



The Club  
Mumbai



antarā

awaken your senses

S P A M E N U

## Spa Menu

### MASSAGES

#### BALANCING MERIDIEN MASSAGE

(Thai Massage, 60 mins / 90 mins)

Perfected over the years by Buddhist monks this technique is a combination of Marma points and traditional Thai Massage. This massage involves deep tissue body work while using gentle and rhythmic pressure and stretching to balance the flow of energy throughout the energy channels. You will feel light, flexible and in a perfect state of balance. (Kindly note that this treatment uses no oil. You will be provided with pure cotton garment to wear during the therapy).

#### ANTARA SIGNATURE MASSAGE

(60 mins / 90 mins)

Experience a blend of the finest massage to experience the blissful state of perfect mind and body relaxation.

#### REJUVENATING SWEDISH MASSAGE

(60 mins / 90 mins)

Athletes, sportsmen and fitness enthusiasts around the world have always trusted Swedish massage as a sure way to ease off fatigues. This classical European massage technique uses rejuvenating seasonal blend of oils to provide a firm and deeply relaxing, calming massage that soothes sore muscles, increases blood circulation and improves the skin and muscle tone.

#### RELAXING AROMA MASSAGE

(60 mins / 90 mins)

Grounded in the science of Aromatherapy this gentle, nurturing treatment combines the senses of touch and smell with the use of pure essential oils extracted from a variety of organically grown plants and flowers. Aromatherapy promotes physical and mental well-being and creates a deep sense of relaxation.

#### THAI OIL MASSAGE

(60 mins / 90 mins)

This modern day massage incorporates traditional thai techniques into an oil massage, resulting in a wonderful treatment for those who prefer an option to the usually oil-free thai massage.

#### INVIGORATING HIMALAYAN STONE MASSAGE

(60mins)

Traditionally, hot stones have been used by indigenous races all over the world to tap into the heat retaining property of naturally occurring basalt stones. Warm stones of varying sizes are placed along the energy channels & on tort muscles. This invigorating full body massage gives you a deep sense of relaxation & invigoration as the stones gently pass on the heat to the body.

#### DE-TOXIFYING ABHYANGA/ INDIAN AYURVEDA MASSAGE

(60 mins) Two Hands/ Four Hands  
Trusted for centuries to keep ageing at bay, this technique that is based on the ancient science of ayurveda uses long strokes and warm medicated oil to stimulate circulation, enhance joint mobility, relieve muscle soreness, hydrate skin & speed up detoxification. This includes a steam bath to further facilitate absorption of the medicinal oils.

#### SHIRODHARA

(45mins)  
During this treatment, warm medicated oil is poured in an even stream onto the forehead to pacify & revitalize the mind & body taking you to a meditative state. Besides diminishing the effect of ageing, Shirodhara is also effective for improving memory, reducing anxiety, relieving sinusitis & migraine.

#### SPICE POULTICE MASSAGE

(45 mins)  
Martial races of Kerala have for centuries benefited from this treatment where potent medicinal powders are wrapped in a linen poultice dipped in medicinal oils and firmly applied on the body in brief carefully modulated strokes. This pain relieving and muscle relaxing treatment is as relevant to the present day corporate warrior and the fitness enthusiast as it was to the king's armies.

#### FOOT REFLEXOLOGY

(30 mins)  
The ancient Indians & egyptians had discovered that the body's various organs were represented in the soles. Special massage techniques are applied on these reflex areas to induce relaxation & repair. Recommended to relieve muscle fatigue specially after a long journey or a tiring day.

#### CHAMPI (INDIAN HEAD MASSAGE)

(30 mins)  
Champi is as old as the traditional healing arts of India. This is a strong massage with combination of fast strokes & application of pressuer on the trigger points on the head to induce relaxation. Recommended for quickly busting stress.

#### HEAD & SHOULDER MASSAGE

(30 mins)  
This massage is used to release everyday tension & applies special massage techniques on marma points on the head & shoulders. Perfect remedy for a fast paced stressful life.

## FACIALS

### DEEP CLEANSING FACIAL (45 mins)

The perfect introductory facial, this treatment incorporates active marine ingredients & vegetal milks to provide your skin with all it needs to be intensely restored, refreshed & optimally hydrated.

### MER & SENS FACIAL (60 mins)

A Hydrating & remineralising, specialized spa facial based on hypnotic undulating movements to leave your face feeling relaxed, radiant & glowing. The treatment incorporates the use of marine algae and essential oils with the application of a mask and massage with hot and cold stones.

### NOURISHING OXYGENATING FACIAL (60 mins/ Advanced Oxygenating, 75mins)

A purifying and oxygenating treatment for sallow, sluggish skins, polluted by stress and negative lifestyles. This booster facial incorporates marine and plant proteins to replenish and nourish the skin resulting in a natural, healthy glow.

### HYDRA MOISTURE TREATMENT (60 mins)

A truly hydrating, moisture treatment featuring active marine ingredients and vegetal milks combined with a unique mask to combat dehydration, improve skin texture, and leaving skin feeling soft and radiant.



### ALGOMEGA WARM TREATMENT (60 mins)

Relaxing warm mask for sensitive & fragile skin that calms & revives congestion. This nourishing & hydrating treatment relaxes stressed & wrinkled skin. Excellent for dry skin, relaxes and makes it supple.

### RE-BALANCING FACIAL (60 mins)

Combining pure mineral rich seaweed with high potency marine extracts this deep cleansing facial with anti-bacterial properties stabilizes combination, oily and problem skin types.



#### ADVANCED OXYGENATING FACIAL

(75 mins)

#### MEN'S FACIAL

(60 mins)

Incorporating highly energizing active ingredients from the sea this facial is designed to leave men's skin relaxed, balanced and recharged. Perfect for stressed skin and incorporates specific oil-free, matt-finish products.

#### MOISTURE ENHANCING FACIAL

(60 mins)

A revitalizing facial incorporating active marine ingredients to help re-mineralize and hydrate your skin. Combines specific firming massage and a marine algae mask.

#### REVIVING FACIAL

(60 mins)

Particularly suited to sensitive skin this treatment incorporates a cooling mint facial mask to reduce redness, refine, tighten and relax tension lines.

#### RELAXING AROMA FACIAL

(60 mins)

A pampering facial suitable for all skin types that combines the purest essential oils, plant extracts and a cool marine mask to help soften expression lines and leave you feeling relaxed and tension free.

#### REVITALISING EYE TREATMENT

(60 mins)

This luxurious eye treatment uses pure native soluble collagen, leaves the eye contour soft and smooth, and plumps out fine lines and wrinkles.

#### BODY POLISH

#### REJUVENATING SANDALWOOD BODY POLISH

(30 mins)

A gentle & natural moisturizing rub made from sandalwood is both antiseptic and cooling. Sandalwood is combined with high mineral organic cane sugar to create this unique body polish often indulged in by erstwhile Indian royalty for its antiseptic and rejuvenating effects.

#### CLEANSING CHAMPAK BACK TREATMENT

(30 mins)

This is a deep cleansing back treatment, combined with exfoliation & massage, where a mixture of the sacred "Champak" flower extracts and fresh aloe vera are used to provide an antiseptic, antibacterial yet soothing back treatment.

**DE-TOXIFYING AYURVEDIC BODY POLISH**  
(30 mins)

When combined with an ayurveda lifestyle this traditional Ayurvedic body scrub improves the elimination of waste products and excess water retained in the body and can form a part of a regimen to improve the appearance of cellulite.

**RELAXING JASMINE BODY POLISH**  
(30 mins)

This wonderfully aromatic body polish is known since time immemorial to have a profound relaxing effect on women. It is well recognized for its balancing effect on oily or combination skin.

**INVIGORATING SPICE BODY POLISH**  
(30 mins)

This is an intensely invigorating and warming body polish using cooling lentil powder to moderate the heat of handpicked finely ground organic spices. You will instantly feel the increased circulation & the smoothness of the skin.

**BALANCING VETIVER BODY POLISH**  
(30 mins)

This nourishing body polish provides an additional boost of nutrients and antioxidants from fresh coconut and cardamom extracts. Your skin will feel smooth and well hydrated.

**BODY WRAPS**

**BALANCING MARINE ALGAE BODY WRAP**  
(60 mins)

The original marine algae wrap, rich in minerals, vitamins and micro-nutrients. This treatment activates circulation and increases metabolism, relieves aches and pains. Recommended for maintaining general well-being and total relaxation. Recommended as a prelude before all slimming and firming courses

**INVIGORATING PROTEIN BODY WRAP**  
(60 mins) Rs.1500

Protein rich lentil mixture is applied on the body after skin polishing that removes surface pollutants. Effective in firming and toning sluggish and sallow skin.

**REJUVENATING BASTAR MUD MASK**  
(60 mins) Rs. 1500

The secret behind the glowing skin of the Bastar tribals for centuries, this mineral rich mud mask is effective in removing blemishes and balancing the skin.

**FEATHER LIGHT LEG TREATMENT**  
(45 mins)

Experience the simple cold wrap treatment, highly effective in eliminating excess fluid from the hips & thighs. Excellent for boosting sluggish circulation, tackling soft cellulite & for relief of tired & heavy legs.

## BATHS

### DETOXIFYING SEAWEED BATH

(30 mins)

Mineral rich seaweed bath and marine salts assists in gently detoxifying the body and relieve aches and pains. Micronised marine algae rich in trace elements, minerals and vitamins are added to the bath to remineralised & detoxify the body's lymphatic system. This Therapy stimulates muscle tone & circulation & is excellent for relieving stress.

### REJUVENATING ROSE AND MILK BATH

(30 mins)

Be truly pampered with rose, the queen of essential oils soothe your spirit, calm your mind and allow your body to relax. Extensively used by royalty, this combines the skin hydrating benefits of milk and conditioning effects of rose. The palace tradition believes it is can even reduce the appearance of fine lines and wrinkles.

### BALANCING AMLA BATH

(30 mins)

We combine extracts of vetiver and Indian wild gooseberry to calm the skin and cool the body. Recommended for sensitive skin and to cool the body during summer.

### INVIGORATING FLORAL BATH

(30 min)

Purified Floral waters from the tropical rainforest forests of the Western Ghats are used to invigorate the skin and helps to gently ease the skin of pollutants.

### RELAXING CHAMOMILE BATH

(30 mins)

Marine salts and a carefully selected blend of relaxing essential oils of juniper, geranium and chamomile are used to ease muscle tension and relieve stress.

## DAY PACKAGES

### ESSENCE OF THE EARTH

(2 hours)

Harnessing the richness of the earth, this is an intensely invigorating experience. The session starts with a spice body polish and followed by a Himalayan Stone massage where the latent heat of the stone gently removes energy blocks and reduces muscles spasms. The invigorating experience is extended with a protein mask to strengthen the nerves and tone the skin.

### EXPRESS PACKAGE

(2 hours)

Specially designed for the desk bound corporate warrior this session includes an express face clean up followed by a cleansing back treatment. This leads on to a foot reflexology session while the nails are trimmed and neatly filed leaving you take on yet another power packed day.

#### KING'S SOJOURN

(3.5 hours)

Specially created for a pampering experience this session combines a luxurious skin refining sandalwood body polish with a relaxing aromatherapy massage. This is followed by a men's facial to brighten the face and is finished with pedicure and manicure to give finishing touches worthy of king.

#### QUEEN'S LUXURY

(4 hours)

Inspired by palace traditions this luxurious session begins with an aromatic jasmine body Polish followed by a Bastar Mud Mask leaving the skin smooth as silk. This is then followed by the relaxing aromatherapy massage and a customized facial to brighten both the body and the face. Lastly, you enjoy a pedicure and manicure to truly ensure you leave the spa feeling like a queen.

#### ANTARA BALANCE

(3 hours)

Signature package of Antara this session focuses on balancing the mind and body. The session begins with balancing vetiver body polish followed by the meridian massage to unblock the energy channels, stretch the muscles, ease the joints and harmonized blood flow. Thereafter a facial suiting your skin type is given to ensure that the face also reflect the harmony. The session is completed with a wild gooseberry bath to leave you in a state of perfect poise and equilibrium.

#### INDIAN ADVENTURE

(2.45 hours)

Grounded in Indian healing traditions this session starts with shirodhara to instantly relax the mind. This is followed by a detoxifying ayurveda body polish and then by an abhyanga (ayurveda massage)



to refine and hydrate the skin. The process of rejuvenation is completed with a protein rich mask .



## SPA ETIQUETTE

### SPA FACILITIES:

Change and shower facilities within each room. Robes, Slippers and towels are also provided.

### RESERVATION AND TREATMENTS:

We recommend that you arrive 15 minutes prior to your appointment time to ensure that you settle into a relaxing environment and thereby enjoy your Spa therapy fully. Where possible we recommend a warm shower before your massage to enhance the effect of the Spa therapy by warming muscles, opening

pores, encouraging detoxification and relaxing the muscles.

### PREPARING FOR YOUR TREATMENT:

For ladies no preparation is required.

Gentlemen are recommended a shave atleast an hour prior to facial treatments.

Other treatments require no preparation.

### WHAT TO WEAR:

We provide hair bands, disposable underpants and cotton garments for Balancing Meridien Massage.

### LATE ARRIVAL:

Should you arrive late for your scheduled appointment we will still have to shorten your treatment so that the therapy is completed as per scheduled time. This is

to ensure that the next scheduled appointment is not delayed and thereby the next guest is not inconvenienced.

### CANCELLATION:

We require a 24 hours notice to help us reschedule your appointment, subject to availability. Any cancellations with less than 3 hours notice will incur a 50% cancellation fee. Full charges will be applicable for a "No Show".

### PRIVACY:

The therapist shall ensure that your privacy is protected at all times. The therapist will leave you to change in private and shall drape you with towels throughout the therapy, covering those parts of the body that are not treated. Ladies will be given the option of

including the bust area in all body treatments.

#### VALUABLES:

While we endeavour to look after your belongings we do not accept any liability for your belongings. Please leave your belongings in the allocated draw in the therapy room.

#### OTHERS:

- Antara is an alcohol, food and smoke free facility.
- In order to preserve the tranquil environment we request you to leave all mobile phones, pagers and electronic devices switched off at all times.
- Guests under the age of 16 years are not permitted in the Spa unless accompanied by an adult.
- Please rest and avoid strenuous physical activity for atleast an hour after

therapies.

- Please drink water before and after all therapies
- Guests with high blood pressure, heart conditions, circulatory problems, epilepsy, skin conditions, metal implants, history of recent surgery ( within the last 12 months), who are pregnant or are suffering from any medical condition that may or may not require medications are advised to obtain clearance from their Doctors before signing up for any Spa treatments/ Services.
- Please inform your therapist of any medical conditions.

#### IMPROVING YOUR COMFORT:

We at Antara aim to provide a Spa experience and not just a service. Please let your therapist know of how she could improve your comfort levels – for example heavier or lighter pressure

during a massage, an extra towel, lighting intensity or sound levels, etc. We appreciate your feedback and encourage you to kindly fill in a Guest Questionnaire following your treatment.

#### TIMINGS:

Spa is open daily from 11 am to 9 pm, daily



Frangipani - Cameraria latifolia



**The Club**  
Mumbai

ANTARA - THE SPA at The Club Mumbai,  
197, D. N. Nagar, Andheri (W), Mumbai - 400 053  
For details, call 65141224 (Direct). Open 8:00a.m. - 9:00p.m.