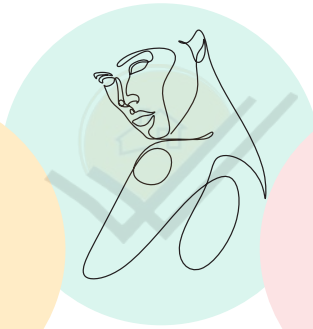


Beauty & Spa

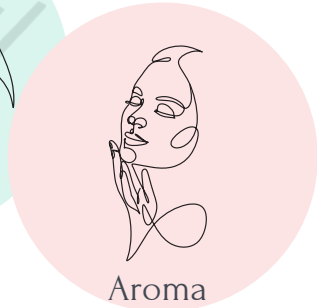
OUR SERVICES



Massage/
Beauty
Therapies



Ayurvedic
Treatments



Aroma
Therapies



CASTLE SPA

The Castle Spa strive to offer authentic skills that will enable you in embracing healthy techniques into your daily life and bringing higher harmony, peace, and healing into your life by drawing on ancient wisdom and divine knowledge.

Our personalized rejuvenation, restoration, and new beginnings programs are designed to emphasize balancing the individual and boosting the living spirit. Our practitioners skillfully combine programs that prioritize the client's health using natural therapies.

Wood Castle Spa offers four luxurious therapy rooms for massage, body scrubs, body massage, facials and different therapies. All the amenities are provided, including disposable underclothing and slippers, to name a few. The Castle spa provides a serene and comfy environment for the physical body's spiritual cleansing, the spirit's rejuvenation, and the soul's healing.

We are ready to pamper and rejuvenate your soul simply by enclosing you in a tranquil zone surrounded by lilac, vanilla, or lemongrass aromas, with a splendidly soothing and lavish ambience, exquisite blends of natural ingredients, and the healing power you seek.

Open daily | 8 AM - 8 PM
last treatment starts at 7:00 pm

in the infinity of life
take time out
for the soul





massage therapies

harmony head massage

A head massage is a deep-style massage that focuses on the head, neck and shoulders. A head massage applies a range of techniques to help reduce stress and release tension in the upper body. Massaging the scalp can help stimulate nerves and blood vessels around the area and begin to calm muscle tension around the head.

30 minutes Rs 1600
60 minutes Rs 2000

harmony foot massage

Soaking your feet in aromatic and ayurvedic herbs, the massage therapist combines a number of hand techniques, light pulling, and pressures to achieve the calm, flowing style of the relaxing massage. Foot massage improves circulation, stimulates muscles, reduces tension, and often eases pain.

30 minutes Rs 1600
60 minutes Rs 2000

natural head & foot Massage

Head and foot massage has several health benefits for the mind and body. It benefits the overall neurological system by nourishing the hair, roots, and scalp, while also minimizing sleeplessness, anxiety, and insomnia. While your feet are being massaged, effective natural oil is applied to open the head chakra.

45 minutes Rs 2000
60 minutes Rs 2400

reflexology

hand reflexology.... Rs 2000/- for 45 minutes
foot reflexology.... Rs 2000/- for 45 minutes
combined.... Rs 2500/- for 45 minutes

Reflexology is the practice of applying pressure to specific areas of your hands and feet, involves applying precise thumb, finger, and hand movements. Usage of oil can enhance the therapy where you are in pain or suffering. It increases circulation, boosts vitality, induces a state of deep relaxation, cleanses toxins, prevents migraines, treats urinary tract infections, speeds up recovery after injuries or surgery, and helps with sleep and anxiety issues.

body scrub

Rs 2400/- for 45 minutes

The body scrub is a splendid way to cleanse and exfoliate your skin and mind. If you're feeling a little lethargic or simply want to feel entirely revived and refreshed on a deep level, consider a body scrub. A body scrub exfoliates the skin, removes dead skin cells, cleans, brightens, and stimulates blood flow. By removing skin pollutants and dead skin, body scrub stimulates collagen, eliminates ageing symptoms, and nourishes the body.

facial

Rs 2000/- for 45 minutes

Consistent facials have enormous perks for your skin's health and wellness beyond just being a beauty treatment. Our ideal facial treatments clean, exfoliate, nourish, and restore your skin's natural radiance and brightness with face firming and city life shielding, depending on your needs. Clogged pores prevent the beneficial ingredients from infiltrating your skin, so a facial is vital to smooth the skin and refine the pores such that serums, moisturizer, and cleansers may perform their functions. Your face is instantly revitalized and helps to maintain healthy, beautiful skin with rapid stimulation of the tissues.

real fruit facial Rs 2500/-

manicure Rs 1000/-

pedicure Rs 1000/-





ayurvedic therapy

Ayurvedic spa treatments begin with internal detoxification, accompanied by herbal remedies, massage therapy, and therapeutic essential oils according to your dosha. Beyond relaxation, the goal of Ayurvedic treatment is to sustain the healthy well and to cure the sick. It is a comprehensive organic medical system, in addition to the more traditional massage strokes, tapping, kneading, and squeezing are among the massage techniques applied. The style and flow of the massage are determined by who you are and what your body needs at the moment for balance and wellness.



rejuvenation massage

Rs 2600/- for 45 minutes

Rejuvenating therapy has an impact on an individual when the entire body is massaged with therapeutic oils blends infused with ayurvedic herbs and heated to induce relaxation and detox, enhancing both physical and mental well-being. The oils are chosen to balance a person's soul at the proper temperature, oils enter the body through the skin and pores, bind to impurities, and are released to cleanse the body.

This therapy is considered to relieve pain and swelling from joints, promote improved health and optimism, a longer healthier life, slow down ageing, help decrease weight, rid the body of toxins, and improve the beauty and overall well-being.

abhyangam massage

Rs 3000/- for 45 minutes

Abhyangam is a massage technique that employs heated Kerala oil. The oil is the core aspect of this therapy, and it is applied to the entire body, from head to toe. This therapy is used to improve general health and wellness when blended with massage strokes. The concept behind Abhyangam is to stimulate the absorption of massage oils to various layers of the skin, which assists and enhances skin functioning. It also lowers stress, blood pressure, and muscular stiffness while increasing physical strength and slowing the ageing process.

kizhi ayurveda

Rs 3000/- for 60 minutes

Kizhi is a medicated fomentation therapeutic massage that involves the binding of herbal extracts or rice in cotton satchels. These satchels are heated and pounded lightly over the body or specific body parts as needed. It is an Ayurvedic therapy for osteoarthritis, spondylosis, muscular cramps, obesity, swelling, diabetes, and low back discomfort. This is a pressure treatment that varies based on the type of the illness and the spot as it absorbs the inflammation in the affected area, resulting in tissue and pain reduction.



shirodhara

Rs 3000/- for 45 minutes

Shirodhara is a blend of the Sanskrit words "shiro" (head) and "dhara" (flow). It's an Ayurvedic therapy in which the professional pours liquid on your forehead, either oil or milk. It is a holistic health method that focuses on life balance energies and is frequently linked with a body, scalp, or head massage. Shirodhara is stated to offer relaxing, soothing, and calming effects on the body and mind, as well as to improve sleep quality, regulate insomnia, decrease anxiety, and reduce stress.

balinese massage

Rs 3000/- for 45 minutes

Balinese massage is a full-body therapy that is ideal for those who wish to take care of their entire body from head to toe. The person is gently massaged with scented oil suited to the preference and skin type during the therapy.

This therapy combines relaxing strokes with intense pressure-point stimulation. The masseuse begins by massaging the legs, then the back and arms, and eventually the scalp. Therapists use a mix of light stretches, skin rolling, kneading and stroking, and pressure-point stimulation to enhance the flow of blood, lymph, and energy.



lymphatic drainage massage

Rs 3000/- for 45 minutes

Lymphatic drainage massage encourages the natural drainage of lymph nodes and the flow of lymph fluids throughout the body.

The lymphatic system is a part of the circulatory system that consists of lymphatic tubes that carry a clear fluid called lymph to the heart. This massage is a gentle, skin-stretching massage that promotes lymphatic fluid circulation out of the swollen limb. Boosting the lymphatic system can help with cleansing, swelling, and pre and post-surgery or accident.



aroma therapy

Aroma therapy massage integrates the therapeutic benefits of essential oils with massage therapy to heal both the mind and the body. A carrier oil, such as olive, sweet almond, or grapeseed, is chosen to apply essential oils to the skin. These essential oils are diffused and impart benefits to pain relief, and detoxification, elevated mood. The pressure is alternated around soft and firm. The client's body benefits not just from direct touch with the essential oils, however, the oils are claimed to have certain therapeutic effects when inhaled after exposure. Additionally, it affects all of your body's systems, including the circulatory and neurological systems, as well as the lymphatic and musculoskeletal systems.

deep tissue massage

Rs 3100/- for 45 minutes

Deep tissue massage is primarily used to treat musculoskeletal diseases such as strains and sports injuries. It entails applying constant pressure to the inner layers of your muscles and connective tissues with slow, deep strokes. It helps to break up scar tissue that accumulates after an injury, minimizes muscle and tissue strain, and speeds up healing by boosting blood flow and lowering inflammation. It is beneficial on both physical and psychological levels, unlike other relaxation-focused massages, it helps to ease musculoskeletal pain, stiffness, and mental healing.

swedish massage

Rs 3100/- for 45 minutes

Swedish massage, softer than deep tissue massage and more suited to individuals who seek to relax and relieve stress. This therapy is for the ones who experience a lot of strain in their lower spine, shoulders, and neck. Therapists combine kneading, long strokes, deep circular motions, and passive joint movements to help you relax by activating nerve endings, boosting blood flow, and lymph drainage. A traditional Swedish massage includes the entire body and is an ideal way to treat oneself. A Swedish massage's physical and mental health benefits make it an ideal choice for people new to massage or seeking a thorough massage experience.

Get a complementary 10-minute sauna/steam bath with a 35-minute Swedish massage.

a place to unwind
the mind,
body
and soul



special rejuvenation package

jacuzzi

(30 minutes)

an individual..... 1500

a couple..... 1000

sauna bath

(30 minutes)

an individual/ couple..... 1500

steam bath

(30 minutes)

an individual/ couple..... 1500

rejuvenation massage + shirodhara..... 4000

aroma massage + herbal Facial..... 3500

swedish massage + shirodhara..... 4000

|| let us heal you ||



☎ intercom -169

Wood Castle Spa & Resort

NH 309, Jim Corbett National Park, Village Dhikuli, Ramnagar,
District Nainital (244715) Uttarakhand, India.

Contact- +91 96340 30983, +91 9917470033