SAMAGRA

spa

an invitation

to pause

Samagra समग्र
: all, entire, total

At *SAMAGRA*, we approach your wellness *holistically* to create and realise a wholesome experience that uplifts your mind, body, spirit and emotions.

Our Inspiration

Uttarakhand's Spiritual Tapestry

Imbibing Uttarakhand's spiritual essence, our menu at Samagra reflects the region's profound influence on holistic well-being. Rooted in the Himalayan foothills, our offerings harmonise ancient wisdom with modern sensibilities. From sacred herbs to revitalising oils, ingredients have been sourced from Uttarakhand's natural abundance and spiritual heritage. Step into a realm where every experience nurtures the body and soul, guided by the serene wisdom of this sacred land.

full body experiences



Full Body Experiences

१ Vileen signature journey (60/90 minutes) — INR 6,000 / 7,000

This transformative experience merges techniques from Reflexology, Aromatherapy, Deep Tissue, Ancient Indian, Ayurvedic, Tibetan, and Swedish traditions. Our expert therapists curate this holistic voyage, using custom-blended essential oils enriched with nourishing fixed oils tailored precisely to your preferences. Experience the profound therapeutic benefits of this personalised approach, rejuvenating both body and mind.

२ Aromatherapy immersion in the himalayas (90 minutes) — INR 7,000

Immerse yourself in the art of Himalayan Aromatherapy, harnessing the power of pure essential oils and unrefined fixed oils. Aromatherapy is a holistic science that provides a calming experience, systematically benefiting the entire body. Operating through inhalation and skin absorption, this therapy employs lymphatic, and pressure point massage techniques to promote physical, psychological, and spiritual well-being. Our therapists select from Samagra's range of therapeutic oil blends, applying your chosen blend to the skin while its soothing aroma fills the air via an ultrasonic electric diffuser.

३ Traditional swedish massage (60/90 minutes) — INR 4,500 / 5,500

Experience the rejuvenating touch of our Traditional Swedish Massage, where superficial muscle layers are gently manipulated to promote relaxation, improve circulation, and aid in detoxification. This session incorporates precise strokes like effleurage, petrissage, tapotement, and friction, using locally sourced, cold-pressed fixed oils warmed to perfection, offering a deeply nurturing and therapeutic experience.

४ Deep tissue massage (60/90 minutes) — INR 5,000 / 6,000

Realign and revitalise with our Deep Tissue Experience, targeting major muscle groups to alleviate tension and enhance flexibility. This session focuses on areas prone to stress, employing deep pressure and stretching techniques to boost circulation and relieve stiffness. Feel renewed and balanced as your body embraces greater suppleness and well-being.

५ Himalayan hot and cold stone massage (90 minutes) — INR 7,000

Indulge in the transformative Himalayan Hot and Cold Stone Massage, designed to strengthen the mind-body connection and leave you refreshed, energised, and rebalanced. Enjoy the comforting warmth of hot stones and the invigorating sensations of chilled stones, promoting circulation, relaxation, and tension release.

६ Energy balance reflexology (60 minutes) — INR 2,500

Restore your body's natural equilibrium with a deeply soothing experience focused on stimulating reflex points. This therapy promotes enhanced energy flow throughout the body, encouraging relaxation, stress relief, and overall well-being. Enjoy the cooling sensation and aromatic benefits of sustainably sourced Vetiver essential oil cream, applied to nourish and refresh your feet, enhancing the therapeutic effects of this rejuvenating treatment.

**18% GST extra*

full body ayurvedic fusion experiences



Full Body Ayurvedic Fusion Experiences

Anandam fusion massage (60/90 minutes) — INR 5,000 / 6,000

Indulge in a luxurious full-body experience that harmonises body and mind with gentle, flowing strokes using herbal-infused Sesame oil. This ancient Ayurvedic practice enhances physical consistency, improves sleep patterns, supports eye health, and aids natural detoxification. Feel tensions dissolve as the therapeutic touch and soothing aroma envelop you, leaving a profound sense of rejuvenation and holistic well-being.

Ojas bundle massage (60 minutes) — INR 6,000

Embark on the Churna Swedana Fusion journey, where after a dosha-specific full-body massage, therapeutic sweating is induced using warmed herbal poultices. Known as "the bundle massage," it enhances circulation, aids natural toxin elimination, and relieves muscle pain, stiffness, rheumatism, arthritis, and sports injuries.

Kapha dosha energising massage (60/90 minutes) — INR 6,000 / 7,000

Revitalise with the Kapha Dosha Energising Massage, featuring light to vigorous strokes to activate tissues and stimulate metabolism. Warm Ginger, Cardamom, and Black Pepper essential oils in a vegetable base invigorate a sluggish metabolism, promoting deep tissue revitalisation and overall energy flow.

Pitta dosha grounding massage (60/90 minutes) — INR 6,000/ 7,000

Ground your fiery Pitta Dosha with a soothing and nurturing massage. Gentle strokes calm and centre your being, enhanced by India's essential oil of tranquillity, Vetiver (Khus Khus). A bespoke blend of Vetiver, Petitgrain, and Kashmiri Lavender essential oils in a skin-balancing mixture of Apricot, Peach, and Jojoba oils promotes profound relaxation and serenity, reconnecting you with inner peace and balance.

Vata dosha chamomile nurturing body massage (60/90 minutes) — INR 6,000/ 7,000

This nurturing experience involves gentle massage strokes that promote relaxation and harmony for both the mind and body. Long, flowing strokes are applied to the limbs, complemented by circular movements that target the joints. Special focus is given to the colon, pelvis, back, and sacrum to enhance overall well-being. The body is treated with a blend of essential oils including Chamomile, Lavender, and Sweet Orange, infused with cold-pressed Peach, Apricot, and Jojoba oils, which are warmed before anointing the skin. This combination harmonises and restores balance to the mind, body, and soul, offering a holistic and rejuvenating experience.

**18% GST extra*


focused body
experiences

Focused Body Experiences

Back, Neck, and Shoulders

९२ Himalayan healing therapy (30/60 minutes) — INR 3,000 / 4,500

Experience profound relaxation and relief with a therapeutic blend of warm fixed and essential oils expertly applied to soothe muscular tension and alleviate headaches. Incorporating rhythmic movements that encourage deep breathing, this session promotes enhanced oxygenation to tense muscles, fostering a profound sense of calm and balance. Allow your mind and body to unwind as stress melts away, leaving you revitalised and restored.

Head

९३ Indian revival champissage (60 minutes) — INR 4,500

Immerse yourself in the artistry of the Indian Champissage head massage, a revered tradition that targets tension in the head, face, neck, and shoulders. Gentle yet profound rhythmic massage techniques, combined with acupressure, synergistically release accumulated stress from tissues, muscles, and joints. This holistic approach promotes deep peace and relaxation throughout the body.

To enrich your experience, Samagra's therapeutic oil blends are delicately applied, moisturising and rejuvenating both hair and skin, leaving you refreshed and revitalised.

**18% GST extra*



hands and feet rituals

Hands and Feet Rituals

Dip into the essence of Indian hospitality with our hand and foot rituals, designed to cleanse, rejuvenate, and honour traditional practices.

९४ Vileen's signature spiritual foot ritual (45 minutes) — INR 3,000

Immerse your feet in warm Ganga water to reduce stress and boost well-being. Exfoliate with Himalayan Apricot and Peach kernels, followed by an emollient foot cream with essential oils for spiritual calm and rejuvenation.

९५ Himalayan salt & vetiver foot ritual (30 minutes) — INR 2,500

Purify and ground your body with Himalayan salt and over 80 minerals. This treatment enhances blood circulation while you relax in a warm copper foot vessel. Finish with Vetiver-infused foot cream for harmony and refreshment.

९६ Flawless feet (45 minutes) — INR 3,000

Treat your feet with a Himalayan salt scrub, a circulation-boosting massage, and a hydrating Aloe Vera mask. Complete with nail shaping and a moisturising foot cream with Mango butter, Jojoba, Eucalyptus Peppermint, and Indian Patchouli.

९७ Perfect hands (45 minutes) — INR 3,500

Restore smooth, youthful hands with a scrub, coconut oil massage, hydrating Aloe Vera mask, and nail shaping. Finish with a rich hand cream blend of Coco, Mango, Shea butter, Jojoba, Apricot oils, Indian Patchouli, and Vetiver (Rhu Kus).

**18% GST extra*



holistic facial
experiences

Holistic Facial Experiences

Explore Samagra's range of holistic facials tailored to all skin types, from Normal, Oily and Dry to Combination, addressing concerns like acne, ageing signs, and environmental stress. A detailed consultation identifies your skin's unique needs before recommending the ideal facial and remedies.

१८ Himalayan harmony (90 minutes) — INR 5,000

Immerse yourself in a therapeutic blend of hydrating Jojoba and ancient massage techniques that release deep-seated tension and stress from the face, back, neck, and shoulders. Essential oils and cold-pressed unrefined oils cleanse, exfoliate, and hydrate the skin, leaving a healthy glow and a profound sense of peace and tranquillity.

१९ Himalayan seabuckthorn & patchouli rejuvenator (60 minutes) INR 4,500

Luxuriate in an anti-aging facial harnessing the power of Indian Patchouli essential oil and a blend of cold-pressed unrefined oils like Seabuckthorn, Apricot kernel, and Jojoba. A rejuvenating massage uplifts and tones, while a nourishing mask replenishes the skin. Complete with a relaxing head and hand massage for holistic rejuvenation.

२० Ganga mist (60 minutes) — INR 4,500

Immerse yourself in a spiritual and rejuvenating experience by the holy Ganga River. Pure Hydrolats and Seed oils calm inflammation and stressed skin, preparing it for a relaxing pressure point massage. A nourishing clay mask of Indian clays and therapeutic oils rebalances the skin, followed by a specialised serum and moisturiser to protect and rejuvenate.

२१ Urban purity revival (45 minutes) — INR 4,000

Revitalise skin and spirit with our bespoke anti-pollution facial, perfect for a quick refresh. This treatment cleanses away daily pollutants, exfoliates gently, and includes a lymphatic drainage massage to release stress buildup. A handmade Indian clay mask draws out impurities, leaving skin bright, refreshed, and emotionally balanced.

**18% GST extra*



the illuminators

Body Scrubs

The Illuminators

BODY SCRUBS

Experience the transformative power of Samagra's Signature Handcrafted Body Scrubs. Each treatment gently exfoliates and invigorates, using natural ingredients and therapeutic oils. From Himalayan Salt to Indian Chandan, these scrubs rejuvenate skin and soothe senses, leaving you refreshed and revitalised.

२२ Himalayan apricot, walnut, and peach (45 minutes) — INR 4,000

Experience the invigorating blend of finely ground walnut shell, apricot, and peach kernels in a nourishing mix of apricot, peach, and jojoba oils. This treatment targets the legs, arms, back, stomach, and chest, using effleurage, petrissage, and friction techniques to gently remove impurities, dull surface cells, and environmental pollutants. It improves blood circulation, vitality, and elasticity, preparing your skin for deeper hydration and nourishment.

२३ Himalayan salt (45 minutes) — INR 4,000

Rejuvenate your skin with mineralising Himalayan pink salt, combined with Samagra's therapeutic essential oil blends. This scrub effectively removes impurities, refines skin texture, and enhances blood circulation. Ideal for improving vitality and elasticity, it's a perfect introductory treatment upon arrival to restore and revitalise your body.

२४ Himalayan deodar (Cedarwood) (45 minutes) — INR 4,000

Embrace the essence of majestic Himalayan cedarwood as it gently purifies and refines your skin. Ground Himalayan salts blended with peach, apricot, and jojoba oils eliminate sebum, dust, grime, and rough-textured skin. This spiritual experience enhances blood circulation, vitality, and elasticity, leaving you refreshed and rejuvenated with the soothing aroma of cedarwood.

२५ Indian chandan dust exfoliator (45 minutes) — INR 4,000

Indulge in a sacred Indian ritual with Chandan dust, known for its purifying and revitalising properties. This gentle exfoliator, infused with Samagra's essential oil blends and apricot kernel, peach kernel, and jojoba oils, smooths and revitalises your skin. The therapist uses nurturing strokes to cleanse away impurities, leaving you spiritually renewed and rejuvenated.

**18% GST extra*



the revitalising cocoon

Body Wraps

The Revitalising Cocoon

BODY WRAPS

Step into rejuvenation with Samagra's body wraps, designed to restore balance and vitality. Starting with gentle exfoliation, your skin is prepped to absorb the wrap's enriching properties. Wrapped in comforting warmth, the ingredients purify, soothe muscles, and promote tranquillity. Finish with hydration for supple, revitalised skin and a renewed spirit.

২৬ Indian clay and patchouli (60 minutes) — INR 4,500

Discover the power of Indian clays enriched with minerals to cleanse, tone, and revitalize your skin. Begin with therapeutic oils, followed by clay infused with hydrolat. Wrapped warmly, the treatment purifies and rejuvenates. Conclude with hydrating Patchouli for a refreshed, calm finish.

২৭ Aloe vera, patchouli, and jojoba sun soother (60 minutes) — INR 4,500

Soothe sun-exposed skin with Patchouli-infused Jojoba oil, followed by a cooling Aloe Vera mask. Wrapped in cool cotton sheets, enjoy a relaxing massage with chilled stones. Finish with a light Vetiver lotion, leaving your skin cleansed, cooled, and rejuvenated.

**18% GST extra*


divine gateway
experiences
The unity of our soul
with the supreme

Yoga

Experience pure and traditional Yoga at Samagra, Vileen, rooted in Hatha Yoga and personalised to suit individual needs. This disciplined science harmonises mind, body, and spirit, guiding you from awareness to blissful consciousness.

(All sessions last 60 Minutes)

२८ Hatha Yoga — INR 2,000

Discover personalised Hatha Yoga at Samagra, where each posture is adjusted to enhance your body's natural intuition. With focused attention and dialogue, you'll deepen your understanding of muscle engagement and posture dynamics.

२९ Gatyatmak Yoga — INR 2,500

Challenge yourself with dynamic Hatha Yoga postures in Gatyatmak Yoga. Centered around Surya Namaskar and Chandra Namaskar, these sequences energise and vitalise the body-mind system for intermediate to advanced practitioners.

३० Kriya Yoga — INR 1,500

Unlock psychic energy through Kriya Yoga, integrating asanas, Pranayama, Mudras, Bandhas, and Shatkriyas. This practice channels subtle energies, fostering optimal health and spiritual awakening.

३१ Advanced Pranayama with Bandhas — INR 2,000

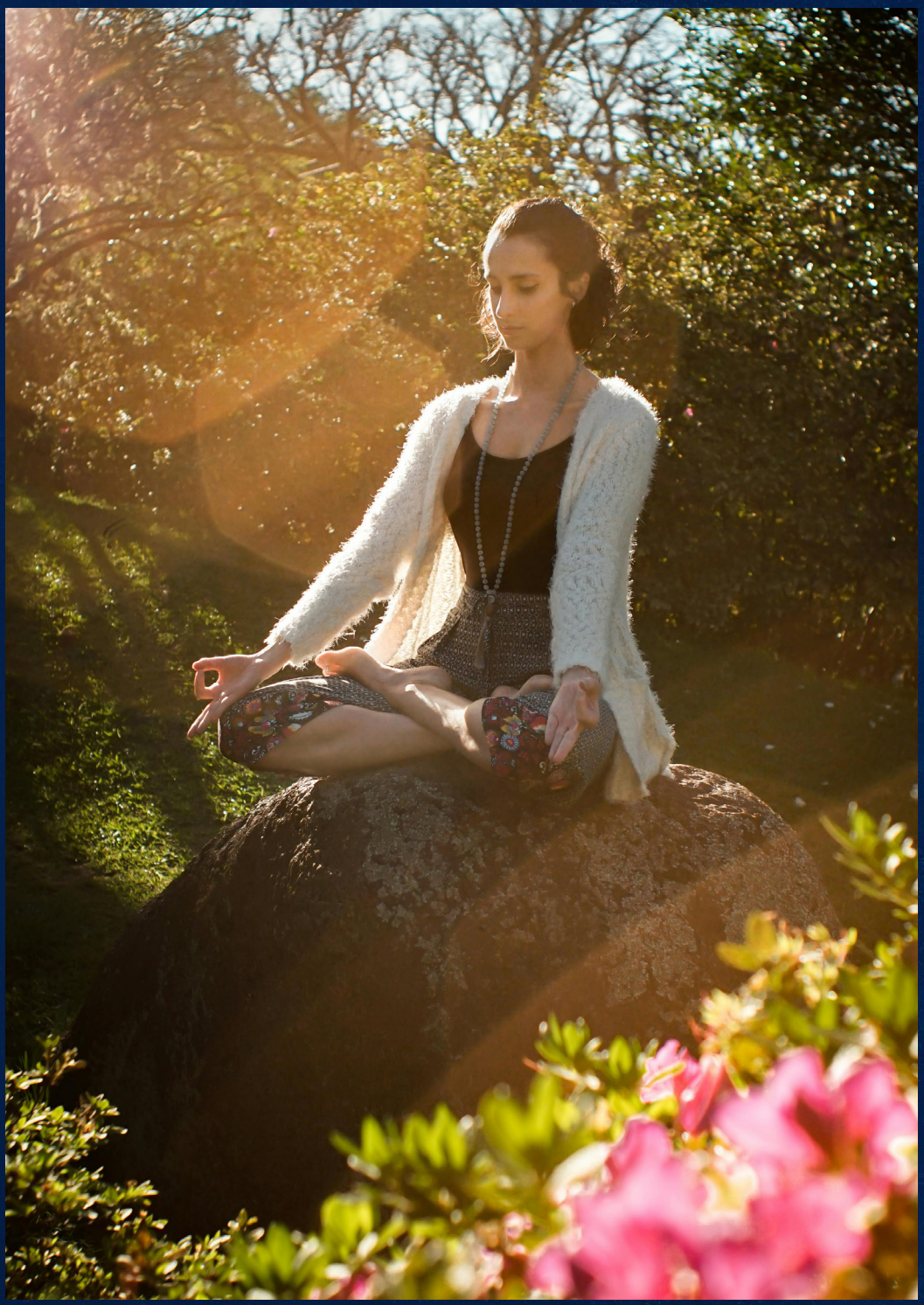
Elevate vitality with advanced Pranayama and Bandhas, intensifying the regulation of life force (prana). This practice enhances vibratory energy, promoting a higher state of physical and mental well-being.

३२ Pranayama — INR 1,500

Rectify breathing patterns and enhance vitality with Pranayama. These techniques expand prana (vitality), clear energy channels, and promote relaxation for a balanced mind and body.

**18% GST extra*

meditation



Meditation

Explore guided meditation techniques rooted in ancient Indian traditions, offering practical relaxation and harmony across physical, mental, and spiritual dimensions.

(All sessions last 60 Minutes)

३३ Yoga Nidra — INR 2,000

Indulge in deep relaxation with Yoga Nidra, a guided practice that transcends wakefulness and sleep. Experience profound healing and subconscious awareness for inner peace.

३४ Antar Mouna — INR 2,000

Cultivate inner silence through systematic meditation, gaining insights into mental processes and achieving emotional harmony.

३५ Ajapa Japa (Yoga Tantra) — INR 2,000

Attain meditative awareness with Ajapa Japa, spontaneously chanting mantras to calm the mind and enhance focus.

३६ Chidakasha Dharana — INR 2,000

Visualise consciousness from sensory to psychic dimensions with Chidakasha Dharana, deepening awareness and spiritual connection.

३७ Hridya Akasha Dharana — INR 2,000

Refine emotional energy and achieve emotional stability through Hridayakasha Dharna, exploring deep-seated feelings and releasing emotional blocks.

३८ Trataka Candle Meditation — INR 1,500

Improve concentration and memory with candle meditation, enhancing willpower and mental clarity through steady gazing.

३९ Shuddhi Kriyas — INR 1,500

Embrace purity with Yogic cleansing practices like Kunjal Kriya and Jal Neti, promoting physical and mental clarity through digestive and nasal cleansing.

४० Chakra Shuddhi — INR 2,000

Cleanse and balance your chakras with guided awareness and psychic mantras. This Kundalini Yoga technique fosters deep transformation and holistic well-being.

**18% GST extra*

well - being day and
half - day journeys



Well-being day and half-day Journeys

Experience rejuvenation and harmony with Samagra's curated well-being journeys, designed to elevate vitality and promote inner peace. Indulge in therapeutic rituals like steam sessions, bespoke foot rituals, and rejuvenating massages and facials. Each journey ends with a tranquil meditation session of your choice, leaving you feeling renewed and deeply rejuvenated.

४१ Vileen's Signature Spiritual Journey (240 Minutes) — INR 13,500

Indulge in a transformative experience that nourishes the soul and rejuvenates the body:

- *Begin with Steam (15 Minutes)*
- *Immerse in Samagra's Signature Spiritual Foot Ritual (45 Minutes)*
- *Delight in the Signature Experience (90 Minutes)*
- *Refresh with Seabuckthorn, Patchouli and Jojoba Rejuvenator Facial (60 Minutes)*
- *Achieve inner peace with Meditation (30 Minutes)*

४२ Rest (225 Minutes) — INR 12,500

Unwind and promote restful sleep to let go of daily stresses:

- *Start with Steam (15 Minutes)*
- *Relax with Foot Ritual (30 Minutes)*
- *Enjoy an Aromatherapeutic Journey (90 Minutes)*
- *Rejuvenate with Harmony Facial (60 Minutes)*
- *Choose your Meditation Session (30 Minutes)*

४३ Play (225 Minutes) — INR 15,000

Energise and uplift your spirits with a playful and enjoyable journey:

- *Rejuvenate with Steam (15 Minutes)*
- *Invigorate with Uplifting Himalayan Salt Foot Ritual (30 Minutes)*
- *Revitalise with Kapha Dosha Body Massage (60 Minutes)*
- *Refresh with Traditional Indian Head Massage-The Reviver (60 Minutes)*
- *Engage in a Yoga Session of Choice (60 Minutes)*

४४ Rebalance (240 Minutes) — INR 20,000

Restore balance and harmony at any time of day or night:

- *Begin with Steam (15 Minutes)*
- *Refresh with Foot Ritual (30 Minutes)*
- *Renew with Himalayan Salt Exfoliator (45 Minutes)*
- *Rebalance with Clay Body Wrap (60 Minutes)*
- *Revitalise with Seabuckthorn, Patchouli Jojoba Rejuvenator Facial (60 Minutes)*
- *Align your spirit with a Meditation Session of Choice (30 Minutes)*

**18% GST extra*

४५ Focus (255 Minutes) INR 20,500

Enhance mental agility and productivity with clarity of thought:

- *Prepare with Steam (15 Minutes)*
- *Energise with Uplifting Himalayan Salt Foot Ritual (30 Minutes)*
- *Stimulate with Himalayan Salt Exfoliator (45 Minutes)*
- *Relax deeply with Deep Tissue Massage (60 Minutes)*
- *Revive with Urban Purity Revival Facial (45 Minutes)*
- *Focus your mind with a Yoga Session of Choice (60 Minutes)*

४६ Relief (270 Minutes) INR 18,500

Harmonise mind, body, and spirit with targeted relief:

- *Begin with Steam (15 Minutes)*
- *Experience soothing Uplifting Himalayan Salt Foot Ritual (30 Minutes)*
- *Indulge in Vileen's Signature Experience (90 Minutes)*
- *Rebalance with Himalayan Harmony Facial (90 Minutes)*
- *Reflect and heal with a Meditation Session of Choice (45 Minutes)*

**18% GST extra*