



## Rejuvenation Packages:

### De-stress Mind & Body

1x 60 min. session Abhyanga  
 1x 30 min. session Shirodhara  
 1x Steam bath  
 Price: INR 2700

### Total Body Detox

1x 60 min. Abhyanga  
 1x 30 min. Cleansing Body Scrub  
 1x Steam Bath  
 Price: INR 2500

### Deep Muscle Release

1x 90 min. session Potli  
 1x 30 min. Reflexology  
 1x Steam Bath  
 Price: INR 3000

### Instant Glow

1x 60 min. session Aroma Therapy Massage  
 1x 30 min. Ayurvedic Facial  
 1x Full body scrub  
 Price: INR 2800

### Women's Wellness

1x 60 min. Lomi Lomi Massage  
 1x 30 min Refreshing Foot Treatment  
 Price: INR 2700



## Classic Panchakarma:

### Panchakarma Therapy

Duration: minimum 1 week.  
 Comprehensive traditional Ayurvedic bio-purification program tailored to your needs.  
 Price: INR upon request

Please ask our Spa team to advise you on customized packages. You can choose and combine treatments that will suit best your needs.

### For further information and bookings:

Dial extension 333 – or call:  
 +91 135 2442 499

### Opening times:

The Spa is open from 10 AM to 8 PM.

When coming to the Spa we recommend you wear comfortable clothes. Leave valuables in your room.



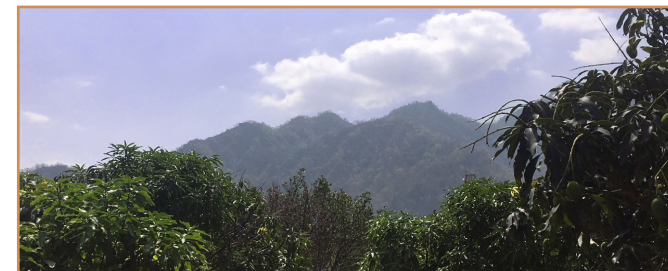
The Lily Resort, Balaknath Road, Tapovan, 249192 Rishikesh, India

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# Lily Resort Spa

AYURVEDA & MASSAGE THERAPY



## Relax and Rejuvenate

### Welcome to the Lily Resort Spa in Rishikesh.

We offer Ayurveda and Holistic Massage Therapy for detoxing, relaxing or re-energising your body, mind and spirit. For your comfort we have female staff (for female clients) and male staff (for male clients).

### Book your appointment:

Dial extension 333 or call: +91 135 2442 499

Spa opening times: 10am to 8pm





## Ayurvedic Treatments:

### **Signature Ayurvedic Massage – Abhyanga**

60 mins., Price: INR 2000

De-stressing and detoxifying traditional ayurvedic massage treatment.

### **Shirodhara**

45 mins., Price: INR 1800

Relaxing and calming head treatment.

### **Potli Massage**

90 mins., Price: INR 2500

Deep relieve for tense muscles with aid of herbal bolus therapy.

### **Navarakizhi**

60 min., Price: INR 2000

Cooling and soothing rice and milk therapy for inflamed tissues.

### **Basti (Vasti)**

40 mins., Price: INR 900

Application of medicated oils on problematic regions: knee, lower back, neck or heart center.

*In the Spa* you are requested to refrain from smoking and the use of mobile phones.



## Western Massage:

### **Balancing Swedish Massage**

60 mins., Price: INR 1800

Rejuvenating and stimulating classic massage.

### **Relaxing Aroma Therapy Massage**

Duration of 1 session: 60 mins., Price: INR 1800

Gentle and calming therapy with essential oil blends.

### **Invigorating Deep Tissue Massage**

60 mins., Price: INR 1800

Deep relieve for muscular tension, aches and pains.

### **Holistic Massage**

60 mins., Price: INR 2000

Combination of physical therapy techniques, correcting specific imbalances.

### **Lomi Lomi Massage**

60 mins., Price: INR 2000

Traditional Hawaiian Massage that restores energy flow in the body.

*Please* arrive 10 mins. earlier, before your appointment to wind down and get ready for your treatment.



## Express and Beauty Treatments:

### **Reflexology**

30 mins., Price: INR 900

### **Indian Head Massage**

30 mins., Price: INR 900

### **Back & Shoulder Massage**

30 mins., Price: INR 900

### **Ayurveda Facial**

45 mins., Price: INR 1400

### **Refreshing Foot Treatment**

30 mins., Price: INR 900

### **Cleansing Body Scrub**

30 mins., Price: INR 900

### **Steam Bath**

15 mins., Price: INR 500

*Spa Professionalism:*  
Please do not expect anything other than professional Spa services.

