



Gamyam

ALIGN YOURSELF

By *Denissons*

CLASSICAL AYURVEDA & YOGA RETREAT

WELLNESS SPA



“Touch the body, Heal the mind, Calm the spirit.”

THE SPA EFFECT



Wellness Spa

Welcome to an unparalleled luxurious experience of indulgence.

This global spa set to international standards offers a world class experience, unwinding the bliss in details. Soak in the ambience, feel the hospitality, enjoy the attention, delight your senses and be ready to pamper your body and restore your wellbeing; for truly, this is your escape from the stresses of a busy lifestyle and opportunity for self-renewal.

Choose from the most popular spa treatments with different techniques aimed for varied reasons and handpicked from choicest regions for an international experience. Sit back and relax and let the world come to you.

Massages



SWEDISH MASSAGE

(60 / 90 MINUTES) 4250 / 5200

A light gentle stroked massage for calming relaxation. The massage unlike conventional Swedish massages uses stimulating and invigorating pure essential oils of orange, peppermint and eucalyptus in the manipulation of the superficial layers of the muscles against the bone. This full-body massage relaxes the body, increases circulation, removes metabolic waste products, opens up the respiratory tract and helps the recipient obtain a feeling of connectedness.



AROMA THERAPY MASSAGE

(60 / 90 MINUTES) 4000 / 5000

Define your need and allow us to cater to it. Aroma therapy massages induce relaxation and are used for pain management to mood enhancement. Carefully blended essential oils are applied on the lymphatic pressure points of the body to maintain and promote physical, psychological, and spiritual well-being, resulting in a holistic experience. Choose from grounding, invigorating, detoxifying, stimulating, wild rose or spice oils for the full-body massage to intensify the therapeutic effects of this age-old treatment.



DEEP TISSUE MASSAGE

(60 / 90 MINUTES) 4500 / 5500

A sustained pressure with slow deep strokes is used to break up the scar tissue and break down muscle adhesions to work from within. Deep tissue massages involve the understanding of the different layers of the body and the ability to work with the tissues in these layers to relax, lengthen, and release holding patterns in the most effective and energy-efficient way possible.

In deep tissue massages, there is less emphasis on pleasure and more focus on altering structure and muscle restriction that are the primary goals. It can also produce significant relief in other specific areas of chronic tension in the body.



BALINESE MASSAGE

(60 / 90 MINUTES) 4250 / 5500

A perfect massage to stimulate your 'Qi' energy along with flow of blood & oxygen; to bring in a sense of wellbeing calm and deep relaxation: It is a traditional Indonesian village massage that involves a combination of acupressure, reflexology and aromatherapy. Essential oils are a key part of this Balinese massage. These oils are very strongly scented and help relax the muscles and soothe the mind. The massage aids improving blood circulation, relax the body and restore balance.



FOOT REFLEXOLOGY

(70 MINUTES) 3500

A gentle firm spot treatment that eases your stress and helps the body work better. This Chinese therapeutic spa treatment focuses on the reflex points of the feet which correlate to individual parts of the body. The feet are bathed in preparation for the warming foot massage, performed using a blend of calming essential oils. Specific pressure points are then worked on to melt away stress and tension, restoring the natural energy flow in the body.

Exfoliation & Wrap Experiences

COCONUT SCRUB

(45 MINUTES) 3500

Raw coconut extracts with a mix of ingredients are used to exfoliate and polish skin, while locking in the moisture and softening skin texture for you. Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. This all-over treatment has a cooling effect on the body.

SPICE SCRUB

(45 MINUTES) 3500

Allow the richness of Spice to work on your skin. This invigorating treatment employs a traditional mixture of Indian spices to promote deep cleansing, relieve muscular soreness, and improve blood circulation, leaving you refreshed and recharged.

INVIGORATING SALT SCRUB

(35 MINUTES) 3500

Feel the whiff of a sea work its magic on you. Essential oils of orange, eucalyptus and peppermint are infused into natural sea salt that is mentally and physically stimulating.

DETOXIFYING SALT SCRUB

(35 MINUTES) 3300

A must try for intensely hydrated and replenished skin. Essential oils of grapefruit, Basil and Bergamot are infused into natural sea salt, which is especially good for cleansing and fighting cellulite.



SPICE SALT SCRUB

(35 MINUTES) 3300

Great for reducing inflammation, releasing toxins and complete relaxation: Essential oils of black pepper, cardamom and ginger are infused into natural sea salt. It is both warming and soothing and especially good for relieving muscular tension, joint pains and full body relaxation.

CITRUS SALT SCRUB

(35 MINUTES) 3400

It smells like a holiday and works like one too. It is a natural remedy, used to remove the stress layer by application of blended salt. It also helps in softening the muscles, opening and cleansing of skin pores that will help you restore skin's natural texture and beauty. It is highly recommended to men along with steam.

HERBAL COFFEE SCRUB

(40 MINUTES) 3700

Let Coffee awaken your skin from within. With multifold benefits it's a skin booster you need. The application of herbal coffee scrub improves the skin regeneration and collagen production. This in turn helps to maintain the skin elasticity and leaves you with supple skin. Soft and healing application of the scrub along with the wrap, followed by head and face massage will help in relaxing. It's ideal scrub for women.

TURMERIC AND SANDALWOOD PURIFIER

(45 MINUTES) 4800

The go - to wisdom of traditional Indian women; this special mixture of sandal and turmeric when applied makes the skin smooth and supple. Traditional Indian women have always promoted this way of skin cleansing to reduce skin tan and maintain complexion.

Body Treatments



PURITY EXFOLIATION

(30 MINUTES) 3000

A perfect overhaul for your body and skin, it's a body exfoliation that rids the skin of its impurities in depth, improves cell renewal, smooths and hydrates. The red alga from the scrub stimulates the micro-circulation of the body. The exfoliation is then completed with the specific finishing product for intense hydration or deep nourishment. The skin regains its softness and radiance and active ingredients are more easily absorbed.



3 MARINE ALGAE[®] BODY WRAP

(45 MINUTES) 4000

Come experience the special, signature body treatment of Thalgo; this original marine algae wrap rich in minerals, vitamins, trace elements and micro-nutrients comes well recommended. The Plasmalg Gel is an antiseptic which is pure marine algae in gel form that allows deeper and effective penetration of the active ingredients. The marine algae wrap relaxes the muscles and joints and eliminates metabolic wastes through perspiration. It incorporates the use of the thermal blanket to accelerate perspiration of the body thus enhancing the detoxification process. This treatment activates circulation, increases metabolism and relieves aches and pains. An excellent body wrap for general well-being, total relaxation, refining the figure and breaking fatty deposits. Its best prescribed as a prelude before all body slimming and body-toning treatments.



MERVEILLE ARCTIQUE RITUAL

(120 MINUTES) 7000

Open yourself to a never before exhilaration of hot n cold spring experience. The Merveille Arctic Ritual targets the very origins of relaxation, to provide pure revitalization. Inspired by Nordic traditions, the ritual reinvents the magic of hot springs and cold springs, to achieve total abandonment. Alternating relaxing warmth and invigorating cold, boosts the blood circulation, relaxes muscle tensions, aches and contractures of sports enthusiasts or sedentary, stressed and tired people.



JOYAUX ATLANTIQUE RITUAL

(120 MINUTES) 7000

Restore your energy with the power of marine stones on a journey to beaches, home to the myriad colours of the Atlantic with Joyaux Atlantique Spa Ritual. The Ritual takes inspiration from the erosive force of the waves that has coloured the sand and deposited precious minerals, creating an energizing and invigorating body ritual inspired by the Atlantic coastline.



BALNEOTHERAPY WITH MMA

(60 MINUTES) 6000

Get ready for a complete body regime and a demineralizing therapy which begins with a red algae scrub that gently exfoliates the dead skin cells and makes the skin more receptive to absorb the rich minerals of the Micronized Algae powder infused in the bath water thereafter. The regenerating, demineralizing bath combines the emollient and softening effects of Sea Water with the high mineral content of micronized Algae. The mineral ions are absorbed into the body through the skin for demineralized tissue and optimized cell regeneration and protection. The body and skin is detoxified, demineralized and revitalized. Muscle tensions are soothed and the feeling of relaxation is restored.

Hydrotherapy



THALASSOTHERAPY

Thalassotherapy is derived from a Greek word "thalassa" meaning "sea". Gamyam offers this popular therapy that uses sea ingredients and marine environments for healing and wellness. It refers to a variety of treatments that uses saltwater and seaweed, each designed to cleanse, soothe and revitalise the skin and body, and, in some cases, to improve circulation and muscle tone. Other marine and ocean derivatives including algae, mud and sand feature in the therapy. All are cleaned and purified before use. The state of the art equipment required is imported from Germany and meets international standards. Thalassotherapy comes in varied forms, and includes hydrotherapy, such as mineral-rich showers, seawater pools, and hydro-massage, and algotherapy, such as seaweed, algae or mud baths and wraps. Marine extracts are also found in products used for facials, manicures and pedicures.

STIMULATING HYDROJET

(20 MINUTES) 2500

The ancient Greeks and Romans used warm water immersion as a healing source for body, mind, and spirit. Hydro massage builds upon that ancient concept and offers modern-day benefits in a convenient format. The therapy encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases. During a hydro massage, pressurized jets of heated water are moved all over your body. The jets shoot water at precise chakras on the body at specified time periods, in sequential order, cleansing and opening them. The derived benefits of the hydro jet therapy include a range of positive results including pain reduction, improved circulation, stress and anxiety relief, toxin release & solutions for sleep issues. Boost your wellbeing from head to toe. Here a high-pressure shower jet is directed at the body to activate circulation and re-contour the body. Recommended for mobilizing fat stores and reducing cellulite.

Short Treatments



AROMA BACK MASSAGE

(30 MINUTES) 2500

First Hit First Served. The first casualties of stressful life is the shoulder and back resulting in pain and tension, our expert therapist dissolve the tension stored in the muscles of the back and leave you feeling energized.

HEAD, NECK, SHOULDER MASSAGE

(30 MINUTES) 2400

Its akin to a quick fix magic potion. The vital energy points are massaged with specific concentration on head, neck and shoulder to relieve accumulated stress and strain to ensure complete relaxation and sound sleep.

FOOT REVIVER

(30 MINUTES) 2200

A kick off for fast relief from fatigue by using ancient concept of acupressure application on feet. The points chosen have connects to the body organs and aid quick revival along with aroma foot reviver massage.

Face Treatments

GAMYAM FRUIT FACIAL

(85 MINUTES) 4500

A must try facial that delights the senses and lets your skin be renewed with this unique ingredient mix, The facial which begins with a relaxing back massage and concludes with a foot massage is sure to leave your skin softened and you feeling refreshed.

BASIC PURITY

(45 MINUTES) 2500

The perfect express facial if you're on the go, with an instant infusion of marine active ingredients, tailored to your skin type. The facial helps you unwind and relaxing as the massage works to soothe your skin. Try this instant pick-me-up for a refreshing, relaxing and revitalizing experience that leaves the skin soft and smooth.

SOURCE MARINE RITUAL

(60 MINUTES) 4000

This special Thalgo's signature Heart of the Ocean massage along with moisture-infused products work to rehydrate and improve the skin's texture. Its a moisture boosting delight for all skin types especially for the one's that are dehydrated. Try this to fall in love with its after effects on your complexion that's smooth, plump and radiant.

COLD CREAM MARINE RITUAL

(60 MINUTES) 4000

A haven of comfort for dry / sensitive skin. A concentrate, rich in algae extracts and replenishing oils, is gently infused into the skin with Thalgo's signature Heart of the Ocean massage. Nourishing active ingredients bathe the skin in pure nourishment for even the most sensitive of skins. The skin is softened, soothed and restored with comfort to dry, very dry and sensitive skins.

PURETE MARINE RITUAL

(60 MINUTES) 4000

This is a complete rebalancing treatment for oily/combination skin. Purifying algae ingredients applied with Thalgo's signature Heart of the Ocean massage gently mattify and rebalance the skin. The oil absorbent mask helps to lift away impurities. The skin is left soft, matte and perfectly balanced.



SPIRULINE BOOST TREATMENT

(60 MINUTES) 5000

The first ever fresh peel off mask that detoxifies, brightens and smooths skin. Introducing the NEW Spiruline Boost treatment; This facial target the first fine lines and wrinkles to give you well-moisturized, smooth and glowing skin. It helps to fight the impact that environmental stress, pollution and fatigue have on your skin. Expect fast results, reduced appearance of fine lines and wrinkles, smoother skin, improved texture with this treatment.

LUMIERE MARINE BRIGHTENING TREATMENT

(60 MINUTES) 5000

It is a prayer answered for the specific few seeking a brand new treatment procedure, tailor-made for correction of pigmentation marks and uneven skin tone. With progressive triple exfoliation, this effective treatment adapts to all face concerns with targeted or over-all application. It works effectively on all skin tones visibly reducing dark spots and evens out the skin tone leaving a clear radiant complexion.

HYALU PROCOLLAGENE

(75 MINUTES) 5500

A breakthrough marine filler treatment that fills both deep and established wrinkles and nascent slackening skin. Arm yourself with your very own youth armour which instantly plumps up the skin, visibly smooths the wrinkles and gradually fills in the deeper ones' long neglected as age-related. At its core is an active ingredient of hylouranic acid with marine pro collagen that assures you of your best-looking skin in 6 weeks - a miracle of sorts as the ingredients work on synthesis of collagen and visibly pronounced results with time.

PRODIGE DES OCEANS FACE RITUAL

(90 MINUTES) 6500

Claim your youth back with this supreme beauty ritual that provides ultimate regeneration for overall youthfulness. A perfect alchemy between efficacy and sensory pleasure, this treatment provides the revitalizing benefits of Intelligence Marine Regenerative, a complete concentrate of 63 marine active ingredients - an exclusive THALGO patent. At its heart, the Prodige des Oceans Mask, providing pure plumping oxygenation, and its specific massage inspired by Kobido, an age-old Japanese manual facelift technique, visibly smooths wrinkles and restore the skin's firmness and elasticity. The face glows with renewed youth.

Signature Experiences

DEEP MUSCULAR

(120 MINUTES) 6500

A heavenly experience of being light and alive awaits you here. Opt for a deep muscular massage for profound relaxation. An application of hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within restored. The invigorating treatment is wrapped up with gentle strokes to soothe muscles as you slip into sheer bliss.

STATE OF HAPPINESS

(120 MINUTES) 7000

Embrace harmony and lose yourself in this entrancing experience designed to lead you to a state of nostalgia. Inspired to give you a captivating night's sleep, this experience begins with our Head massage to relax and improve circulation and ease sore tired neck muscles. Let the gentle rhythm of our therapists' hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.



ENERGIES

(120 MINUTES) 7500

An energizing treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from the hills of India, a heat-stimulating wrap, followed by a revitalizing massage.

EMBRACE

(200 MINUTES) 9500

A warm tug at your senses that begins with a deeply nourishing scrub of your choice, followed by Hydrotherapy Experience, Relieve sore muscles with our 90 Minutes massage. As a final touch give yourself a quick boost with our Fruit Facial.



Welcomes you to discover a new you.

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