

SURYAGARH  
*Jaisalmer*

# RAIT

The Desert Spa

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*A destination for wellness*



## THE SALVE

We draw on a selection of oils and unguents incorporating ancient recipes. Each is a bespoke experience, catering to your particular need. The base oils for our blended signature essential oils are a combination of Jojoba and Sesame

### Reconcile

*Relax and tone*

Rose, Neroli, Geranium, Cedarwood and Lemongrass

### Refresh

*Rehydrate and replenish*

Sandalwood, Myrrh, Patchouli and Cedar

### Rejuvenate

*Recharge and revitalize*

Neroli, Orange, Lavender, Geranium and Cedarwood

### Arouse

*Awaken and invigorate*

Ylang-Ylang, Nutmeg, Basil and Rose

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## THE BEGINNING

The act of washing feet is seen as a symbol of respect, grounding and connecting with the Earth. We initiate each treatment with a foot ritual that refreshes and revives.

Let us start your experience with love and purification

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# SIGNATURE EXPERIENCES

## THERMAL THERAPIES

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### Luni Salt Synergy

60 minutes - INR 9,500 / 90 minutes - INR 12,000

Immerse yourself in this Signature Experience, where the captivating synergy of mystical salts and locally sourced aromatic oils takes you on a journey of healing and rejuvenation. We handpick these precious salts from the enchanting Luni River, known for its rich mineral composition and mysterious allure.

Indulge in the therapeutic warmth of our specially crafted hot salt poultice, expertly applied by our skilled therapists. Allow the gentle strokes to melt away tension, while the soothing aroma transports you to a state of blissful relaxation.

To enhance your spa therapy, we invite you to experience the transformative cocoon of our salt bed. Resting upon salts brimming with vital minerals like potassium and magnesium, it offers a deep cellular-level cleanse that revitalizes your body, mind, and spirit. Throughout your journey, embrace the power of breathing techniques and rebirthing exercises, guided by our trained therapists. These mindful practices accentuate the benefits of the therapy, offering a holistic approach to wellbeing.

As you bask in the ambient glow of Himalayan rock salts that cleanse and balance the energies around you, feel the harmonious connection between your body, mind, and spirit. It is a divine blessing that leaves you refreshed, renewed, and elevated. Embark on this extraordinary experience and discover the profound transformation that awaits, as our unique blend of salt therapy nurtures your physical, mental, emotional and spiritual being.

## Rait Healing

90 minutes - INR 10,500 / 120 minutes - INR 12,000

Couple: 90 minutes - INR 19,500 / 120 minutes - INR 22,000

Indulge in the perfect remedy for fatigue and strain with our unique therapy, which harnesses the ancient wisdom of energy meridians and the soothing power of heated sand. The Rait healing technique taps into the innate healing potential of heat, melting away tension and promoting deep relaxation for your body & mind.

This time-honoured treatment has been passed down through centuries, now enhanced with a blend of aromatic spices in our enriching scrub. Following this invigorating exfoliation, enjoy a blissful hour-long massage using small, hand-held bundles of Jaisalmer rait (sand), expertly applied to ease stiff muscles and joints. The natural warmth of the sand infuses your muscles and joints, unleashing their natural healing potential.

Immerse yourself in the silent vitality of the Thar desert, just beyond our doors, as you surrender to the all-encompassing embrace of the Rait. Experience a profound sense of peace and rejuvenation as you tap into the tranquil energy that surrounds you. Unwind and restore with this extraordinary therapy, where the ancient practices merge seamlessly with modern comforts. Let the Rait transport you to a state of pure serenity, leaving you renewed, re-energized, and ready to embrace life's adventures once more.

## Copper Healing

90 minutes - INR 10,000 / Couple - INR 19,000

This unique therapy opens coiled and stressed muscles, improves blood and vascular circulation, metabolism and drains toxins. In this treatment we use freshly infused warm sandalwood oil combined with heated copper wands. The wands help the therapist reach the deepest layers of muscle and tissue down to fascia, while the hydrating and soothing properties of sandalwood nourish the skin.

## HOLISTIC PHYSICAL THERAPIES

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### Contour Therapy

90 minutes - INR 9,000

Rejuvenate your body and boost your confidence with Contour Therapy. This targeted experience aims to stimulate lymphatic drainage, promote circulation and effectively reduce the appearance of cellulite.

### Thai- Shi

90 minutes - INR 8,500

This dry massage combines the techniques of Thai massage and Japanese acupressure, where the therapist targets specific pressure points while stretching your muscles through yoga-inspired movements. Your meridian lines gain energy flow, reconnecting you to the spiritual journey of life.

### Prenatal Massage

60 minutes - INR 7,500

This treatment is designed specially for mothers-to-be. It includes the use of warm oils to help circulation and reduce fatigue along with lymphatic massage techniques to maintain and promote physical, psychological and spiritual well-being.

### Deep Tissue

60 minutes - INR 7,500 / 90 minutes - INR 9,000

Couple 60 minutes - INR 12,000 / 90 minutes - INR 16,000

An experience recommended for really tense, knotted and painful areas. This treatment includes the use of a variety of muscle-releasing techniques between pleasure & pain to release and relax chronic tension.

### Balinese Massage

60 minutes - INR 6,500 / Couple INR 10,000

Balinese massage is a full body treatment which combines a variety of Asian massage techniques, using long strokes and pressure points to release areas of tension and knotted tissues. This helps ease pain and brings a sense of wellbeing, calm and deep relaxation.

## BEAUTY THERAPIES

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### Rait Beauty

90 minutes - INR 7,000

Practiced for centuries as a beauty ritual among Indian women, Rait beauty, our signature facial restores elasticity and stimulates cell growth using rose and brown rice bundles soaked in a decoction of milk, turmeric and neem. This hydrating treatment uses natural products, which fight stress and skin aging while regenerating cells. It begins with back and neck exfoliation followed by a relaxing massage.

### Anti-Aging

60 minutes - INR 6,500

This facial is designed to reveal your youthful radiance and address the signs of aging, such as fine lines, wrinkles, and dull skin tone. Our skilled therapists will begin by thoroughly cleansing and exfoliating your skin, removing impurities and dead skin cells to promote a more vibrant complexion. They will then apply anti-aging serums enriched with powerful ingredients like collagen, hyaluronic acid, and antioxidants that work to plump, hydrate, and rejuvenate the skin.

### The Desert Express

45 minutes - INR 4,500

Experience a quick and revitalizing pick-me-up for your skin with our express facial. This condensed treatment is perfect for those on-the-go who are seeking immediate results in a shorter time frame.

Using our specially created face products, this treatment includes a quick cleanse, followed by gentle exfoliation and face massage to remove stress caused by pollution and the hectic city life. Our express facial will leave you with noticeably brighter, smoother, and healthier looking skin.



## BODY ADORATION WRAPS

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### **Radiance**

30 minutes - INR 4,000

Enjoy a salt scrub enriched with minerals and essential oils. Potassium and manganese speed up cell renewal, while the oils of frankincense and rose geranium heal and repair the skin.

### **Sun Soother**

45 minutes - INR 5,000

Perfect after a day spent in the sun, this treatment combines a cooling and nourishing body wrap made from locally sourced aloe vera and cucumber along with a face mask made with honey. A head massage increases relaxation.

### **Hydration**

60 minutes - INR 6,000

This therapy begins with a coconut and natural sugar scrub, one of the best ways to get rid of dead cells that are dulling your skin. The scrub is followed by Boreh, an ancient Balinese herbal body wrap, designed not only to regenerate the body and mind, but also for radiant skin.

### **Detox Mud Wrap**

60 minutes - INR 6,000

An invigorating treatment that stimulates the activity of fat cells and is beneficial in detoxification of the body. A blend of holistic herbs is combined with our all-natural clay to improve circulation, lymphatic drainage and the body's ability to regain its balance.

## CUSTOMISED PACKAGES

Prior consultation with the specialist is recommended

### Chakra Balancing

90 minutes - INR 9,000

Align the seven energy centers in your body (chakras) with a massage using a blend of touch and the power of crystals. Allow yourself to be transported to a place of deep relaxation while we restore and align your body's balance.

### Nourishing Rituals

3 hours 30 minutes - INR 19,500

This package will nourish your mind, body & soul with treatments and Asanas selected specifically for you.

Body Adoration Wrap - 60 minutes

Holistic Physical Therapy or Thermal Therapy - 90 minutes

Face Treatment - 60 minutes

### Couple's Retreat

This wonderful experience begins with a soothing foot ritual, private steam and shower sessions followed by a choice of treatments in our luxurious couples' suite with two therapists. Share this intimate and relaxing retreat with a friend or a loved one.

Scrub with Massage - 90 minutes - INR 16,000

Thermal Therapy with Facial - 120 minutes - INR 23,000

Scrub and Wrap with Facial - 105 minutes - INR 20,000

Scrub and Wrap with Massage 105 minutes - INR 20,000

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\*Yoga and fitness classes with an instructor are complimentary with these packages.

Timing to be confirmed based on the treatment choices.



## THAR EXPRESS TREATMENTS

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### **Express Back Massage**

30 minutes - INR 3,000

### **Holistic Head Massage**

30 minutes - INR 2,500

### **Foot Reflexology**

30 minutes - INR 3,000 / 60 minutes - INR 5,000

### **Scalp and Foot Ritual**

45 minutes - INR 4,500

## JUNIOR TREATMENTS

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### **Relaxing massage**

45 minutes - INR 4,000

### **Junior Facial**

30 minutes - INR 3,000

### **Junior Yoga**

30 minutes - INR 3,000

## SALON SERVICES

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### **Threading**

Eyebrows: 15 minutes - INR 500

Upper Lip: 10 minutes - INR 300

Full Face: 30 minutes - INR 1,000

### **Hair Blow Dry**

30 minutes - INR 1,000

\*All prices are exclusive of taxes

## YOGA

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### Asana

60 minutes - INR 4,000

Yog asanas are tools for providing a stable foundation necessary for the exploration of the body, breath, mind and higher states. Regulating and purifying the Nadis ensures the flow of prana throughout the body.

### Pranayama

30 minutes - INR 3,000

Explore the two roots - Prana & Ayama. Prana means vital energy or life force while Ayama is defined as extension or expansion. Pranayama means the extension or expansion of prana through different breathing techniques.

### Dhyana

45 minutes - INR 3,000

A state of mind and consciousness in which there is alertness, dynamism, dissociation of mind and senses and total concentration. We offer different dharana (focus) and pratyahara (withdrawal of the sense) practices to achieve a state of pure consciousness.

## **Jala Neti**

45 minutes - INR 3,000

A process of cleansing and purifying the nasal passages using salt water. Jala neti helps prevent and manage respiratory tract diseases and also helps to maintain healthy ears, eyes and throat.

## **Kunjal Kriya**

45 minutes - INR 3,000

This cleansing technique tones and stimulates all the abdominal organs by inducing strong muscular contractions in the stomach walls. It helps respiratory function by removing excess mucus.

## **Lagoo Shankhaprakshalana**

45 minutes - INR 3,000

A cleansing practice which helps alleviate digestive problems, tones the liver, digestive organs and glands. It strengthens the immune system, reduces excessive mucus and purifies the blood.

# RULES AND ETIQUETTE

Please dial extension 313 for reservations.

## Operating Hours

9 am to 8 pm

We recommend that you arrive at the spa at least 15 minutes before your scheduled treatment time. Requests for appointments after operating hours are subject to availability.

## Cancellation Policy

6 hour notice is required for cancellation. A fee equivalent to 50% of your treatment will be applied for any cancellation without notice (no show).

## Valuables

We strongly recommend that you do not bring or wear any valuables while using the spa facilities. While we strive to take care of your personal belongings, we assume no responsibility for any loss or damage to your personal items.

## What to Wear

We provide robes, slippers, and disposable undergarments for treatments. Our therapists are trained in professional draping in order to cover you properly during treatments to maintain your privacy.

## Spa Environment

Respect the spa's tranquil atmosphere by keeping noise levels to a minimum. Turn off or silence your electronic devices to enjoy complete relaxation. Please refrain from smoking and drinking alcohol when inside and around the spa. Food is not allowed in any areas of the spa. Refreshing ginger or lemongrass tea are provided at the spa.

Remember, spa etiquette helps create a harmonious atmosphere for all guests. By following these guidelines, you will ensure a pleasant and relaxing experience for yourself and others.

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For further details and booking related queries, please contact us at  
+91-9001995849 or at [spa.mgr@suryagarh.com](mailto:spa.mgr@suryagarh.com)