


THE
ROSEATE

READING



The Sanskrit derivation of 'Aheli' is pure, while in Hebrew,

it symbolises a feeling of purity, grace and elegance.

*Wellness at Aheli encompasses every element - design, service, experts
and a bespoke menu of treatments. Signature services at the spa are designed*

to detox, cleanse, nourish, nurture, heal and rejuvenate.

These include body rituals, scrubs, wraps, facial, skin, hair and salon services.

The spa has well appointed spaces, each designed to offer holistic wellbeing.

'escape to peace and purity'



AHELI EXPERIENCE

The Classic

The Classic massage is a proven method suitable for all ages. It has rhythmic soothing strokes with medium pressure to improve blood circulation which induces relief from stress and tension.

60/90 minutes experience | £ 80/110

Essential Ritual

A holistic experience based on the selection of carefully blended essential oils using lymphatic and pressure points technique to promote physical and psychological balance.

60/90 minutes experience | £ 80/110

Traditional Bali

Traditional Bali is a deep tissue holistic treatment that uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood, oxygen, 'qi' (energy) and bring a sense of wellbeing, calm & deep relaxation.

60/90 minutes experience | £ 80/110

Intense Strokes

A deep connective tissue massage with intense strokes that works on the deeper layers of muscle tissue, relieves chronic muscle tension throughout the body and breaks down scar tissues and knots deep in the muscle belly.

60/90 minutes experience | £ 80/110

Yoga Therapy

A healing massage without the application of oil / lotion which helps in reducing stress levels and improves overall circulation. Yoga therapy involves the stretching of various parts of the body for example, hands, arms, elbows, knees or feet during the session to energize and revitalize the body.

60/90 minutes experience | £ 90 / £120

Indian Ayurveda

This Ayurveda detox therapy is designed to reduce stress and eliminate impurities from the body. It is delivered using herbal oils that are most beneficial for healing and detoxification.

90 Minutes experience | £ 125

Reflexology

Reflexology is a gentle technique of applying pressure to specific points on the feet which improves cognitive health.

60 minutes experience | £ 85

Podikizhi

Podikizhi is one of the most effective ayurveda treatments for pain relief delivered by massaging with a pure cotton compress filled with a heated mixture of herbs which help in alleviating pain and reduce swelling caused due to arthritis, muscular pain and rheumatism.

90 minutes experience | £125

Hot Stone Therapy

A unique massage technique that allows a therapist to work on deep tissues effectively using heated basalt stones on parts of the body to maximize therapeutic benefits, release stress and calm sore muscles.

90 minutes experience | £ 110

Aheli Signature

Exclusive to Aheli Spa, this unique therapy combines various therapeutic massage techniques customized specifically to address the needs of a guest. The Aheli signature therapy offers the ultimate relaxing and de-stressing experience.

90 minutes experience | £ 120

AHELI REJUVENATION

Body scrub

30 minutes rejuvenation | £ 40

Satin Touch

Ideal for all skin types, even those with sensitive skin, back acne, body breakouts and poor circulation.

Saltmousse-Glow Full Body Exfoliating Treatment

Increases the release of negative ions into the skin for a healthier and softer body. French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. This revolutionary anti-ageing saltmousse refines your skin unlike any other exfoliation treatment. Choose from two natural extract aromas, papaya-pineapple or mango-passion fruit.

Body wraps

75 minutes rejuvenation | £ 80

Indulgence

This papaya-pineapple body wrap is enriched with Crème Fraîche natural butter, calcium, a high content of vitamin A, pomegranate extract and other anti-ageing ingredients such as wrinkle smoothing collagen polypeptides and firming elastin polypeptides. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look.

Coffee spell

Treat your body with a cutting-edge treatment. This wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention.

prices are inclusive of VAT

AHELI COUPLED UP

Time to Reconnect

Nothing says love like the gift of relaxation. Welcome to the special couple's suite at Aheli. Escape, relax and unwind.

60 minutes body massage | 30 minutes head/foot massage

90 minutes | £ 250

Invigorate

Indulge in a range of tropical body scrubs specially customized for guests basis skin type.

30 minutes scrub | 60 minutes relaxing & stimulating massage | 30 minutes body wrap

120 minutes | £ 320

AHELI JOURNEY

Wellbeing Escape

Luxuriously designed for an ultimate relaxing experience.

30 minutes body scrub | 60 minutes body wrap | 60 minute massage | 60 minute bespoke facial

210 minutes for a guest | £ 300

210 minutes for a couple | £ 600

Youth Elixir

Deeply repairing, smoothening and anti-ageing, this wrap is designed to render soft velvet rejuvenated, firm & toned skin.

30 minutes rejuvenating body exfoliation | 45 minutes customized massage

45 minutes body wrap | head massage

120 minutes | £ 160

Aheli Signature Experience

Experience Aheli Signature therapy with a specially customized body scrub.

120 minutes | £ 170

Touch of heaven

A bespoke experience that rejuvenates, nourishes and nurtures.

customized body massage 60 minutes | bespoke facial 60 minutes

120 minutes | £ 150

Ayur Shanta

Restores balance and harmony between the mind & body. Induces calming sleep.

30 minutes Shiroabhyanga (head massage) with herbal oil 60 minutes Indian Ayurveda body massage

90 minutes | £ 130

prices are inclusive of VAT



AHELI TOUCH

head, neck & shoulder 30 minutes | £ 50

back relax 30 minutes | £ 50

foot massage 30 minutes | £ 50

AHELI FACE RITUALS

Time Reversal

Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. It is ideal for any skin type showing signs of aging and acts as the perfect instant repair boost. Proven to perform, this facial renders your skin a firmer, tighter, more youthful ultra-luminous appearance.

60 minutes | £ 95

Optimum Detox

This facial treatment combats dry, dehydrated skin. Vitamin-enriched, it infuses the skin with vitamins A, E, and D, fighting free radicals that cause premature ageing. This dramatic bi-thermal treatment mask first warms to promote vitamin absorbency within the skin, then cools to seal in hydrating benefits that firm and refine the skin.

60 minutes | £ 90

Skin Fit for Men

A proven effective advanced treatment specifically formulated for men. Rejuvenating caviar and repairing freeze-dried Escutox® (Hibiscus Esculentus Blend) replenish skin while counteracting congestion of the skin. Visibly resurfacing, this mask promotes healthy, youthful looking skin.

60 minutes | £ 80

Skin Nectar

Ideal for delicate, sensitive skin, this soothing facial includes propolis, sourced from beehive resin. This aromatic honey nectar finish is the ultimate buzz in hydration and nourishment.

60 minutes | £ 85

Chrysalis

Elastin is recognized as the best skin strengthening protein. This is an excellent facial for firmer, more youthful skin. Recommended for any skin type with loss of elasticity.

60 minutes | £ 85

Bespoke Facial

Bespoke facials are personalized and tailored to accommodate the needs of your skin.

45 minutes | £ 75

Facial add ons

20 minutes | £ 30

Ginkgo De-Stress Eye Treatment

Counteract puffiness and dark circles with this ginkgo biloba infused formulation. This natural fiber mask treatment increases peri-orbital circulation, soothes, cools and decongests the fragile eye contour. It is very effective for treating jet lag.

Smoothing Eye Treatment With Collagen

Treat your eye area to the repairing benefits of 100% pure marine collagen. This potent treatment smoothens fine lines & wrinkles and rejuvenates eye contour.

HAND & FEET

Manicure | £ 30

Pedicure | £ 40

Luxury Manicure | £ 40

Luxury Pedicure | £ 50

Lip Treatment

Lip renew | £ 30

FOR THE COMPLETE SPA EXPERIENCE

To ensure your spa experience is a relaxing journey into the 'Aheli' world, we recommend the following:

- *Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.*
 - *Guests at the Aheli spa must be at least 18 years of age for the use of the fitness facilities and spa treatments.*
 - *Cellular phones and electronic devices must be switched off for a complete Aheli experience.*
- *Arrive at the spa reception 15 minutes prior to your therapy in order to change, prepare yourself and enjoy a relaxing shower before your therapy.*
- *Arriving late will limit the time of your treatment, thus lessening its effects and your pleasure. Your treatment will end on time so the next guest is not delayed.*
 - *We request that you do not bring any jewelery and valuables to the spa. The Aheli Spa, Roseate Hotels & Resorts shall not be responsible for any lost items.*
- *Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.*
- *Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.*
 - *Home spa - most of the body and skin care products that we use in our therapies are available for purchase.*

RESERVATION & CANCELLATION

- *Guests are requested to schedule their therapy 48 hours in advance in order to ensure availability. Once the booking is made, you will be sent a link to make payment.*
- *If payment is not received 72 hours before the treatment, your booking will automatically be cancelled. Bookings made on the day of service and walk-in appointments are always welcome, based upon availability.*
- *To schedule your appointment(s) for The Roseate, please call our 'Spa service desk' at 011 89527770. Guests staying at The Roseate may dial extension 0 from their room.*
 - *All spa therapies may be re-scheduled by calling the spa service desk.*
- *In case of cancellation, guests are requested to please inform the spa desk at least 48 hours in advance.*
- *In case of no shows we shall be holding your appointment for 15 minutes before releasing it and you will be charged as per the price of the booking.*

PLEASE NOTE:

- *Aheli personnel will not be responsible for any loss.*
- *Aheli personnel will not be responsible for any unforeseen allergy or allergic reaction resultant of an ingredient used during a therapy.*
- *Needless to say, all therapies are delivered by exemplarily well-trained experts and all ingredients used are of the highest quality.*