



Amoda

S P A

AN OASIS OF
PERSONAL HEALING, WELLNESS & DISCOVERY



The Sanskrit derivation of Āmoda (आमोद) is “gladdening, cheering up or delighting” and stands for joy, pleasure and delight.

The Cosmos flowers are symbolic of peacefulness, wholeness, and modesty and in Greek mean “orderly, beautiful, and ornamental”.

Together they incorporate the vision of Āmoda Spa – “To create a tranquil and serene space that will act as an oasis of personal healing, wellness and discovery.”

A haven in the heart of Guwahati city, Āmoda Spa provides treatments that have been designed to detox, nourish, nurture, heal and rejuvenate the mind, body and soul. We aim to delight your every sense and ensure that you are left with a smile on your face and a spring in your step.

“Come escape to peace and tranquility”



*“Take Care of Your Body - it’s the only place
you have to live in.”*

EXPRESS RELIEF

Our Express Treatments are meant for the time-pressed client looking for instant relief and relaxation through focused key area treatments.



FOOT REFLEXOLOGY

❁ 40 MINUTES ❁ ₹2000

A therapeutic massage meant for relieving pain by stimulating predefined pressure points on the feet. Helps alleviate stress, backpain, chronic fatigue and stimulates the vital organs.

BACK, NECK & SHOULDER MASSAGE

❁ 40 MINUTES ❁ ₹2000

A soothing massage guaranteed to provide relief from headaches, back pain and stress after a hard day's work leaving you feeling relaxed and contented.

HEAD, NECK & SHOULDER MASSAGE (WITH / WITHOUT OIL)

❁ 40 MINUTES ❁ ₹2000

A relaxing massage that helps calm the mind and relieves muscle tension in the neck and shoulder area.

FACIAL CLEAN-UP / EXPRESS BEAUTY

❁ 40 MINUTES ❁ ₹2000

The perfect facial for the time pressed, or young teen incorporating cleansing, exfoliation, toning and a facial pack for a quick pick-me-up.

HAND SPECIALIST RITUAL

❁ 20 MINUTES ❁ ₹1400

A combination of a scrub and massage followed by a wrap to help detan and soften hands.

18% TAX WILL BE APPLIED ON ABOVE RATES
(ALL RATES ARE EXCLUSIVE OF TAXES)

BODY THERAPIES

SIGNATURE MASSAGE

❀ 75 MINUTES ❀ ₹5000

❀ 90 MINUTES ❀ ₹6000

A collection of our signature techniques to target individual client needs, this massage uses a combination of Swedish effleurage strokes, Chinese accupressure and Balinese massage techniques to stimulate circulation and ease muscular tension. An essential oil of your preference will be used to ensure complete relaxation.

DEEP TISSUE MASSAGE

❀ 60 MINUTES ❀ ₹4000

❀ 90 MINUTES ❀ ₹5500

A deep, powerful yet nurturing massage targeting pressure points using Lomi Lomi, Chinese accupressure and stretching techniques using the forearms and elbow. Relieves strained muscles, loosens muscular tension, eliminates pain and helps with recovery from exercise and physical activity. Deep Tissue Massage has the added benefit of being both therapeutic and corrective at the same time.

TRADITIONAL THAI MASSAGE

❀ 60 MINUTES ❀ ₹4000

❀ 90 MINUTES ❀ ₹5500

The traditional thai massage is designed for improving energy and increased flexibility of muscles. Ideal for athletes as it targets knotted tissues to address physical issues as well. With the help of palm walk and thumb acupuncture; it contains series of powerful yet gentle stretches to relieve jetlag and soreness in the muscles and balances the energy flow all over the body.

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BALINESE MASSAGE

❀ 60 MINUTES ❀ ₹4000

❀ 90 MINUTES ❀ ₹5500

Balinese is a traditional Indonesian therapy ideal for those with damaged tissues, strained muscles and joints. This Indonesian therapy helps increase flexibility and mobility of the joint and muscles. Massage emphasis palm walk with gentle stretches, acupuncture, reflexology and aromatherapy to stimulate the flow of blood, oxygen and positive energy to the body and deep relaxation to calm the mind.

ORIENTAL HARMONY MASSAGE

❀ 75 MINUTES ❀ ₹7000

Oriental Harmony is like experiencing two full body massages at the same time. The therapy involves two aestheticians choreographing/performing slow, deep and detailed movements gracefully in synchronity. It is a process of healing with our expanded 7 innovated techniques incorporated with Swedish, Deep Tissue, Shiatsu and Abhyangam. It arouses your senses and the state of mind awakened fully.

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RE-ENERGIZING SUN STONE MASSAGE

❁ 90 MINUTES ❁ ₹6000

❁ 120 MINUTES ❁ ₹7500

A very therapeutic and relaxing massage involving Swedish and Shiatsu techniques with the help of basalt stone (HOT VOLCANIC) on the seven chakras to balance the energy flow in the body and release stress and tension. It relieves tiredness fatigue which revitalises, re-energises and refreshes and mind for the overall well-being.

PRE NATAL-MASSAGE

❁ 60 MINUTES ❁ ₹3500

This treatment is specifically designed to help alleviate problems associated with pregnancy, including back ache, pelvic pains, neck and shoulder pain, upper and lower back pain by increasing blood flow and circulation.

HERBAL COMPRESS POTLI MASSAGE

❁ 75 MINUTES ❁ ₹4500

Containing detoxifying ayurvedic herbs. It has the power of treating arthritis, spondylosis, sprains & sports injuries. It further assists your body with detoxification & relaxing your nerves sciatic disorder.

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FACIAL TREATMENTS (FROM COMFORT ZONE)

All our Facial Treatments use Comfort Zone products that are organic and created through an innovative mix of science and nature. No matter your skin type or skin problem, our expert therapists will recommend the right facial tailored to give your skin exactly what it needs using selected active formulas that take into account differing skin requirements for a fresh, youthful radiance and an even complexion.



SUBLIME SKIN BRIGHTENING

❁ 75 MINUTES ❁ ₹4000

The perfect facial treatment for illuminating and brightening dull or pigmented skin. Professional resurfacing smoothens and softens the skin which is then infused with Vitamin C rich serums followed by double peeling leaving the skin flawlessly radiant, bright and glowing.

SUBLIME SKIN ACTIVE LIFT

❁ 75 MINUTES ❁ ₹4500

An anti-aging treatment for the face and neck that stimulates and expedites tissue regeneration and hydrates the skin. The innovative biphasic peel-off mask combined with the ACTIVE LIFT Massage reduces puffiness and stimulate collagen production leaving the skin rejuvenated and supple.

SUBLIME SKIN DELUXE LIFT

❁ 90 MINUTES ❁ ₹5500

An anti-aging and brightening treatment that resurfaces, brightens and provides a lifting effect for the face. The combination of double peeling and Vitamin C followed by the ACTIVE LIFT Massage stimulates cellular regeneration and bestows fullness to the face leaving the skin firm and smooth.

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ACTIVE PURENESS

❁ 60 MINUTES ❁ ₹4000

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterized by an innovative mattifying peel-off spirulina algae mask, the treatment purifies and balances the skin leaving it fresh and toned.

HYDRAMEMORY COMPLETE

❁ 60 MINUTES ❁ ₹3500

A deep hydrating antioxidant treatment for face, neck and décolleté that combats dehydration and premature aging and restores nourishment and luminosity. The specialty masks combined with an exclusive Touch Massage will leave the skin hydrated and silky.

RECOVER TOUCH

❁ 60 MINUTES ❁ ₹3000

A nourishing multi-vitamin and antioxidant treatment for dry, stressed and tired face. The treatment provides a repairing and protective action for face, neck and décolleté leaving the skin soothed, hydrated and nourished.

MEN'S PURE PERFORMANCE

❁ 60 MINUTES ❁ ₹3500

An express purifying and rebalancing treatment for impure and oily skin. The signature mask which is rich in green and white clays acts on controlling the excessive production of sebum and helps give the skin a clear and matte appearance.

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BODY TREATMENTS (FROM COMFORT ZONE)

Our Body Treatments are designed to work on sensorial pathways of sound, touch and smell. Our expert therapists will execute holistic and non-medical massage techniques aided by essential oils and products designed to detoxify the body, de-stress your mind and delight the senses.



AROMASOUL ELEMENTS MASSAGE

❀ 60 MINUTES ❀ ₹4000

❀ 90 MINUTES ❀ ₹5000

A unique aroma therapy massage ritual that takes you on a journey through four distinct worlds characterized by the use of an exquisite blend of oils from the Orient, the Mediterranean, India and the Middle East for a complete sensorial experience.

THERMOGENIC ATTACK (SLIMMING)

❀ 90 MINUTES ❀ ₹5000

❀ 120 MINUTES ❀ ₹6000

An intensive treatment with thermogenic action for reducing cellulite and improving microcirculation leaving the skin smoother and toned with thermo cream and lymphatic drainage massage targeting your lymph nodes with triple action.

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SCRUBS & WRAPS (FROM COMFORT ZONE)

Our Body Scrubs and Body Wraps are designed to relax, cleanse, nourish, detoxify and rejuvenate your body. Indulge your senses and treat your body to a completely rejuvenating experience.



AROMASOUL RITUAL SCRUB

❁ 60 MINUTES ❁ ₹3800

A unique renewing body ritual that nourishes the skin leaving it smooth and luminous. An intensive Scrub is used to exfoliate dead cells followed by a Aromasoul Elements Massage Ritual with a blend of essential oils from the Orient, the Mediterranean, India and Middle East.

AROMATHERAPY WRAP

❁ 60 MINUTES ❁ ₹3800

A detoxifying treatment used to fight cellulite imperfections and aid poor circulation, water retention and adipose deposits. The unique massage movement combined with the use of essential products containing essential oils helps to break down fatty deposits and increase metabolism.

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BEAUTY & WELLNESS AMODA SPA RITUALS

Our specially curated blend of treatments combined to give you unique spa rituals meant to pamper as well as provide long, lasting benefits for the body, mind & soul.



COUPLES ESCAPE SPA RITUAL

❀ 90 MINUTES ❀ ₹9000

❀ 120 MINUTES ❀ ₹12500

Designed to enhance the well-being of the whole body, this couples' treatment commences with a gentle and thorough exfoliation of the entire body to purify the skin and remove dead cells and impurities. This is followed by an invigorating body massage customised to the skin condition and couples' requirement leaving the skin moisturized and nourished, and the body relaxed and rejuvenated.

REVITALIZING BOOST SPA RITUAL

❀ 120 MINUTES ❀ ₹6000

The journey begins with a thorough massage that focuses on specific muscle groups to activate blood and oxygen circulation. This is followed by a revitalizing facial with Comfort Zone products as per skin type and the signature lifting facial massage for smoothing and firming benefits to the face. This treatment is designed to leave the skin incredibly smooth and radiant with a

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ULTIMATE FACE & BODY SPA RITUAL

❀ 150 MINUTES ❀ ₹7000

A combination of massage, wrap and an express beauty treatment meant to detoxify the body and clarify skin. The ritual begins with a signature drainage massage sequence for toxin elimination, followed by a thermogenic body wrap for deep purification and the express beauty for fresh, soft and even complexion.

THE AMODA SIGNATURE SPA RITUAL

❀ 180 MINUTES ❀ ₹9000

Indulge in the ultimate spa ritual designed to take care of your entire body with a combination of scrub, wrap, foot reflexology and a facial clean-up. Designed to address dehydration and dry skin, the treatment starts with a deep exfoliating scrub followed by a thermogenic wrap to revive, nourish and moisturise the skin. While the wrap works on repairing and hydrating your body, the therapist will perform an express facial clean-up to clear and clarify your complexion. The therapist will then administer a relaxing foot reflexology massage to relive stress and tension from the body.

DETOXIFYING SPA RITUAL

❀ 180 MINUTES ❀ ₹9000

Experience a detoxifying and refreshing ritual meant to unveil smooth and firm skin. The whole body will be thoroughly exfoliated to remove dead skin cells and prepare the body for a soothing and invigorating massage followed by a detoxifying wrap. The heating action of the wrap helps in reducing excess fluid storage in the body and promote the elimination of toxins.



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