



C L I N I C

The Spa at Narendra Bhawan Bikaner

The Spa at Narendra Bhawan Bikaner is an entirely novel concept. Our Therapies harness the healing powers of nature augmented with cutting edge technology to open a way to greater well-being.

In combination with state-of-the-art Bemer technology or Physical Vascular Therapy, our treatments improve microcirculation enabling the body's own self-healing powers to promote an inner and an outer radiance.

Using the holistic and gently persuasive power of flowers and plants to heal, as dictated by Dr. Bach, our pre- therapy customised prescriptions create an emotional vibration best suited to receive our ministrations.

The benefits are remarkable.

Our approach to health, beauty and wellbeing

ANCIENT OILS

Our Signature Rituals incorporate pure sandalwood that has been distilled in-house, and locally grown Jojoba. The regenerative healing qualities of these oils have been well established since ancient times.

RARE AND PRECIOUS OILS

Baobab, Hemp, Evening Primrose are highly regarded for their efficacy and packed with anti-oxidants, Vitamin E, A, and fatty acids, all of which promote hydration, firming, anti-ageing, and skin nourishing qualities.

PURE AROMATIC MEDICAL GRADE ESSENTIAL OILS

Frangipani, Helichrymus, Nagarmotha, Kashmiri Lavender, Ylang Ylang, Calendula, are known to enhance skin benefits as well as address different emotional aspects like fatigue and stress. These oils help induce relaxation.

DR. BACH FLOWER REMEDIES

Dr Bach discovered that flowers in nature have the ability to affect our emotions positively. The energies from the flowers can remove our emotional pains and traumas and so promote healing. Prior to every therapy our certified Dr. Bach practitioners will assess your emotional state and prescribe the best remedy to facilitate the efficacy of the therapy.

PHYTOMER

If you've never heard of Phytomer, you are missing out! They are a leader in marine skincare distributed in over 70 countries worldwide. The word "Phytomer" actually means "plant of the sea" because the company uses seawater and resources to create all their products. Backed by unique biotechnological know-how, the Advanced Research team has created a new gen of active ingredients, EPS, unique and inimitable natural sugars. For those who wish to be radiant, their products melt into the skin smoothing wrinkles and fine lines, re-texturing the layers with noticeable benefits.

Narendra Bhawan Micro-Circulation Therapies

Blood circulation is the human bodies supply system. It supplies tissues and organs with nutrients and oxygen while removing and disposing of resulting waste. Most of this process takes place in the smallest blood vessels - the so-called microcirculation. BEMER devices improve the pumping movements of small and very small vessels making BEMER an effective treatment option. How it works - BEMER emits a pulse that is actually just below that of the Earth's own magnetic field. This increases blood flow through the capillaries, improving circulation and promoting a body's own preventative and self-healing mechanisms.

FOR PHYSICAL REGENERATION

Duration: 90 minutes | INR 7,000

In this massage we use warm freshly infused Sandalwood Oil combined with heated copper wands. The wands help the therapist reach the deepest layers of muscle and tissue down to the fascia, while the hydrating and soothing properties of Sandalwood nourish the skin.

FOR EMOTIONAL REGENERATION

Duration: 120 minutes | INR 7,500

This is a very slow and deep modality. In this therapy the pressure is intense, as the therapists will try and reach the very deepest layers of the fascia. Along with this deep modality the therapists also stimulate emotional points in the body that are a sensitive spot for many. Post massage, the effects are typically of lightness and feeling of freedom. One can also feel as if a heavy weight has been lifted.

This isn't a standard massage.

Remedies for body

REMEDY FOR STRESS

Duration: 90 minutes | INR 6,500

Precious Hemp Oil to release emotions related to agitation, and Aromatic Essential oils of Frangipani and Kashmiri Lavender that promote restfulness.

This massage focuses on realigning muscle and connective tissue using a method that is extremely beneficial for areas of the body suffering from tense and contracted muscles. A deep pressure massage performed slowly while observing the breath of the client results in emotional centring.

REMEDY FOR RELAXATION

Duration: 60 minutes or 90 minutes | INR 5,000 or INR 6,500

Precious Evening Primrose Oil to alleviate rigidity brought on by overwork and Aromatic Essential oils of Ylang Ylang and Nagarmotha to promote deep relaxation.

A Relaxation Massage is just that, a massage precisely for the purposes of rest and relaxation. With more focus on the back, neck and shoulders our therapists use thumb movements to concentrate on smaller and specific stressed areas. Long soothing strokes and dry stretching before an oil application helps induce flexibility and relax muscles. A Relaxation Massage is designed to improve circulation, tone, range of movement, ease minor muscle pain, and promote wellness and relaxation.

REMEDY FOR FATIGUE

Duration: 60 minutes or 90 minutes | INR 5,000 or INR 6,500

Precious Baobab Oil to release emotions related to lethargy, and aromatic Essential oils of Helichrysum and Calendula helps in revitalisation.

This massage technique especially designed for the Clinic, Spa at Narendra Bhawan draws its inspiration from Global Techniques accompanied by Lymphatic drainage. In this massage the therapist uses a full palm technique with thumb and knuckling movements along with lymphatic drainage strokes. Using a medium pressure range the techniques focus on improving lymphatic circulation, strengthening immunity system, faster physical recovery and jet lag.

Remedies for skin

Our body treatments offer a complete top-to-toe service, which assists in the rejuvenation of skin quality, and skin health. Our service is an exercise in pure relaxation—and complete physical languor. The scrubs and wraps are rich in trace minerals and filled with therapeutic benefits. During the body wrap, our therapists gently massage your face muscles to improve blood circulation. This instantly rehydrates and energizes your skin and increases collagen production, which in turn gives your complexion a healthy glow and improves skin tone.

REMEDY FOR RADIANCE

Duration: 30 minutes | INR 3,000

A Mineral salt scrub saturated with potassium and manganese speeds up cell renewal. Aromatic Essential oils of Frankincense and Rose Geranium added to this scrub heal and repair the skin.

REMEDY FOR HYDRATION

Duration: 75 minutes | INR 4,500

Jobba kernels are hydrated with molasses and enriched with Aromatic Essential oils of Vanilla and Myrrh. This scrub promotes healthy cell regeneration. An anti oxidant Moor Mud wrap follows the scrub to intensely revitalise and moisturise, to address premature ageing.

REMEDY FOR FIRMING

Duration: 60 minutes | INR 4,000

A volcanic Sea Clay Body Wrap refines pores, detoxifies skin and evens out the skin tone. Aromatic oils Vetivert and Tamanu are readily absorbed by the skin and add to overall toning.

Remedies for hair

By stimulating scalp circulation and infusing moisturizing elements, our head massages promote stronger and healthier hair growth. It also relieves stress in the head and neck and distributes natural scalp oils leaving your hair shiny and lustrous.

REMEDY FOR HAIR THICKENING

Duration: 45 minutes | INR 3,500

This 45 minute Argan Hair treatment with the essence of camphor and mustard infusion includes a head massage followed by a deeply nourishing Argan Hair Mask. The benefits of Argan Oil are extensive and noticeable almost immediately.

REMEDY FOR HAIR CONDITIONING

Duration: 45 minutes | INR 3,500

This consists of a 30 minutes head massage with Jojoba oil, 10 minute hair steam after which the hair is cleansed with a conditioning African volcanic ash bar.

REMEDY FOR HAIR RE-GROWTH

Duration: 45 minutes | INR 3,500

Cedar Wood and Tamanu oils are massaged into the scalp for 20 minutes, followed by a mud hair mask derived from ancient Canadian peat bogs. This provides much needed nourishment and nutrition for the hair.

Remedies for face

PHYTOMER scientists are the first in the world to cultivate the sea in the laboratory to amplify its power for the skin. They create high-quality, ecologically responsible formulas by controlling every step from discovery of the active ingredient to production of the final product.

REMEDY FOR ANTI-AGEING

Duration: 75 minutes | INR 5,000

For the first time, marine biotechnology leader PHYTOMER introduces XMF, a 100% natural advanced ingredient with exceptional youth preserving properties and new generation marine sugars. Featured in this luxurious and comfortable “second skin” cream therapy the cream, serum and mask instantly smoothes wrinkles and plumps the skin. In just one hour wrinkles are visibly diminished.

REMEDY FOR SKIN BRIGHTENING

Duration: 75 minutes | INR 5,000

The sun and skin aging are the number one causes of dark spots on the skin surface. An application of high performance creams, serum and mask results in the smoothening out of complexion leading to skin that appears visibly younger and more luminous. Micro-emulsion of two active marine ingredients: concentrated seawater and blue micro-algae, target dark spots. Sea lily extract, algae and Vitamin C re-mineralizes skin, recharging it with energy.

REMEDY FOR HYDRATION

Duration: 75 minutes | INR 5,000

This treatment fortifies the epidermis and prevents cellular fatigue. Weaving Algae combats dehydration and Glasswort Oil with its thirst-quenching effect delivers intense and lasting hydration for luminous, visibly softer, and smoother skin.