

a Blissful Escape

FOR BODY AND SOUL

purple
SALON • WELLNESS

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SURAT

Adajan

Ghod Dod

Althan

Katargam

Paraizo Club

Ugat

VADODARA

Alkapuri

Antica Greenwoods

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BENEFITS OF SPA TREATMENTS

Helps to de-stress

It goes without saying that visiting a spa is a fantastic way to relax and de-stress. Allowing yourself this time to wind down and relax has so many additional benefits, such as a clear mind and increased productivity once you leave your treatment!

Helps with anti-ageing

Many spa treatments can actually help with anti-ageing. It can be hard to afford the time for relaxation day-to-day, but assigning yourself some time to do so at the spa can be extremely advantageous.

Promotes a better sleep

Massages completely relax your muscles and lower your blood pressure, also helping you to maintain a healthy heart rate, all of which contribute to a better night's sleep.

Relieves aches and pains

A great way of relieving these aches is via a relaxing massage, either full body or one that focuses on your problem areas, which helps to fully relax the muscle tissue.

Supports weight loss

Hot spa treatments open up the skin's pores, help the body to ward off toxins, and also encourage the body to burn calories. Additionally, deep tissue massages can help the body to break down fatty deposits through the pressure and friction exerted on the skin.

Improved blood flow and circulation

Another fantastic benefit of a body massage, particularly when having them frequently, is that they regulate your blood pressure and also improve your blood circulation. This has many advantageous effects to your health, including support with helping the body to fight off illnesses.

Reduced frequency of headaches

Many of us are prone to headaches every now and then, but they can become particularly more frequent during periods of high stress. Luckily, one of the brilliant benefits of visiting a spa is that many treatments, such as head massages and hand massages, can contribute to decreasing the frequency of headaches.





HOW TO CHOOSE YOUR THERAPY





RELAX YOUR MIND



NOTE - Please be reminded that we are a highly professional family salon & wellness. Do not expect anything other than therapeutic services.

Classic Swedish

60 min.

90 min.

₹ 2299

₹ 3199

+GST

+GST

A classic massage using long, gliding strokes and kneading techniques to relax the body and mind.

TECHNIQUE Swedish massage involves applying mild pressure to the muscles, promoting easing muscle tension, and inducing a state of relaxation.

Traditional Balinese

₹ 2799

₹ 4099

+GST

+GST

Indulge in the rejuvenating experience of Balinese Massage, a traditional healing therapy that combines various techniques to relax the body and calm the mind.

TECHNIQUE This includes kneading, skin rolling to stimulate the lymphatic system, stroking. Indulge in the ancient techniques of Balinese Massage and embark on a spa journey that rejuvenates your body, mind, and soul.

Aroma Cleopatra

₹ 2999

₹ 4599

+GST

+GST

A gentle massage combined with the use of essential oils to enhance relaxation and promote overall well-being.

TECHNIQUE Aroma therapy massage involves the application of essential oils (Patchouli, Ylang Ylang, Vetiver, Lavender) which are selected based on their therapeutic properties and the desired effect. The oils are typically mixed with a carrier oil and applied through gentle massage techniques.

Deep Tissue

₹ 3299

₹ 4999

+GST

+GST

A therapeutic massage targeting deep layers of muscle & connective tissue to release chronic tension and knots.

TECHNIQUE Deep tissue massage applies firm pressure and slow strokes to reach deeper muscle layers, breaking down adhesions and improving mobility. It is beneficial for chronic pain, muscle stiffness, and postural issues.

Purple Signature Ritual

₹ 3899

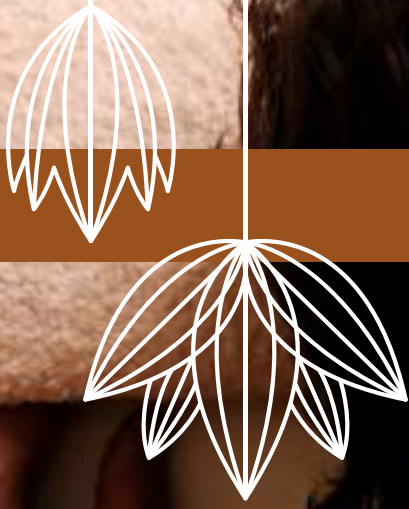
₹ 6299

+GST

+GST

Our senior spa trainers have developed this signature body work only for the regular spa and fitness enthusiast. Recommended for those who require deep body work to knots and dissolve fibrous tissue.

TECHNIQUE This body work has an integration of sports massage and thai acupressure techniques that are very effective in working on deep tissue, fascia and muscles.



RELAX YOUR BODY

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10 min.

₹ 999

+GST

Yogic Relaxation (Yoga Nidra)

Yoga Nidra is a state of consciousness where one flits between sleep and wakefulness. It is a state of inner awareness, wherein, one communicates with the subconscious and the higher conscious. This practice relaxes the mind and the entire body through the awakening of the sense of hearing and feeling.

YOU CAN COMBINE THIS WITH ANY THERAPIES

60 min.

90 min.

₹ 3299

₹ 4999

+GST

+GST

Ancient Thai Dry

An ancient massage technique that combines stretching, acupressure, and rhythmic compressions to improve energy flow and flexibility.

TECHNIQUE

Thai massage involves the therapist using their hands, elbows, knees, and feet to apply pressure and stretch the body. The recipient remains fully clothed and is placed in various yoga-like positions. It helps release tension, stimulate energy flow, and improve overall flexibility.

Shiatsu

₹ 3599

₹ 5199

+GST

+GST

A Japanese massage technique that utilizes finger pressure on specific points of the body to balance the body's energy flow.

TECHNIQUE

Shiatsu massage involves applying rhythmic pressure with the fingers, palms, and thumbs along energy meridians in the body. It aims to restore balance, relieve muscle tension, and promote overall well-being.

Healthy Prenatal

₹ 3599

₹ 5199

+GST

+GST

A gentle massage designed specifically for pregnant women to alleviate discomfort, reduce swelling, and promote relaxation.

TECHNIQUE

Prenatal massage uses specialized techniques to accommodate the needs of pregnant women. It focuses on relieving tension in the back, hips, and legs, and ensures the mother's comfort and safety throughout the session.



RELAX YOUR BODY

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45 min.

70 min.

Hot Stone

₹ 3599

₹ 4899

+GST

+GST

A soothing massage incorporating heated stones placed on the body to promote deep relaxation and relieve muscle tension.

TECHNIQUE Smooth, heated stones are used in combination with massage strokes to warm and relax the muscles. The heat helps to increase blood flow, relieve muscle stiffness, and induce a sense of tranquillity.

Four Hand Synchronise

₹ 3899

₹ 5299

+GST

+GST

Two masseuses get to work relieving your kinks, knots, and stresses with simultaneous, mirrored movements. Four hand massage is an excellent option for someone who has trouble relaxing during treatment.

TECHNIQUE therapists will use slow and comforting techniques with harder and deeper movements to work on each specific problem while making you totally relaxed.

Luxe Candle Glow Therapy

₹ 4399

₹ 5599

+GST

+GST

Described as a dreamy and delightful experience, Warming Glow therapy provides customers with a transcending experience. The massage candle is perfect as a body moisturiser.

TECHNIQUE The candle massage is performed with special candles. As they burn, the candles, made of natural waxes, are transformed into liquid that our therapist applies to your skin during the massage.

Purple Mystery

₹ 4999

+GST

deeply relaxes & soothes tired body & mind. A synergistic blend of both essential oils and scrub nourishes and softens your skin. Essential oils are applied to infuse the nutrients and essential oils for toning cell renewal and deep relaxation.

TECHNIQUE Purple mystery is a fabulous blend of East and West techniques: Thai-style deep massage with yoga stretching is combined with sophisticated western-style massage.

AYURVEDIC REJUVENATION

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Kizhi (Potti) Therapy

60 min.
₹ 3899
+GST

90 min.
₹ 6299
+GST

This is an Ayurvedic procedure where heated herbs, oils, powders, and other prescribed materials are tied into muslin bags to form boluses. These bags are then gently massaged with varying degrees of pressure on the body and to relieve the body pain. This is followed by specific massages, done using the fingers, heel of the hand or palm.

NOTE Some of the benefits described above can be achieved when programs are done on a regular basis and the advice given by the therapist is adhered to.

Abhyangam Odyssey

₹ 3999
+GST

₹ 5999
+GST

Abhyangam is a traditional Ayurvedic massage that originated in India. It is a full-body massage that involves the application of warm herbal oils to the body using specific techniques. Abhyangam is a Sanskrit word that translates to "oil massage" and is considered one of the fundamental practices of Ayurveda. The purpose of Abhyangam is to balance the doshas (Vata, Pitta, and Kapha) and promote overall health and well-being. The massage techniques used in Abhyangam are designed to improve blood circulation, relax muscles, detoxify the body, and nourish the tissues.

TECHNIQUE

- 1. EFFLEURAGES:** This technique involves long, gliding strokes that are used to warm up the muscles and prepare the body for deeper massage.
- 2. PETRISSAGE:** In this technique, kneading and squeezing motions are applied to the muscles to release tension and improve circulation.
- 3. FRICTION:** Friction techniques involve rubbing or circular movements that focus on specific areas of the body to release knots and adhesions in the muscles.
- 4. VIBRATION:** This technique involves gentle shaking or vibration motions applied to the body to promote relaxation and relieve muscle tension.
- 5. TAPOTEMENT:** Tapotement techniques use rhythmic tapping or percussive movements to stimulate the body, invigorate the muscles, and increase blood circulation.

Abhyangam massage is known for its numerous benefits, including improved digestion, increased flexibility, reduced stress, improved sleep, and enhanced overall well-being. It is often recommended as a regular part of a holistic wellness routine in Ayurveda.



SIGNATURE EXPERIENCES FOR BRIDE AND GROOM

These treatments are exclusive to Purple and have been carefully recreated from the fabled lifestyle and culture of Indian Royalty and the healing therapies that embrace Indian Spirituality.

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Dead Sea Salt (Face & Body)

60 min.
₹ **5299**
+GST

90 min.
₹ **6299**
+GST

This purifying treatment helps to reduce the signs of aging by replenishing oils and minerals using the healing properties long linked to the Dead Sea. You'll begin with an all-over application of Dead Sea salt peppermint scrub to exfoliate the skin. Then you'll enjoy the soothing affects of a whole leaf seaweed bath soak that offers complete relaxation.

Shringaar (Bridal Rituals) Inner Glow

120 min.
₹ **8999**
+GST

The pleasure of anticipation. The circle of family, friends and loved ones. The discoveries and delight of being in love. Every bride is beautiful. Shringaar, our bridal experience, enhances and perfects your beauty. With a series of traditional rituals that soothe your body, mind and spirit, so that you emerge serene and carry that glow through to your special day and into your shared life beyond. Commence your experience with Aukshan a traditional ritual to bless the bride, to protect her aura. A traditional Ubtan made with Sandalwood, Saffron, Turmeric and fresh cream, exfoliates the body, symbolizing the leaving behind of the old and preparing to welcome the new. Gentle head massage with fresh coconut oil. An indulgent aroma therapy skin toning massage pampers and relaxes you.

Bubble Foam Divine Treatment

90 min.
₹ **8999**
+GST

130 min.
₹ **10999**
+GST

The traditional Bubble Foam Spa experience! Discover the relaxing effects of the water in our Special Spa Room and release the built-up stress and tension of everyday life. You begin your Bubble Foam Spa ritual with a rejuvenating steam bath and water cascading along your body before a deep exfoliating scrub from our professional masseurs. Next, indulge yourself in an invigorating and luxurious full-body massage with foam and rich, delightful bubbles from natural olive oil soap to cover the body and the hair as the Bubble Foam Spa ends with a deep cleanse and conditioning of your hair and head massage.



DETOXIFICATION



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BODY SCRUB

Each of these scrubs is carefully designed to offer a unique sensory experience while promoting skin health. Our skilled therapists utilize a variety of techniques, such as circular motions, upward strokes, and kneading, to ensure effective exfoliation and relaxation.

30 min.

45 min.

Exotic Eucalyptus Bliss

₹ 1899

₹ 2499

+GST

+GST

Indulge in the refreshing embrace of our Exotic Eucalyptus Bliss Scrub, a rejuvenating experience that combines the invigorating aroma of eucalyptus with the exfoliating power of natural sea salt. Our therapists expertly use circular motions to gently remove dead skin cells, leaving your skin soft, smooth, and deeply revitalized.

Lavender Serenity

₹ 1899

₹ 2499

+GST

+GST

Experience tranquillity with our Lavender Serenity Scrub, designed to calm your senses and renew your skin. Lavender essential oil, paired with organic sugar granules, exfoliates your skin using delicate upward strokes. This treatment nourishes your skin, leaving it supple and relaxed.

Citrus Zest Revival

₹ 2599

₹ 3099

+GST

+GST

Awaken your senses with our Citrus Zest Revival Scrub, a zesty blend of citrus essential oils and crushed orange peel. Our therapists utilize brisk, upward strokes to stimulate circulation and buff away dull skin. This treatment will leave you feeling energized and your skin looking radiant.

Green Tea Renewal

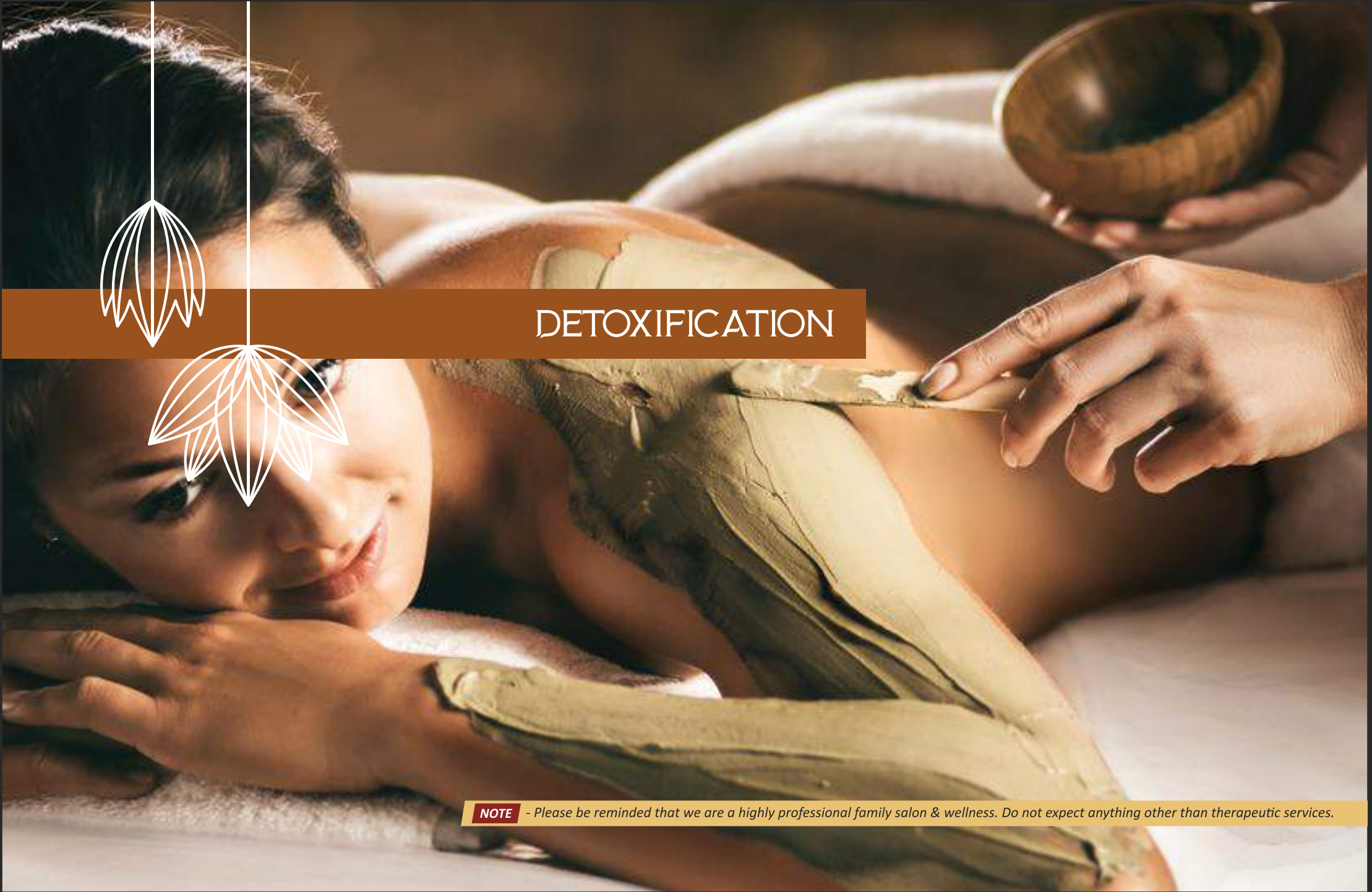
₹ 3299

₹ 4299

+GST

+GST

Experience the benefits of antioxidants with our Green Tea Renewal Scrub. A blend of green tea leaves and fine Himalayan salt is gently massaged onto your skin using upward motions. This technique helps to detoxify and promote cell renewal, leaving you with a refreshed and vibrant glow.



DETOXIFICATION

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BODY WRAP

30 min.

Herbal Detox

₹ **1899**

+GST

This body wrap uses a blend of herbs and natural detoxifying ingredients to draw out impurities from the body. The technique involves applying the herbal mixture to the entire body. The wrap is left on for a specific duration before being unwrapped and gently massaged into the skin.

Relaxing Lavender

₹ **1899**

+GST

The Relaxing Lavender Wrap aims to provide ultimate relaxation and stress relief. Lavender, known for its calming properties, is used in this wrap to soothe the senses and promote a sense of tranquillity. The wrap is left on for a specified time, allowing the lavender to work its magic, before the towels are removed and the remaining lotion is massaged into the skin.

Firming Seaweed

₹ **2599**

+GST

This body wrap is designed to firm and tone the skin. Seaweed, rich in minerals and antioxidants, is the key ingredient in this wrap. The wrap is left on for a specific duration, during which the seaweed works to tighten and tone the skin. It is then removed, and a hydrating lotion is applied through a gentle massage.

Slimming Coffee

₹ **2599**

+GST

The Slimming Coffee Wrap targets cellulite and promotes detoxification. Coffee grounds, known for their stimulating properties, are used in this wrap to improve circulation and reduce the appearance of cellulite. The wrap is left on for a specific duration to allow the coffee to work its magic.



IMMUNITY

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EXPRESS THERAPIES

Face Ritual

This is the traditional Indian face massage which uses cooling oils in combination to relaxing & sedating strokes on the face & scalp to relax you completely within few minutes.

TECHNIQUE The massage direction from the center of the face outwards to the ears and repeated strokes down the neck activates the lymphatic flow . In this way, the metabolic end products in the lymphatic fluid are better removed. The soothing effect has a positive effect on your complexion.

30 min.

₹ **799**

+GST

45 min.

₹ **999**

+GST

Head, Neck & Shoulder

A head, neck, and shoulder massage is one of the best possible methods of curing pain in the upper extremities. It not only helps with pain relief, but it also restores complete range of motion.

TECHNIQUE Using thumbs, fingertips, palms and fists, a therapist will start by massaging the shoulders and upper chest before moving to the back of the head and eventually applying deeper pressure at the base of the skull.

₹ **1299**

+GST

₹ **1499**

+GST

Back, Neck & Shoulder

A focused deep massage directed at the most common areas of tension in the body. Specific pressure points are targeted in the upper back and neck to encourage full relaxation and tension release.

TECHNIQUE Effleurage (long gliding strokes), petrissage (kneading, repeated circular movements, cross fiber friction, and tapotement (rapid and repeated striking of the body) to work the muscles in each of these areas, providing relief from tension and pain.

₹ **1299**

+GST

₹ **1499**

+GST

Foot Reflexology (Foot Massage)

A foot massage technique based on the theory that specific points on the feet correspond to different organs and systems in the body.

TECHNIQUE Reflexology involves applying pressure to specific reflex points on the feet using thumb, finger, and hand techniques. It aims to stimulate the body's natural healing process, improve circulation, and promote overall relaxation and well-being.

₹ **1299**

+GST

₹ **1499**

+GST