



AYUSH WELLNESS SPA

Hotel de France, Jersey



Discover
inner harmony with
Ayush Wellness Spa

Our combination of authentic
Ayurvedic therapies and luxurious spa
treatments work in harmony.

Within our collection of treatments you will
recognise some familiar spa therapies that have
been slightly adapted to align with
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.



AYUSH TREATMENTS

Full Body Massage Allow 55min - £99 | 80min - £130

Back, Neck & Shoulder Massage Allow 25min * - £60

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

Hot Stone Therapy Allow 1hr 20min - £130

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

Body Envelopment  Allow 1hr 20min - £130

This detoxifying body treatment begins with dry body brushing, exfoliation and a herbal body mask. Warm Ayurvedic oil is drizzled onto the body after the soothing warm body wrap, which 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.

Indian Head Massage  Allow 25min * - £55 | 55min - £95

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

Reflex Fusion Allow 25min * - £55 | 55min - £95

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


Reiki Healing Allow 55min - £95

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

Body Exfoliation Allow 55min - £95

An invigorating and refreshing treatment to remove dry dead skin using dry body brushing and a herbal exfoliation. This is followed by a relaxing back, neck and shoulder massage with warm oil drizzled onto the body to hydrate.

 Please be advised that it is important to dry your hair prior to your treatment to enjoy your experience to the fullest.

 Booking a minimum of a 50 minute spa treatment or package grants you complimentary access to the spa facilities on the day for up to 3 hours. T&Cs apply.

AYUSH LA SULTANE FACE THERAPIES

Gold Signature Facial

Allow 1hr 20min - £130

A luxurious facial using a blend of plants, flowers and 23 carat gold to provide healing and balance. Supremely rejuvenating and anti-ageing this facial uses Gold Facial Elixir that combines gold mineral particles with herbal extracts to restore youthful radiance.

Prescriptive Signature Facial

Allow 1hr 20min - £130

A customised luxurious facial using a 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.

Refreshing Facial

Allow 25min * - £60

A refreshing express facial using custom blended plant-based active ingredients, based on your personal Dosha type, giving an instant skin revival.

AYUSH DOSHA FACIALS

Soothing Vata Facial

Allow 55min - £95

A deeply comforting facial for normal to dry skin.

Vata (Ether & Air) embodies the energy of movement



Cooling Pitta Facial

Allow 55min - £95

Best suited to those suffering from sensitivity, redness or inflammation. The most soothing of facials made to combat irritated skin.

Pitta (Fire & Water) represents the energy of transformation



Purifying Kapha Facial

Allow 55min - £95

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.

Kapha (Earth & Water) brings solidity, structure and cohesiveness



DID YOU KNOW?

Dosha is a central term in Ayurveda originating from Sanskrit, which can be translated as "that which can cause problems" (meaning "fault" or "defect"), and which refers to three categories or types of substances that are believed to be present in a person's body and mind. Please speak to our Spa Reception team to find out more about Doshas.

AUTHENTIC AYURVEDIC TREATMENTS

Shiropada - Head & Foot Massage 🧘‍♀️ Allow 55min - £99

This begins by massaging your scalp, neck and shoulders, using customised 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.

Udvardana - Herbal Body Massage Allow 55min - £99 | 80min - £135

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

Padaghata - Pressure by Foot Massage Allow 55min - £99

Padaghata means 'pressure by foot'. A highly skilled therapist applies pressure and will massage the entire body using their feet. A truly different experience.

Kati Basti - Lower Back Treatment Allow 55min - £99

This 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 - Nasal Therapy 🧘‍♀️ Allow 55min - £95

A combination of soothing pressure point massage with steam to the face, head and chest. Medicated oils are instilled into the nose that helps to relieve sinus congestion. The gentle steam aids with purification.

Padabhyanga - Foot Massage Allow 25min * - £60 | 55min - £95

Your feet are bathed and gently exfoliated with a unique herbal combination. 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 - Head Massage 🧘‍♀️ Allow 55min - £95

Focussed 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.

Ayurvedic Consultation Allow 55min - £99

Follow up Allow 25min * - £60

During an Ayurvedic Consultation you will undergo a diagnosis of your Dosha and any imbalance you are feeling. Advice will be given on nutrition and lifestyle with recommendations to maintain balance and enrich your life.



AYUSH WELLNESS SPA

GIFT VOUCHERS

Treat someone special
with the perfect gift



Purchase at our
Spa Reception or online

One gift, endless possibilities

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AUTHENTIC AYURVEDIC RITUALS

Abhyanga 

Allow 1hr 20min - £159

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. A classic Ayurvedic Ritual.

Navarkizi 

Allow 1hr 20min - £159

Four Hand Full Body Herbal Poultice Massage

Two therapists work in perfect harmony to apply gentle pressure to the body with warm herbal oil and muslin parcels. These parcels are a perfect blend of rice, milk and herbs and not only are they supremely rich and rejuvenating, they also leave the skin beautifully toned.

Pizzichill 

Allow 1hr 20min - £159

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, making this treatment blissful and extremely therapeutic.

Shirodhara 

Allow 1hr 20min - £135





Relaxing Oil Pour

A soothing scalp, neck, shoulder and foot massage prior to a gentle stream of herbal-infused oil onto 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. A truly blissful Ayurvedic Signature experience.

GENTLEMANS' TREATMENTS




Energy Boost

Allow 2hrs 20min - £225

-  Mini Ayurvedic Consultation
-  Padabhyanga - Foot Massage
-  Padaghata - Pressure by Foot Massage
-  Bashpa Sweda - Steam Detoxification

Refresher

Allow 2hrs - £195

-  Ayush Body Exfoliation
-  Ayush Hot Stone Therapy
-  Ayush Mini Indian Head Massage

PREGNANCY EXPERIENCE

Pregnancy is a unique experience and Ayurveda places 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 - 'Bliss infused Mother'

Allow 2hrs - £190

- 🔥 Padabhyanga - Foot Massage, 55min
- 🔥 Ayush Back, Neck & Shoulder Massage, 30min
- 🔥 Ayush Refreshing Facial, 25min

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

BRIDE TO BE EXPERIENCE

In the lead up to the big day, you may 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.

Sundara Vadhu - 'Beautiful Bride'

Allow 2hrs - £190

- 🔥 Padabhyanga - Foot Massage, 30min
- 🔥 Ayush Full Body Massage, 55min
- 🔥 Ayush Refreshing Facial, 25min



COUPLES AND FRIENDS' RITUALS

The Rituals below can be offered in our couples' treatment suite. Please note that the prices shown are **per person**.

Quality Time

Allow 2hrs - £190

- 🔥 Ayush Body Exfoliation, 30min
- 🔥 Ayush Full Body Massage, 55min
- 🔥 Ayush Mini Indian Head Massage, 25min

Treat your Soul

Allow 2hrs - £190

- 🔥 Ayush Body Envelopment, 60min
- 🔥 Ayush Back, Neck & Shoulder Massage, 25min
- 🔥 Ayush Refreshing Facial, 25min

Pure Bliss

Allow 2hrs - £190

- 🔥 Ayush Full Body Massage, 55min
- 🔥 Ayush Mini Indian Head Massage **or** Padabhyanga, 30min
- 🔥 Ayush Refreshing Facial, 25min

BUY FIVE GET ONE FOR FREE

Purchase a batch of any five 55min or 80min treatments, receive the sixth for free and book within a period of 12 months.

T&C's apply.



WEEKDAY ESCAPE PACKAGE

Take a little break from the busy everyday life. Available from Monday to Friday (excluding Bank Holidays).

- Use of our award winning spa facilities
- Afternoon Tea at La Terrasse Restaurant
- Choose **two** spa treatments from the following:
 - 🔥 Ayush Refreshing Facial, 25min
 - 🔥 Ayush Mini Indian Head Massage, 25min
 - 🔥 Ayush Back, Neck & Shoulder Massage, 25min
 - 🔥 Padabhyanga - Foot Massage, 25min

£120 per person



SPA BREAK SLEEPOVER PACKAGE

Enjoy an overnight reviving short spa break for two at Hotel de France. Package includes:

- Overnight accommodation in a classic room (Room upgrades available for a supplement)
- Continental plus breakfast
- 3-Course table d'hôte dinner at La Terrasse Restaurant
- Use of our award winning spa facilities
- Choose **one** spa treatment from the following:
 - 🔥 Shirobhyanga - Head Massage, 55min
 - 🔥 Padabhyanga - Foot Massage, 55min
 - 🔥 Ayush Indian Head Massage, 55min
 - 🔥 Ayush Facial, 55min

Please inquire for prices and available dates.



AYUSH SEASONAL SPA PACKAGES

In Ayurvedic philosophy, the balance of our Doshas (subtle energies) brings about health and happiness. That 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.

SPRING



Ayush Body Exfoliation, 25min
Back, Neck and Shoulder Massage, 25min
Refreshing Facial, 25min



SUMMER

Mini Indian Head Massage, 25min
Padabhyanga - Foot Massage, 25min
Refreshing Facial, 25min

AUTUMN



Padabhyanga - Foot Massage, 25min
Back, Neck and Shoulder Massage, 25min
Refreshing Facial, 25min



WINTER

Ayush Body Exfoliation, 25min
Padabhyanga - Foot Massage, 25min
Refreshing Facial, 25min

Seasonal Spa Package

£170

Our seasonal spa packages offer the perfect start to pacify the seasonal ailments and help to restore balance and sustain wellbeing.

3 x 25min Treatments

Choose from one of the spa packages above depending on the season.

2-Course Spa Lunch at La Terrasse Restaurant

Ayurveda places 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 into consideration your own Doshas (three energetic principles) in relation to Rasa (six tastes) of food.

Please advise us of any dietary requirements or allergies in advance.

Complimentary access to our spa facilities

15m infinity swimming pool, hydrotherapy massage pool, hot and cold plunge pools, sauna and steam room, relaxation suite.

FULL DAY SPA PACKAGES

Each of our full and half day spa packages include a variety of carefully chosen therapies and some are preceded by a Consultation with our Ayurvedic Physician to assess the constitution and Doshas. Lifestyle recommendations are made by the way of education for adopting wellness into your everyday life.

All packages include complimentary access to our spa facilities

15m infinity swimming pool, hydrotherapy massage pool, hot and cold plunge pools, sauna and steam room, relaxation suite.

The Retreat

Allow 4hrs 20min - £470

- 🔥 Mini Ayurvedic Consultation
- 🔥 Padabhyanga - Foot Massage
- 🔥 Abhyanga - Four Hand Full Body Oil Massage
- 🔥 Pizzichill - Four Hand Full Body Oil Bathing
- 🔥 Shirodhara - Relaxing Oil Pour

The Escape

Allow 3hrs 40min - £345

- 🔥 Padabhyanga - Foot Massage
- 🔥 Ayush Body Envelopment
- 🔥 Ayush Hot Stone Therapy
- 🔥 Ayush Refreshing Facial

The Getaway

Allow 3hrs 15min - £320

- 🔥 Mini Ayurvedic Consultation
- 🔥 Padabhyanga - Foot Massage
- 🔥 Pizzichill - Four Hand Full Body Oil Bathing
- 🔥 Ayush Refreshing Facial

The Journey

Allow 3hrs 15min - £290

- 🔥 Padabhyanga - Foot Massage
- 🔥 Ayush Full Body Massage
- 🔥 Ayush Signature Facial



All Full Day Spa Packages include a 2-Course Spa Lunch at La Terrasse Restaurant. Please scan the QR code for a sample menu.

HALF DAY SPA PACKAGES

Restorative Day

Allow 2hrs 20min - £230

- 🔥 Ayush Body Exfoliation
- 🔥 Padabhyanga - Foot Massage
- 🔥 Ayush Back, Neck & Shoulder Massage
- 🔥 Ayush Refreshing Facial

Refreshing Day

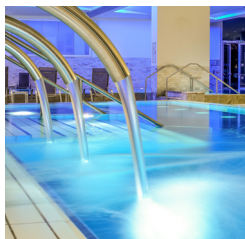
Allow 2hrs 20min - £195

- 🔥 Mini Ayurvedic Consultation
- 🔥 Padabhyanga - Foot Massage
- 🔥 Shirobhyanga - Head Massage

Reviving Day

Allow 2hrs 20min - £230

- 🔥 Ayush Body Exfoliation
- 🔥 Ayush Hot Stone Therapy
- 🔥 Ayush Facial



SPA MATTERS

Reservations

Please book in advance to avoid disappointment. Spa Reservations cannot be confirmed without Credit/Debit Card details or a valid gift voucher number. All Spa Treatments, Spa Days and Spa Breaks are subject to availability.

Waiting List

If we are unable to accommodate your Spa Treatment request, we can place you on our waiting list. We will then contact you should any treatment times become available.

Age Requirements

The minimum age requirement for Spa Treatments at Ayush Spa is 18 years and above. On special occasions, we can consider offering certain spa treatments for guests aged 16 & 17 years provided they are accompanied by their parents or guardians in the spa.

Spa Therapists

Please note, at Ayush Spa we strive hard to accommodate your specific requests including your choice of therapist. However, this may not be possible every time.

Arrival

We advise that you arrive **20 minutes** prior to your treatment to allow yourself time to check-in, change and familiarise yourself with Ayush Spa. Should you wish to make use of the pool facilities, then please allow a minimum of an hour prior to your 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 not be able to honour the service.

Suitable Attire

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

Cancellation Policy

Individual Bookings - Treatments cancelled within 24 hours of the scheduled date and time will incur the full charge as will failure to attend an appointment. For spa packages, allow a minimum of 48 hours' notice of cancellation to avoid being fully charged.

Group Bookings - Please be advised that cancellation charges apply to the lead or the person who made the group booking if any member of the group fails to pay. For group sizes of 2-3 persons, allow 48 hours' notice of cancellation to avoid the full charge. For group size over 3 persons, allow at least a week's notice of cancellation to avoid the full charge. We require a 50% deposit for group bookings and a balance payment at least a week prior to the treatment day.

SPA MATTERS

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. Please be aware that you are not permitted to use the Thermal Suite or Hydro Pool if you are pregnant.

Health Matters

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

Spa Etiquette

Spa is a place that invites you to switch off from the outside world, relax and recharge. 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.

Spa Passes

Spa Passes for use of the spa facilities are available from Monday to Friday for a period of 4 hours (excluding Bank Holidays).

A pre-booking is essential.

Ayush Residential Packages

Residential 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 needs and availability.

Terms & Conditions

Treatments - Our treatment times are an estimate, please note that they may differ slightly.

Complimentary access to the spa facilities - Booking a minimum of a 50 minute spa treatment or package grants you complimentary access to the spa facilities on the day for up to 3 hours.

Buy five get one for free

- Purchase per person only. Non transferable to other guests.
- Cheapest treatment is for free
- Valid for 12 months from the date of purchase
- To be paid in full at the time of purchase
- Subject to availability
- Not available for packages and group bookings

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



AYUSH WELLNESS SPA

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Valid from July 2023

Prices may be subject to change at any time

