



AYUSH WELLNESS SPA

————— Hotel de France, Jersey —————

Our combination of authentic Ayurvedic therapies and luxurious spa treatments work in harmony. Within the portfolio of treatments you will recognise some familiar spa therapies that have been slightly adapted to maintain our Ayurvedic philosophy. Whatever your time restraints we have developed treatments and programmes that range from a one day visit to a three week stay allowing everyone at the very least an introduction to the health restorative properties of Ayurveda.

AUTHENTIC AYURVEDIC RITUALS & TREATMENTS

Abhyanga £139

Allow 1 hr 20 min

Four Hand Full Body Oil Massage - A combination of truly holistic four hand massage and steam detoxification, alleviating fatigue and chronic tension while detoxifying the body.

Navarkizi Massage £139

Allow 1 hr 20 min

Four Hand Full Body Herbal Poultice Massage - Two therapists work in perfect harmony to apply gentle pressure to the body with warm muslin parcels. These parcels are a perfect blend of rice, milk and herbs and not only are they supremely rich and rejuvenating but they leave the skin beautifully toned.

Pizzichill £139

Allow 1 hr 20 min

Four Hand Full Body Oil Bathing - Two therapists bath the body in gallons of warm herbal oil which continuously flows throughout the stress relieving massage makes this treatment blissful and extremely therapeutic.



Padaghata £85

Allow 55 min

or £99 with Bashpa Sweda

Allow 1 hr 20 min

Full Body Massage - Padaghata means 'pressure by foot'. A highly skilled therapist applies pressure and will massage the entire body using their feet. Ideal for those in need of a customised massage. This treatment may be further enhanced by adding steam detoxification at the end.

Shiropada £90

Allow 55 min

Head and Foot Massage - This begins by massaging your scalp, neck and shoulders, using customized oils and traditional Ayurvedic techniques to gently release tension and clear congestion. Followed by a soothing Ayurvedic foot massage, bringing about healing and relaxation from the crown of your head to the soles of your feet.

Ayurvedic Consultation £85, £49

Allow 55 min, follow up 20 min

During an Ayurvedic Consultation you will undergo diagnosis of your Do-sha and any imbalance you currently suffer from. Advice will be given on nutrition and lifestyle. Recommendations will be made for you to maintain balance and enrich your life.

Shirodhara £85

Allow 55 min

Relaxing Oil Pour - A soothing scalp massage prior to a gentle stream of herbal-infused oil on to the forehead which gently flows through the hair. This therapy works on a deep level to quieten the mind, soothe the central nervous system and helps to induce sleep.

Udvartana £85

Allow 55 min

Herbal Body Massage - A full body powder massage with a powerful ex-foliation using Ayurvedic herbs. This ritual of detoxification helps to aid digestion, break down fatty deposits and stimulates circulation.

Kati Basti £85

Allow 55 min

Lower Back Treatment - A unique therapy begins with a soothing oil massage to the back with heat therapy. A warm herbal-infused oil is gently poured into a reservoir created on the lower back to heal and soothe lower back pain.

Nasya £85

Allow 55 min

Nasal Therapy - A combination of soothing pressure point massage with steam to the face, head and chest. Medicated oils are instilled into the nose to make this therapy an instant relief for sinus problems and congestion. The gentle steam aids in purification.

Padabhyanga £49, £85

Allow 25 min*, 55 min

Foot Massage - Your feet are bathed and gently exfoliated with a unique herbal concoction. Gentle pressure is applied to your feet and ankles using anti-inflammatory oil to reduce swelling, relieve tiredness and restore vital energy. A superb treat for your feet!

Shirobhyanga £85

Allow 55 min

Head Massage - Focus on the head, neck and shoulders. Ayurvedic oil is massaged using gentle pressure to ease tension, perfect for stressed, tired shoulders and those who suffer from headaches.

AYUSH TREATMENTS

Ayush Full Body Massage £85, £110

Allow 55 min, 80 min

Ayush Back, Neck & Shoulder Massage £49

Allow 25 min*

A combination of east meets west using Dosha specific oils to balance the mind and body with traditional western massage techniques.

Ayush Hot Stone Therapy £110

Allow 1 hr 20 min

Massaged with hot rocks and herbal oil, feel the energy from the hot stones while enjoying a deeply relaxing massage. Our special Chakra stones help to heal.

Ayush Body Envelopment £110

Allow 1 hr 20 min

This Ayurvedic body treatment starts with dry body brushing, exfoliation and a herbal body mask. Warm Ayurvedic oil is drizzled onto the body along with a soothing warm wrap that aids in strengthening the immune system. While cocooned, you will enjoy a refreshing facial to ensure both face and body are smooth, soothed and nourished.

Ayush Indian Head Massage £49, £85

Allow 25 min*, 55 min

A healing relaxation massage to the shoulders, neck and head that harmonises the body's natural balance, promoting physical and psychological wellbeing.

Ayush Reflex Fusion £49, £85

Allow 25 min*, 55 min

A gentle reflex pressure point massage to the specific areas of the feet helping detoxification and enhancing the body's self healing mechanism.

Ayush Reiki Healing £85

Allow 55 min

Reiki means 'universal life energy'. A non invasive light hand touch that transfers the flow of energy. Clearing any energy blockages and induce a deep state of relaxation.

Ayush Body Exfoliation £75

Allow 40 min*

An invigorating and refreshing treatment to remove dry dead skin using dry body brushing and a herbal exfoliation. This is followed with warm oil drizzled onto the body to hydrate and leave your skin silky smooth.

AYUSH LA SULTANE FACE THERAPIES

Ayush La Sultane Gold Signature Facial £110 Allow 1 hr 20 min
A luxurious facial using a blend of plants, flowers and 23 carat Gold to provide healing and balance. Supremely anti-aging and rejuvenating this facial uses Gold Facial elixir that combines gold mineral particles with caviar extract to restore youthful radiance.

Ayush La Sultane Prescriptive Signature Facial £110 Allow 1 hr 20 min
A customised luxurious facial using blend of plants, flowers and herbs. This facial pays close attention to skin blemishes and a particular focus on the delicate eye area. The products are selected based on your skin type to ensure maximum benefits.

Ayush Soothing Vata Facial £85 Allow 55 min
A deeply comforting facial for normal to dry skin.

Ayush Cooling Pitta Facial £85 Allow 55 min
Best suited to those suffering from sensitivity, redness or inflammation. The most soothing of facials made to combat irritated skin.

Ayush Purifying Kapha Facial £85 Allow 55 min
Kapha skin can have a tendency to become congested and oily. For this reason a deeply detoxifying facial is formulated that will purify, decongest and aid healing of scar tissue.

Ayush Refreshing Facial £49 Allow 25 min*
A refreshing express facial using custom blended plant based active ingredients, based on personal Dosha type giving an instant skin revival with a nutrient infusion and renewed moisture balance.

COUPLES AND FRIENDS' RITUALS

Quality Time Ritual £155 per person Allow 2 hrs
🔥 Ayush Body Exfoliation
🔥 Ayush Full Body Massage
🔥 Ayush Mini Indian Head Massage

Treat for Two £155 per person Allow 2 hrs
🔥 Ayush Body Envelopment
🔥 Ayush Back, Neck & Shoulder Massage
🔥 Ayush Refreshing Facial

Pure Bliss for Two £155 per person Allow 2 hrs
🔥 Ayush Mini Indian Head Massage or Mini Padabhyanga
🔥 Ayush Full Body Massage
🔥 Ayush Refreshing Facial or longer massage

GENTLEMANS' TREATMENTS

Gentlemans' Energy Boost £190 Allow 2 hrs 20 min
🔥 Ayurvedic Consultation
🔥 Padabyhanga
🔥 Padaghata
🔥 Bashpa Sweda

Gentlemans' Refresher £155 Allow 2 hrs
🔥 Ayush Body Exfoliation
🔥 Ayush Hot Stone Therapy
🔥 Ayush Mini Indian Head Massage

FULL DAY SPA PACKAGES (includes lunch)

The Retreat £395 Allow 4 hrs 30 min
A truly peaceful day.
🕯️ Ayurvedic Consultation
🕯️ Padabyhanga
🕯️ Abhyanga
🕯️ Navarkizi Massage or Pizzichill
🕯️ Shirodhara

The Escape £295 Allow 4 hrs
A true escape and day of indulgence.
🕯️ Padabyhanga
🕯️ Ayush Body Envelopment
🕯️ Ayush Hot Stone Therapy
🕯️ Ayush Refreshing Facial

The Getaway £275 Allow 3 hrs 20 min
A day of calm serenity.
🕯️ Ayurvedic Consultation
🕯️ Padabyhanga
🕯️ Pizzichill
🕯️ Ayush Refreshing Facial

The Journey £250 Allow 3 hrs 20 min
A soothing and refreshing day.
🕯️ Padabyhanga
🕯️ Ayush Full Body Massage
🕯️ Ayush Signature Facial



HALF DAY SPA PACKAGES

Reflective Day £205 Allow 2 hrs 20 min
🕯️ Ayurvedic Consultation
🕯️ Abhyanga
🕯️ Shirodhara

Restorative Day £190 Allow 2 hrs 20 min
🕯️ Ayush Body Exfoliation
🕯️ Padabyhanga
🕯️ Ayush Back, Neck & Shoulder Massage
🕯️ Ayush Refreshing Facial

Refreshing Day £170 Allow 2 hrs 20 min
🕯️ Ayurvedic Consultation
🕯️ Padabyhanga
🕯️ Shirobhyanga

Reviving Day £190 Allow 2 hrs 20 min
🕯️ Ayush Body Exfoliation
🕯️ Ayush Hot Stone Therapy
🕯️ Ayush Facial

Continued...

* Booking a 55 minute treatment grants you access to the spa facilities.

Spa Escape - Sleepover Package

Escape to the beautiful island of Jersey and treat yourself to an overnight reviving short spa break to de-stress and re-charge.

Price from £313.00 per couple (on sharing basis)

Our Sleepover Spa Escape package includes:

- 🛁 Overnight accommodation
- 🍽️ Full English and continental breakfast
- 🍽️ 3 course table d'hote dinner in Garden View Restaurant
- 🛁 Use of our award winning spa facilities
- 🛁 Choose a spa treatment from the following:
 - Shirobhyanga, 55 min
 - Padabhyanga, 55min
 - Ayush Full Body Massage, 55 min
 - Ayush Indian Head Massage, 55 min

WeekDay Escape

Take a little break from the busy everyday life.

Price: £94.00 per person (Not available on weekends and bank holidays)

Our Weekday Escape package includes:

- 🛁 Choose two mini spa treatments from the following:
 - Ayush Refreshing Facial, 25min
 - Ayush Mini Indian Head Massage, 25min
 - Ayush Back, Neck & Shoulder Massage, 25min
 - Padabhyanga, 25min
- 🍽️ Afternoon Tea in the Garden View Restaurant
(Serving from 2.30pm - 5.30pm)
- 🛁 Full use of the spa facilities

Ayush Special Deal - Buy 5 Get 1 Free

Pre-book a batch of any 5 (55 min or 80 min) treatments over a period of 12 months and receive the 6th for free!

Terms:

Subject to availability.

Cheapest treatment is offered free.

Valid for 12 months from the date of purchase.

To be paid in full at the time of purchase.

Ayush Seasonal Spa Day packages

In Ayurvedic philosophy, the balance of our Doshas (subtle energies) brings about health and happiness and this is influenced directly by seasonal variations.

For example, Summer is the season of high 'Pitta' (fire); a dynamic energy constitution with the body characterised as being fiery and hot. As the Summer gets warmer, we are prone to accumulating excess Pitta and becoming 'out-of-balance'. Signs of this imbalance include burning sensations and irritations of the skin. Autumn can show activities of Vata (Air) and demands nurturing. Winter is the season of accumulation of Kapha (water) and Spring shows aggravation of that Kapha and demands detoxification.

Our Seasonal Spa Day packages offer the perfect start to pacify the seasonal ailments and help to restore balance and sustain wellbeing. You can choose from one of the Spa Days below depending on the Season.

Choose your Spa Day package for £145.00 per person:

Spring Spa Day

- 🛁 25 minute Ayush Body Exfoliation
- 🛁 25 minute Back, Neck and Shoulder Massage
- 🛁 25 minute Refreshing Facial

Summer Spa Day

- 🛁 25 minute Mini Indian Head Massage
- 🛁 25 minute Padabhyanga Foot Ritual
- 🛁 25 minute Refreshing Facial

Autumn Spa Day

- 🛁 25 minute Padabhyanga Foot Ritual
- 🛁 25 minute Back, Neck and Shoulder Massage
- 🛁 25 minute Refreshing Facial

Winter Spa Day

- 🛁 25 minute Ayush Body Exfoliation
- 🛁 25 minute Padabhyanga Foot Ritual
- 🛁 25 minute Refreshing Facial

Included in all packages:

- 🛁 Lunch in the Garden View Restaurant:

Ayurveda laid emphasis on "healthy eating" as an essential pillar to keep balance of the body and mind leading to a healthy life. Ayurveda approaches nutrition holistically and encourages eating a balanced diet taking in to consideration your own Doshas (three energetic principles) in relation to Rasa (six tastes) of food. Our Garden View Ayurvedic two course lunch menu is designed with nutritious food that entices your taste buds.

- 🛁 Our luxurious spa pool complex:
 - 15 metre infinity swimming pool
 - Hydrotherapy massage pool
 - Hot and cold plunge pools
 - Sauna and steam room
 - Relaxation suite

PREGNANCY EXPERIENCE

Pregnancy is a unique experience and Ayurveda laid emphasis on preserving proper nourishment, balance and safe nurturing during pregnancy. At Ayush Wellness Spa, we offer customised, holistic treatments during thirteen to thirty two weeks of pregnancy.

Anandamayi Blissful Day £155 Allow 2 hrs

Anandamayi meaning 'bliss infused mother' in Sanskrit.

🕯️ Padabhyanga

🕯️ Ayush Back, Neck & Shoulder Massage

🕯️ Ayush Refreshing Facial

We offer a variety of other pregnancy and post natal treatments. Please feel free to discuss your requirements with a member of staff.

'Sundara Vadhu' meaning Beautiful Bride in Sanskrit

In the lead up to the big day, you may well feel the need to take a break from all the wedding plans and treat yourself to a day of pure rest and relaxation. With this in mind we have created a bespoke "Bride to Be package".

Ayush 'Bride To Be' £155 per person

Allow 2 hrs

🕯️ Padabhyanga

🕯️ Ayush Full Body Massage

🕯️ Ayush Refreshing Facial



SPA DAY PASSES

Day Passes are available for Ayush Wellness Spa Monday to Friday and exclude Bank Holidays. A pre booking is essential.

GIFT VOUCHERS

If you would like to treat someone special to something special, an Ayush Wellness Spa is the perfect gift.

We offer a range of Gift Voucher options online, alternatively call Ayush Wellness Spa to discuss your needs with a member of our team.

AYUSH RESIDENTIAL PACKAGES

Residential retreat packages are available from 2 to 21 days and are encouraged as they involve a deeper detoxification. Residential packages are tailored to your needs and include hotel accommodation on a bed and breakfast basis. Please speak to a member of our team to discuss your personal wants and needs and availability.

NEWS AND OFFERS

Subscribe to our newsletter at www.defrance.co.uk to receive details of our special offers and promotional packages.

SPA MATTERS

Arrival

In order to make the most of your wellness spa experience please arrive a minimum of 20 minutes prior to your scheduled appointment. This will allow you time to unwind and fill in a consultation form prior to treatment. Should you wish to make use of the pools and facilities then please allow a minimum of an hour prior to treatment. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may result in the treatment time being reduced or that we may be unable to honour the service.

What to bring

We recommend you bring swimming attire for use in our pool, sauna and steam areas as these are unisex. Robes and slippers are provided for all guests enjoying treatments.

Spa Etiquette

The use of mobile phones is prohibited in the spa. The spa is a non smoking zone. Bathrobes are to be worn in public areas. The spa is a place of quiet reflection and for this reason we ask that you keep noise to a minimum for the consideration of all our guests.

Health Matters

When making spa appointments please advise us of any relevant health conditions, mobility issues, allergies or injuries that could affect your treatment 24 hours prior to your appointment.


Pregnancy

Please inform us upon booking treatments if you are pregnant and which trimester you will be in at the time of your treatment. We offer customised, holistic treatments throughout pregnancy, from thirteen to thirty-two weeks. Our spa team will be able to best advise you on the most appropriate treatments for your comfort at this special time.

Cancellation Policy

Please allow 24 hours notice of cancellation to avoid a 50% charge for individual bookings. Cancellation within 12 hours will result in a 100% charge as will failure to attend an appointment. Spa packages require 48 hours notice of cancellation. Group bookings require 7 days notice.





'Ayush' meaning long healthy life in Sanskrit, embodies the dream of Ayush Wellness Spa. The vision is to create a spacious, natural environment for health and healing based on the practise of Ayurveda. Ayurveda 'science of life' originated in India more than 5000 years ago and believes that the rhythm of life is one with the rhythm of nature. Our vision is pure and our concept authentic, in an environment that advocates and promotes a healthy lifestyle, enriching and enhancing both physical and emotional wellbeing.

Every detail of Ayush Wellness Spa has been created with nature in mind. Our vision is pure and our concept authentic in an environment that advocates and promotes a healthy lifestyle, enriching and enhancing both physical and emotional wellbeing.



To find out more about our Ayush Wellness Spa please visit our website www.defrance.co.uk or call 01534 614173.

Be balanced... awaken your senses
to the wonders of Ayush



AYUSH WELLNESS SPA

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Prices may change
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