



# Our Wellness Menu

2024



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# 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

50/80/110-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

50/80/110-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 treatments 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.

## Ayurveda Pedicure

50-Minutes

Opens with a foot soak followed by an invigorating foot mask and scrub with purifying, refining and moisturizing benefits. The pedicure ends with a relaxing foot massage using the balancing foot bowl and 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



# Ayurveda

## Abhyanga Massage

50/80-Minutes

A flowing and rhythmic massage with dosha balancing oils works on the physical and subtle bodies to bring balance and harmony to all 3 Doshas.

## Shirodhara

50/80-Minutes

A stream of warm herbal infused oil is continuously poured over the forehead to quiet the mind. Deeply calming to the entire nervous system and eases stress and tension held around the head and neck.

## Ayurvedic Kansa Facial

50/80-Minutes

Skin-refining and firming facial using the Ayurvedic Kansa Massage Wand to soothe, tone and release stress from facial muscles, neck, and shoulders.

## Ayurveda Pedicure

50-Minutes

Opens with a foot soak followed by an invigorating foot mask and scrub with purifying, refining and moisturizing benefits. The pedicure ends with a relaxing foot massage using the balancing foot bowl and polish.

## Reiki Healing

50/80-Minutes

Experience the calming energy of our Reiki Healing, a gentle and holistic practice designed to promote relaxation and balance. Through light touch or near-body placement, our certified Reiki practitioners channel healing energy to help clear blockages, reduce stress, and enhance overall well-being. This deeply restorative treatment encourages emotional and physical healing, allowing you to reconnect with your inner peace. Ideal for anyone seeking relief from tension or a deeper sense of tranquility, our Reiki session will leave you feeling centered and rejuvenated.



# Icoone Body Shaping

## Icoone

Discover the transformative power of the Icoone Laser, a revolutionary, non-invasive treatment designed to sculpt, firm, and rejuvenate your body and skin. This device offers precision microstimulation to target stubborn fat, cellulite, and sagging skin while promoting lymphatic drainage and boosting collagen production. Ideal for body contouring, skin tightening, and overall rejuvenation, this treatment delivers visible, long-lasting results with no downtime. Experience smoother, more toned skin and a revitalized appearance with the Icoone Laser's innovative approach to wellness and beauty.

## Non-Surgical Lipo Refinement

### 50 Minutes

Skinnew for collagen stimulation and fine line reduction, Linfa for detoxification and lymphatic drainage, Stimfluid to boost circulation and firm the skin, and Final to refine and contour for a radiant, sculpted appearance. Tailored to your needs, this non-invasive solution is ideal for body contouring, skin tightening, and overall wellness.

## Rhythmic Waves

### 50 Minutes

Cellfat for reducing stubborn fat and cellulite, Fatzone to address localized fat, and Silhouette to shape and tone your figure. Achieve a slimmer, more defined look with this advanced treatment.

## Model Plus

### 50 Minutes

Celldrain for lymphatic drainage, Silk for smoother, radiant skin, and Cellfat to reduce stubborn fat and cellulite. Achieve a sculpted, refreshed look with this advanced treatment.



## Youth Essence Forme

50 Minutes

Bioyoung to restore youthful radiance, Elasto to improve skin firmness, and Silhouette to sculpt and define your figure. Achieve a refreshed, sculpted look effortlessly.

## Shape & Sculpt Refinement

50 Minutes

Tonus to tighten and firm the skin, Silhouette to sculpt and shape, and Elastro to boost elasticity for a smooth, toned appearance. Achieve a beautifully contoured figure with this advanced treatment.

## Comprehensive Facial Rehab

50 Minutes

Neck and Face One to enhance skin texture and tone, Neck and Face Two for deeper lifting and firming, and Chin Sculpt to define and refine the jawline. Experience a more youthful and sculpted appearance with these advanced solutions.

## Vital Matrix

50 Minutes

Stimfluid to boost circulation and tone the skin, Linfa for detoxifying lymphatic drainage, and Final to refine and enhance your overall appearance. Experience a firmer, more radiant body with this advanced, non-invasive treatment.

## Additional Time

20 Minutes

Enhance your Icoone Laser experience with additional time for customization. This personalized session allows for targeted treatment areas, enabling you to address specific concerns and optimize results. Whether you seek deeper rejuvenation, focused contouring, or enhanced skin tightening, our expert practitioners will tailor the session to meet your unique needs, ensuring you achieve the best possible outcome. Enjoy a truly bespoke experience with the flexibility to focus on what matters most to you.





# Touchless Therapies

## Dry Floatation Therapy

20 Minutes

Discover our dry floatation bed, a water-filled, body-temperature-heated sanctuary that provides a pure, weightless environment. Let yourself drift into a meditative state, allowing your mind and body to fully rejuvenate. Enhance your float with calming colors and soft music, or opt for a silent, serene experience. Emerge with renewed clarity and fresh perspectives.

## Hyperbaric Oxygen Therapy (HBOT)

60/90 Minutes

Hyperbaric Oxygen Therapy (HBOT) is a treatment that involves breathing concentrated oxygen within a pressurized chamber to enhance the body's natural healing abilities. This therapy boosts blood flow, promoting relaxation and recovery. The chamber serves as an ideal complement to our integrative and touchless services, offering a holistic approach to wellness.

## Red Light Therapy

20 Minutes

This therapy exposes the body to targeted light wavelengths that promote healing of wounds, tendons, muscles, nerves, and bones, while also reducing inflammation and pain. For healthy individuals, it enhances strength, boosts energy (ATP production), accelerates recovery, and reduces fatigue.



# Touchless Therapies

## PEMF Mat

20 Minutes

Pulsed Electromagnetic Field Therapy (PEMF), also known as low magnetic stimulation, utilizes electromagnetic fields to promote overall wellness and enhance mood. It works by detoxifying cells and increasing cell voltage for improved cellular function.

## Somadome

20 Minutes

The world's first technology-enhanced meditation pod blends color, sound, and energy therapies to create a serene space for deep meditation. With twenty intention-based sessions designed to support various aspects of your life, each lasting just twenty minutes, it's the perfect way to elevate your spa experience before or after other treatments.



*Fitness*

## Personal Training

### 60 Minutes

Achieve your fitness goals with our tailored personal training sessions. Our certified trainers provide one-on-one guidance, creating customized workout plans designed to enhance strength, endurance, and flexibility. Enjoy expert support and motivation in a focused environment, ensuring you maximize your results while staying safe and effective. Transform your fitness journey with personalized attention that inspires and empowers you!

## Private Yoga

### 60 Minutes

Experience the serenity and transformative power of yoga with our private sessions tailored to your individual needs. Enjoy personalized instruction from our certified yoga instructors, who will design a practice that aligns with your goals, whether you seek relaxation, strength building, or improved flexibility. Enjoy the benefits of one-on-one guidance in a tranquil setting, allowing you to deepen your practice and achieve a greater sense of balance and well-being. Embrace your journey to inner peace and harmony with our private yoga offerings!

## Private Sound Bath Meditation

### 30/60-Minutes

Immerse yourself in a deeply relaxing experience with our Private Sound Bath Meditation. This personalized session uses harmonic sound frequencies from singing bowls, gongs, and other instruments to promote profound relaxation and healing. Allow the soothing vibrations to wash over you, releasing tension and restoring balance to your mind, body, and spirit. Perfect for anyone seeking a tranquil escape, this meditation helps you connect with your inner self and enhance your overall well-being.

## InBody Assessment

### 30 Minutes

Discover your body composition with our InBody Assessment, a cutting-edge analysis that provides detailed insights into your muscle mass, body fat percentage, and overall health metrics. This non-invasive and quick evaluation offers a comprehensive look at your physical composition, helping you set personalized fitness and nutrition goals. Ideal for anyone looking to track progress or enhance their wellness journey, the InBody Assessment is your first step towards achieving a healthier, more balanced you.



*Fitness*

## Assisted Stretch

25/50 Minutes

Enhance your flexibility and relieve tension with our Assisted Stretch sessions. Guided by a trained specialist, this personalized experience involves gentle, targeted stretches designed to improve range of motion and alleviate tightness in your muscles. Whether you're an athlete looking to optimize performance or simply seeking relaxation, our Assisted Stretch will help you feel rejuvenated and limber. Experience the benefits of deeper stretching in a supportive environment that caters to your individual needs.

## Group Fitness & Activities

60 Minutes+

Are you interested in hosting a Customized Group Fitness Activity? Experience a dynamic and engaging workout tailored to your group's unique goals and interests! Led by certified instructors, these sessions feature a variety of exercises, from strength training and cardio to yoga and dance, ensuring a fun and effective workout for everyone involved. Perfect for friends, teams, or corporate wellness initiatives, our group activities foster camaraderie while promoting health and fitness. Enjoy motivation and accountability in a supportive environment that makes fitness enjoyable for all!



# Packages

## Amrit Hyper Wellness Protocol

120 Minutes

Discover Each technology enhances the effects of the next, making strategic biohacking essential for achieving optimal health and performance. Charging the cells separates them, allowing for more efficient oxygen absorption and creating a window of opportunity where this process is heightened. Elevated oxygen levels in the blood and expanded cellular surface areas maximize the benefits of light therapy after oxygen therapy, as cells absorb light more effectively. By structuring therapy sessions to leverage these interconnected systems, users can reduce oxidative stress and optimize ATP (energy) production.

## Signature Experience

4.5 Hours (50-Minute Custom Massage: 50-Minute MediSpa Facial: 50-Minute Amrit Signature Manicure & Pedicure: Blowout)

Indulge in the ultimate luxury with our Signature Experience. This bespoke journey combines advanced therapies tailored to your unique needs, offering a transformative escape for both mind and body. Let our expert therapists guide you through a harmonious blend of treatments designed to rejuvenate, refresh, and restore.

## Head-To-Toe

2.5 Hours (Blowout: 50-Minute Amrit Signature Manicure & Pedicure)

Indulge in the ultimate pampering experience with our Luxury Blowout combined with a luxurious Manicure and Pedicure. Begin with our expert blowout service, where our stylists create your perfect hairstyle—sleek, voluminous, or textured waves—leaving your hair smooth, polished, and ready for any occasion. Then, treat your hands and feet to an exquisite manicure and pedicure, featuring meticulous nail shaping, cuticle care, and a lavish polish finish. The manicure will leave your hands feeling soft and refined, while the pedicure elevates foot care with added relaxation and pampering. This complete package ensures you look and feel your absolute best from head to toe.



# Packages

## Ayurveda Rejuvenation Experience

4.5 Hours (80-Minute Abhyanga: 50-Minute Shirodhara: 50-Minute Kansa Facial: 50-Minute Ayurveda Pedicure)

Embark on a transformative journey with our Ayurveda Rejuvenation Experience, meticulously designed to restore balance and harmony to your mind, body, and spirit. This comprehensive package includes a series of holistic treatments that draw on ancient Ayurvedic principles for deep rejuvenation.

## Refresh & Revive

4.5 Hours (80-Minute Amrit Body Wrap: 80-Minute Lymphatic Massage: 80-Minute MediSpa Facial)

Reinvigorate your body and mind with our Refresh & Revive Experience, a luxurious journey designed to leave you feeling rejuvenated and revitalized. This comprehensive package includes three transformative treatments that work synergistically to enhance your overall wellness.

## Repose & Restore

2 Hours (50-Minute Custom Massage: 50-Minute Blissful Glow Facial)

Experience the ultimate indulgence with our signature services. Enjoy a customized massage tailored to your needs, melting away tension and restoring harmony to your body. Follow it with a rejuvenating facial, featuring personalized serums and soothing techniques that infuse your skin with hydration and radiance.



# 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 20% 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*