



# 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



# 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



# 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 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.



# Spa Menu Pricing

## MASSAGES

SERVICE	LENGTH	BASE	PEAK
Amrit Custom Massage	50 Min.	\$225.00	\$245.00
Amrit Custom Massage	80 Min.	\$360.00	\$390.00
Amrit Custom Massage	110 Min.	\$495.00	\$539.00
Couples Massage	80 Min.	\$840.00+	\$900.00+
Couples Massage	110 Min.	\$1,110.00+	\$1,198.00+
CBD Massage	50 Min.	\$265.00	\$285.00
CBD Massage	80 Min.	\$425.00	\$455.00
CBD Massage	110 Min.	\$580.00	\$625.00
Clarity Massage	75 Min.	\$400.00	\$430.00
Clarity Massage	105 Min.	\$550.00	\$595.00
Cranial Massage	80 Min.	\$400.00	\$430.00
Cupping Massage	80 Min.	\$400.00	\$430.00
Cupping Massage	110 Min.	\$550.00	\$595.00
Lymphatic Massage	80 Min.	\$400.00	\$430.00
Lymphatic Massage	110 Min.	\$550.00	\$595.00
Myofascial Massage	80 Min.	\$400.00	\$430.00
Neuromuscular Massage	80 Min.	\$400.00	\$430.00
Prenatal Massage	80 Min.	\$400.00	\$430.00
Prenatal Massage	110 Min.	\$550.00	\$595.00

## BODY TREATMENTS

SERVICE	LENGTH	BASE	PEAK
Amrit Body Scrub	50 Min.	\$235.00	\$255.00
Amrit Body Scrub & Massage	80 Min.	\$375.00	\$405.00
Amrit Body Wrap	80 Min.	\$375.00	\$405.00
Amrit Signature Body Experience	110 Min.	\$515.00	\$560.00

## TOUCHLESS THERAPIES

Hyperbaric Chamber	60 Min.	\$165
Hyperbaric Chamber	90 Min.	\$255.00
Hyperbaric Chamber	120 Min.	\$360.00
Red Light Therapy	20 Min.	\$60.00
Dry Flotation	20 Min.	\$60.00
Dry Flotation	30 Min.	\$90.00

## FACIALS

Medi-Spa Facial Rejuvenation	50 Min.	\$275.00	\$295.00
Medi-Spa Facial Rejuvenation	80 Min.	\$440.00	\$470.00
Medi-Spa Facial Rejuvenation	110 Min.	\$605.00	\$649.00



# Spa Menu Pricing

## FACIALS

SERVICE	LENGTH	BASE	PEAK
Amrit Tranquility Facial	50 Min.	\$265.00	\$285.00
Amrit Tranquility Facial	80 Min.	\$425.00	\$445.00
Bespoke Facial	75 Min.	\$360.00	\$385.00
Bespoke Facial	105 Min.	\$510.00	\$535.00
Blissful Glow	50 Min.	\$225.00	\$245.00
Blissful Glow	80 Min.	\$360.00	\$390.00

## MANICURES & PEDICURES

Amrit Signature Manicure	50 Min.	\$75.00	
Express Manicure	25 Min.	\$60.00	
Amrit Signature Pedicure	50 Min.	\$95.00	
Express Pedicure	25 Min.	\$70.00	
CBD Pedicure	50 Min.	\$120.00	
Luxury Pedicure	80 Min.	\$150.00	
Gel Removal	15 Min.	\$30.00	
Dip Removal	30 Min.	\$45.00	
Gel/Shellac		\$25.00	
French Tip		\$25.00	

## HAIR CARE

SERVICE	BASE
Women's Cut & Style	\$125.00+
Women's Blowout	\$85.00+
Women's Partial Highlight	\$175.00+
Women's Full Highlight	\$235.00+
Gloss	\$135.00+
Single Process	\$85.00+
Balayage Partial	\$195.00+
Balayage Full	\$280.00+
Straightening/Relax	\$395.00+
Conditioning Treatment	\$45.00+
Men's Hair Cut	\$60.00+
Men's Partial Highlights	\$145.00+
Men's Full Highlights	\$220.00+

## AYURVEDA

SERVICE	LENGTH	BASE	PEAK
Abhyanga Massage	50 Min.	\$285.00	\$315.00
Abhyanga Massage	80 Min.	\$455.00	\$485.00



# Spa Menu Pricing

## AYURVEDA

SERVICE	LENGTH	BASE	PEAK
Shirodhara	50 Min.	\$295.00	\$325.00
Shirodhara	80 Min.	\$465.00	\$495.00
Ayurvedic Kansa Facial	50 Min.	\$275.00	\$305.00
Ayurvedic Kansa Facial	80 Min.	\$445.00	\$475.00
Ayurvedic Pedicure	50 Min.	\$105.00	

## ICOONE BODY SHAPING

SERVICE	LENGTH	BASE
Non-Surgical Lipo Refinement	50 Min.	\$675.00
Rhythmic Waves	50 Min.	\$675.00
Model Plus	50 Min.	\$675.00
Youth Essence Forme	50 Min.	\$675.00
Shape & Sculpt Refinement	50 Min.	\$675.00
Comprehensive Facial Rehab	50 Min.	\$675.00
Vital Matrix	50 Min.	\$675.00
Additional Time	20 Min.	\$225.00

## FITNESS

SERVICE	LENGTH	BASE
Personal Training	60 Min.	\$140.00
Private Yoga	60 Min.	\$140.00
Private Sound Bath Meditation	60 Min.	\$140.00
InBody Assessment	30 Min.	\$99.00
Assisted Stretch	25 Min.	\$95.00
Assisted Stretch	50 Min.	\$185.00
Group Fitness/ Activities		Please Call

## PACKAGES

SERVICE	LENGTH	BASE
Signature Experience	4.5 Hrs.	\$775.00
Hyper Wellness Protocol	2 Hrs.	\$330.00
Head-To-Toe	2.5 Hrs.	\$245.00+
Ayurveda Rejuvenation	4.5 Hrs.	\$1,175.00
Refresh & Revive	4.5 Hrs.	\$1,260.00
Repose & Restore	2 Hrs.	\$470.00

Well. Beyond Wellness.

Amrit  
OCEAN RESORT  
*Wellness For Life*