VIRAAM
SPA



VIRAAM
SPA

A Glimpse of Viraam Spa

Viraam Spa's are the fusion of Indian and Western well-being. Inspired from the East and the West all set-in eco-friendly surroundings, giving the consumer a true natural luxury fusion experience. Viraam treatments are totally unique and relaxing. Our treatments ranges from varieties of Body Massages, Facials, Scrubs, Wraps, Express treatments, Baths, and other organic rituals. Each one has its own benefits of Relaxing, Pampering, Detox, Revitalizing, Anti-ageing, Refreshing and Correcting. Treatments are designed in specific response to your age, lifestyle, and skin conditions. They are designed for both women and men. Aiming to optimize the skin's own resources and to encourage it to regain its beauty. After a careful and personalized consultation, your therapist will know which one of the following treatments are the most suitable for you.



Body Massages

Viraam Signature Well-Being Body Massage
60/90 Min

Viraam Signature Well-Being body massage that promotes relaxation from the soles of your feet to the crown of your head. It releases physical and mental tensions by soothing the nervous system. Swedish and Balinese strokes relax the tensed muscles, restores circulation, and recover lost energies. After the treatment, the body feels totally unwind and deeply re-balanced.

Stress Away Aroma Sensational Body Massage
60/90 Min

Full body massage to re-invigorate and revive the inner energy through the senses. Dynamic blends of aroma oils and level of pressure are tailored to target individual needs. The Healing art of aromatherapy relaxes, revitalizes and rejuvenates, whilst tension melts away.

Re-balance Deep Touch Body Massage
60/90 Min

It is a deeply rhythmical massage, often giving the sensation of being stroked by many hands at once. Deep tissue is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual well-beings. It releases the toxins and deeply relaxes the muscles.

Enlightening Body Massage with Hot Stones
90 Min

The spiritual nature of being healed with 'Earth' offers a new dimension to restore vigour, strength, and vitality. The deep penetrating heat of the natural basalt stones enhances circulation and creates an extremely balanced state for body, mind and soul. Heated stones placed over seven chakras enlightens and re-balances.

*Government taxes are applicable



Facials

Visible Radiance Even Tone Facial
60 Min

Discover an ultimate in systematic skin care treatment to help smooth, sculpt and restore skin radiance and plumpness.

Intense Lift Effect Anti-Ageing Facial
60 Min

Advance anti-ageing facial that helps to defend against the signs of ageing. It reduces the presence of fine lines and wrinkles on the face and re-define the eye contour. The facial sculpts instantly appear shaped, firmed, and lifted to achieve natural youthfulness.

Clarifying Shine Fix Restoring Facial
60 Min

Restoring glow into stressed skin, this clarifying facial tightens the skin pores, rebalancing sebum and reducing rosacea; the results reveal a clearer, radiant and more balanced skin. The skin recovers from the stress of modern living and imbalances.

Moisture Boost Hydrating Facial
60 Min

A hydrating care to supply intense moisture to dry, dehydrated and sensitive skin. It nourishes, protects, and softens the skin. It boosts hydration and comforts to thirsty skin that becomes more soft, supple, and thus more resistant to external aggressions.

Busy Bee Face Clean-Up with Mask
30 Min

No time for full facial, an express face clean-up technique to quick fix the effect of dull & problematic skin. The perfect pre-party treatment for the healthy glow.

*Government taxes are applicable



Body Scrubs & Wraps

Body Scrubs

Purifying Relax Nourishing Scrub
60 Min

An exfoliating treatment to smoothen and nourishes the body. The fine granules of nourishing scrub gently exfoliates the dead skin cells and facilitates the body to absorbs the moisturizer well. Your skin feels satin-soft, smooth and luminous.

Body Delight Smoothing Scrub
60 Min

This delightful body scrub clears out superficially flaky skin. Invigorating smoothing scrub followed by moisturizing body lotion leaves your skin ultra-soft and glowing. A perfect add-on to any massage.

Body Wraps

Ultra-Moisturizing Body Wrap
60 Min

Treat your body to this nourishing treatment. An ultra-moisturizing wrap that remineralizes the skin and promotes a wonderful feeling of relaxation. This leaves the skin silky soft, moisturized and comfortable.

Super Restorative Body Wrap
60 Min

Soothe your senses with the healing nature of this delightful wrap. It boosts skin's glow, hydration level and restores the natural immunity. This will instantly revive and illuminate your skin. A relaxing head and feet massage during the wrap enhances the highest level of relaxation.

*Government taxes are applicable



Area Focused Treatments

Spot-On Ultra Relax Back Massage
30 Min

From your tensed lower back, up to the nape of your neck, your therapist performs the unique massage technique, combined with a tailored "relax back massage" leaving you de-stressed, pampered and serene.

De-Stress Head, Neck and Shoulder Massage
30 Min/45 Min

A tranquillizing massage to promote maximum well-being. It soothes and releases all stress & tensions accumulated in head, neck and shoulder region to induce sound sleep.

Sole Delight Reviving Foot Massage
30 Min/45 Min

A refreshing treatment that relaxes tired & heavy feeling legs. Reflex zone massage rebalances the energies & relieves the fatigue.

Wellness Add-On

Back Therapy	20 Min
Foot Relief	20 Min
Head Massage	20 Min
Upgrade Body Massage	20 Min

Ultimate Packages

Pamper *(Body Exfoliation + Body Massage)*	90 Min
Sacred *(Body Massage + Facial)*	120 Min
Harmony *(Body Exfoliation + Body Wrap + Body Massage)*	135 Min
Indulge *(Couple's Retreat)*	90 Min

*Government taxes are applicable



General

WHAT ARE THE SPA WORKING HOURS?

The Spa is open from 09:00 Hrs. to 21:00 Hrs. however, the last one-hour service can be scheduled at 20:00 Hrs.

DO YOU HAVE TO BE A CERTAIN AGE TO ENJOY SPA TREATMENTS?

Guests must be 16 years or older for using the Spa facilities. Unaccompanied guests under 16 years of age must have a parent or guardian's signed approval or consent.

SHOULD I BOOK MY TREATMENTS BEFORE WE ARRIVE?

We encourage guests to schedule appointments in advance to ensure their preferred treatment, time and therapist are available, especially when making multiple appointments. Bookings made on the day of service and walk-in appointments are always welcome based on availability.

HOW DO I CHOOSE THE TREATMENT?

Our menu offers a wide range of treatments designed for the most luxurious and holistic well-being experience. The Spa menu is available in all guest rooms. Guest can visit the Spa to speak to our team for a consultation. Our wellness consultant can help guest decide which treatments will be beneficial to them.

CAN I SMOKE WITHIN THE SPA PREMISES?

No, the Spa is a smoke-free and alcohol-free environment. Guests under the influence of alcohol, high-energy drugs and medication will not be allowed to use the Spa and avail of treatments.

WHAT SHOULD I NOT BRING TO THE SPA?

Lockers are available for clothing however it is recommended that you leave valuable items in the safe of the hotel room. The Spa services require bare skin and freedom to move, we request that you refrain from wearing jewellery. For the courtesy of our Guest, cellular devices, cameras and other technology must be turned off while you are in the Spa. Viraam Spa will not be held responsible for lost or stolen articles.

*Government taxes are applicable

VIRAAM
SPA

ALOHA ON THE GANGES,
National Badrinath Highway, Tapovan,
Rishikesh, Uttarakhand – 249192

Spa Mobile: +91 89540 94577
Hotel Landline: 0135 244 2777/2573/2575
Spa Ext. No.: 775

