



Our Wellness Menu

2024



Welcome to Amrit Ocean

It is my privilege to welcome you to Amrit Ocean Resort & Residences. Our globally respected team will bring Amrit's residents and guests the next generation of personalized wellness, where ancient inner science intersects with modern science and technology. Our vision is to inspire and assist everyone in finding their inner balance of Peace and Happiness – using our 5 Pillars of Wellness: Mindfulness, Nutrition, Fitness, Relaxation, and Sleep – the impact will be that they will live a healthier, happier, and longer life.

The Amrit culture is continually developed by each one of us adhering to our company's core values and our personal pursuit of growing in each of our five pillars as well as our passion to help others grow.

We believe that a hospitable, refined, and vibrant company culture that supports and nurtures our employees is key to our success.

Sincerely,



Dilip Barot
Founder



Massages

Amrit Custom Massage

80/110-Minutes

Our goal is to create a handcrafted experience personalized for you – ranging from relaxing to revitalizing; Swedish, Deep Tissue, Sports or a combination thereof – to align your mind, body and spirit, which may also include breathwork for respiratory concerns, abdominal work and flexibility improvement.

CBD Massage

80/110-Minutes

Elevate your massage with organic, natural and anti-aging CBD lotion. These pure ingredients decrease inflammation, pain and tension, while allowing you to reach a deeper level of mind and body relaxation.

Clarity Massage

75/105-minutes

Warm Himalayan salt stones, containing more than 84 trace minerals, are strategically placed on the body and curated massage modalities merge to deliver a grounding massage that helps open blocked energy points throughout the body.



Specialty & Advanced Massages

Prenatal

80/110-Minutes*

This restorative treatment is designed to help the mom-to-be improve sleep, reduce stress and soothe muscles. An application of rich oils will help support the prevention and appearance of stretch marks.

*Must be 13+ weeks to receive bodywork.

Cranial Sacral

80-Minutes

This globally renown technique focuses on the spine, head and central nervous system to gently release tensions and restrictions in the body, relieving pain and dysfunction. Subtle, gentle yet powerful, the body releases, the mind relaxes and the senses reboot.

Lymphatic Drainage

80/110-Minutes*

A gentle yet powerful massage with light rhythmic pressure, soft strokes and ultralight drumming techniques, encourages the movement of fluids through the body to accelerate natural elimination of toxins. An essential treatment to counteract sluggish or blocked areas and prevent swelling, relieve fatigue and enhance the immune system.

*Includes dry brushing.



Myofascial Release

80/110-Minutes

Gentle pressure and release techniques focusing on the body's connective tissue are used to reduce restrictions, eliminate pain and restore motion. This treatment is performed directly on skin without oils or creams and can have powerful, long-lasting results. One treatment will create shifts in the mind/body. A series of 10 or more help create an overall transformation.

Neuromuscular

80-Minutes

This precise, soft-tissue therapy helps release hyper contraction and spasms in soft tissue, eliminate trigger points that cause pain, and restore healthy postural alignment and flexibility. This specialized service targets headaches, hip, back, jaw and shoulder pain.

Cupping

80/110-Minutes

The use of special cups creates a vacuum effect on underlying muscle tissue. The intended suction can range from light to heavy and has many benefits: increasing lymphatic circulation and blood flow to the skin, facilitating deep tissue work, loosening adhesions, and relieving inflammation and pain causing factors.



Reflexology

25-Minutes*

This specialized foot and hand experience begins with soothing warm towels steeped in aromatic essential oils. The therapists use an energizing cream combined with specific massage techniques to improve circulation, relieve fatigue and awaken the senses.

*Massage Enhancement Only Selected Services.

Enhancements

- Himalayan Hot Stones
- CBD Anti-Inflammatory Oil
- Percussion Theragun
- Cupping
- Soothing Face Mask
- Couples Room
- CBD Cooling Gel
- Hand or Foot Sugar Scrub

Retreat Suite Rental

4-hour Rental - Available Mon - Fri

Indulge in one of our retreat suites before or after your couple's massage. Enjoy this spa hideaway which includes a terrace, relaxing steam shower, and oversized furniture for the ultimate relaxation.



Facials

MediSpa Facial Rejuvenation

Our signature facial aesthetic device delivers the ultimate facial rejuvenation by combining seven of the world's most advanced non-invasive facial energy modalities. Powered by the prowess of award-winning cosmeceutical formulations and state-of-the-art products, this exceptional treatment delivers immediate, visible results. Exfoliate, brighten, smooth, tighten and nourish in every session. Your treatment includes a consultation and an experience with all state-of-the-art modalities.

Customizable:

50-Minutes Four Modalities

80-Minutes Seven Modalities (Couples Facial Available)

110-Minutes Eight Modalities (Couples Facial Available)

- **HOT HANDPIECE** - Gently warms the face which helps increase circulation and opens pores, preparing your skin for increased product absorption.
- **CO2 BUFFING TIP** - A deep cleanse with carbon and oxygen bubbles encourages skin oxygenation while exfoliating.
- **HYDRA-DERMABRASION AQUAPEEL** - Perfect for all skin types and offers a deep pore cleanse, exfoliation, hydration and rejuvenation.
- **RADIO FREQUENCY** - Restores and plumps the skin, stimulates collagen production, and reduces fine lines.
- **MICROCURRENT SKIN TIGHTENING** - A gentle, soft wave that stimulates facial muscles, helping to re-educate, lift and plump while enhancing the skin's contour and rejuvenation.
- **ULTRASOUND** - Enhances skin's natural firmness, tightens elasticity, and enhances deeper product absorption for youthful radiance.
- **COLD HANDPIECE** - A cooling wand helps reduce inflammation, tighten pores and lock in moisture.
- **OXYGEN INFUSION** - Infuses natural collagen for hydrated, revitalized, and detoxified skin, revealing a clearer, glowing complexion and enhancing your natural radiance.



Bespoke Facial

75/105-Minutes

Indulge in our signature multifaceted and hyper-customized treatment tailored to revitalize the face, neck, and décolleté. Experience instant enhancements as we begin with a thorough deep cleansing and exfoliation, followed by a luxurious lifting facial massage using a curated selection of serums and masks. Rediscover your glow with this comprehensive and pampering experience.

Amrit Tranquility Facial

50/80-Minutes

After a personalized skin analysis, your aesthetician will craft a tailored facial to target your specific needs whether it's diminishing fine lines, rejuvenating after a long flight, tackling acne-prone skin, or replenishing dehydrated skin. Our personalized facial emphasizes anti-aging benefits and includes comprehensive steps, such as, cleansing, exfoliation, extractions, facial massage, mask application, moisturizing, and UV protection.

Blissful Glow

50/80-Minutes

Your aesthetician will complete and personalize this facial treatment, carried out with your mixology of serums and manual massage techniques. Then we'll infuse your skin with powerful active ingredients while performing a face massage and acupressure techniques to reveal your skin's unique beauty.



Facial Add On

- LED Light Therapy
- Eyelash & Brow Tint
- Personalized Face Mask
- Lip Treatment
- Oxygen Infusion
- Décolleté Treatment
- Eye Mask
- Dermaplaning
- Chemical Peel
- Facial Cupping
- High Frequency
- Electron Ions
- Ultrasound
- CO2 Capsule
- Radio Frequency
- Hand or Feet Paraffin



Body Treatments

Amrit Body Scrub

50-Minutes

80-Minutes Includes Massage

This treatment improves the skin texture and appearance with a selection of scrubs that will gently resurface your skin. After exfoliation the body will receive an application of emulsion that leaves skin incredibly soft and luminous.

Amrit Body Wrap

80-Minutes

An exfoliation prepares the body to be wrapped in tranquility. While cocooned, enjoy an aromatherapy scalp and foot massage. The service concludes with an application of an aromatic blend. Skin feels noticeably softer and optimally moisturized.

Amrit Signature Body Experience

110-Minutes

Created to exfoliate, smooth, and hydrate, this full body treatment starts with an invigorating exfoliation. Next, your body is then enveloped in a warm hydrating cream while you enjoy foot and scalp treatment. The ritual closes with a soothing lotion application that extends into a relaxing massage.



Hair Health & Beauty

Salon Services

WOMEN

- Blow Out/Style - Starting \$85+
- Hair Cut - Starting \$125+
- Partial Highlight - Starting \$175+
- Full Highlights - Starting \$235
- Single Process - Starting \$135+
- Double Process - Starting \$195+
- Specialty (Balayage) - Starting \$280+
- Relax/Straighten - Starting \$395+
- Updos - Starting \$125+
- Bridal - Starting \$199+
- Conditioning Treatment - Starting \$45

Salon Services

MEN

- Hair Cut - Starting \$60+
- Partial Highlight - Starting \$145+
- Full Highlights - Starting \$220+
- Single Process - Starting \$85+



Nail Care

Luxury Pedicure

80-Minutes

Relax with an aromatic foot soak, followed by a luxurious sugar scrub to smooth and soften the skin. Legs and feet are then massaged with moisturizing body butter to hydrate before the hot stone massage, designed to soothe muscles and increase circulation. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

CBD Pedicure

50-Minutes

Your journey begins with a CBD infused warm soak that cleanses and prepares the skin for a gentle exfoliation, followed by a CBD moisturizer leaving the skin soft and nourished. Complete your treatment with the option of a Buff and Shine, Clear Coat, or Performance Polish.

Amrit Signature Pedicure

50-Minutes

A warm soak, exfoliation, and a hydrating massage leaves the skin soft and nourished. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

Express Pedicure

25-Minutes

An express treatment to transform your nails. Nails are perfectly shaped and manicured, and treatment completed with option of Buff and Shine, Clear Coat, or Performance Polish.



Amrit Signature Manicure

50-Minutes

This manicure is the luxury service your hands and nails desire. Complete your treatment with the option of a Buff and Shine, Clear Coat, or Performance Polish.

Express Manicure

25-Minutes

An express treatment to transform your nails. Nails are perfectly shaped and manicured, and treatment completed with option of Buff and Shine, Clear Coat, or Performance Polish.

Enhancements

Gel Removal + 15 Minutes

Dip Removal + 20 Minutes

Gel Polish + 15 Minutes

Hot Oil

Algae Aloe Mask

Ayurvedic Foot Mask



Etiquette

Cancellation

If you need to cancel or modify a reservation, please notify us at least 24 hours in advance. For cancellations or changes made after this timeframe, full payment will be required. For groups of 6 or more, please contact your coordinator directly.

Arrival

Please ensure you arrive at least one hour before your first treatment begins. Your appointment is tailored exclusively for you. To maintain the quality of each guest's experience, late arrivals will only receive the remaining time allocated for their appointment. Additionally, please remember to bring a bathing suit for your spa day, as it's required for the co-ed hydrothermal experience.

Service Charge

A fixed 24% service charge will be included on your bill for services rendered. If you wish, you may add extra gratuities at your discretion.

Age Requirements

Guests aged 16 and older are welcome to participate with guardian supervision and sign a waiver in person. Additionally, younger guests can enjoy salon services if accompanied by a guardian.

Salon Services

Salon guests will be required to pay a day pass fee to access the spa facility or the Aayush Experience.

Hours

Timing may vary depending on peak seasons.



Etiquette

Please be mindful that Amrit Wellness & Spa is a serene sanctuary. We kindly ask for your assistance in preserving our tranquil atmosphere by speaking softly and refraining from using cell phones, playing music, or watching videos in communal areas.

Furthermore, The Aayush is designed as a wellness experience. To ensure all guests can fully benefit from their wellness circuits, we request that you limit your visit to 90-120 minutes. You are welcome to enjoy the amenities in the individual locker rooms and relax on the beach during your visit.

Attire

For many spa treatments, it's typical to undress entirely, but you should undress to your comfort level. Rest assured; our therapists are skilled at maintaining your privacy by ensuring proper draping throughout the treatment.

For treatments like Traditional Thai, Table Thai, Reiki, Reiki Healing, or Assisted Stretch, we recommend wearing loose-fitting clothing that facilitates stretching.

Pricing

The spa menu and prices are subject to change without prior notice.

Retail

Unopened or unused products may be returned within 7 days, while apparel can be returned within 14 days as long as the price tag is still attached.

Well. Beyond Wellness.

Amrit
OCEAN RESORT
Wellness For Life