute	500/-

## WAX

NO.	TREATMENT	PRICE
1.	HALF LEG	800/-
2.	FULL LEG	1500/-
3.	HALF ARM	500/-
4.	FULL ARM	1000/-
5.	UNDER ARM	500/-
6.	EYE BROW	200/-
7.	BACK WAX	1200/-
8.	BIKANI WAX	1500/-
9.	BIKINI LINE	700/-
10.	FRENCH BIKINI	1500/-
11.	BRA ZILIAN	1500/-
12.	FULL BODY WAX	5000/-



## ENTER A WORLD OF RELAXATION

A massage at Shanti Traditional Ayurvedic center provides an environment that, will transform your body, mind and soul. It's an experience of spiritual wisdom and culture philosophies designed to realign your body, rejuvenate your mind and soul.

## AYURVEDA

The knowledge of life. It is a collection of the principles of life that took birth with the word itself and is not liable to change at any time. It was revealed to the great sages and saints, handed down to humanity. Now on you doorsteps, a marvelous therapists of Ayurveda Panvhakarma to Provide you with the best treatments



*thank you*