

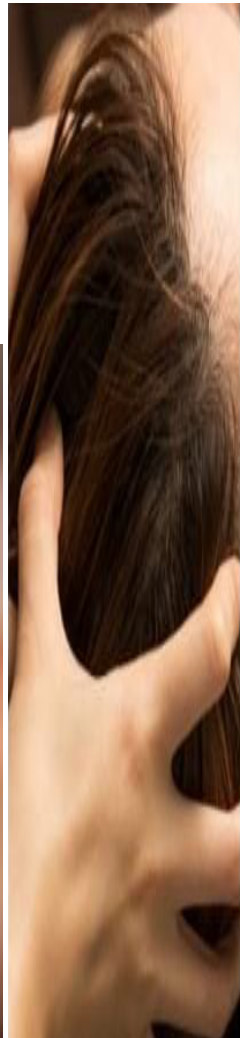


unwind

A WELLNESS SPA & SALON BY BRHAM



unwind  
WELLNESS THERAPEUTIC SPA & SALON BY BRHAM





Brahm group through its directly, indirectly and/or partially owned operating corporations and investment vehicles is active across Asia, Europe and America. The activities of the group can be broadly classified into 5 major categories.

Brahm Well-Being & LifeStyle LLC USA, through its brand 'Brham,' is promoting a slew of products and services that seek to enhance existential experiences of consumers. 'Brham' by Brahm as a brand, is poised to define and redefine 'wise' consumption that is based on the efficient, innovative and optimum conversion of bountiful resources that nature has so kindly bestowed upon us.

Besides this we offer a comprehensive Wellness program that utilises DNA, Molecular Biomarkers, Physical & Structural Evaluation, Questionnaires and consultations to identify and alleviate our client's pain points in the various forms of physical, mental, economic interpersonal, sexual and political aspects of the individual; all of which will be overseen and customised by a team of experts in Kalari Payattu, marma chikitsa, yoga, strength training, reflexology, non-invasive PNT, DORN, calisthenics, physiotherapy, chiropractors, styling, cosmetology among other disciplines.

This transformation enables our clients to metamorphose into their peak physical condition, while reversing ageing, rejuvenating the body's internal state without invasive methods with an emphasis on using food as medicine.



## THERAPIES AT A GLANCE

	30 min	45 min	60 min	90 min
Authentic Foot Reflexology	₹ 850		₹ 1416	
Authentic Back Reflexology Dry / Oil	₹ 991 / 10 62		₹ 1416 / 1558	
Facial Lymphatic Drainage Therapy		₹ 991		
Deep Tissue Sport Rehabilitation Therapy			₹ 1982	₹ 2407
Ancient Nuad Bo Rarn Therapy			₹ 1982	
Aromatherapy Massage			₹ 1982	₹ 2407
Balinese Massage Therapy			₹ 1982	₹ 2407
Swedish Massage Therapy			₹ 1982	₹ 2407
Hot Stone Massage Therapy			₹ 1982	₹ 2407
Accupressure Head Oil Massage	₹ 708	₹ 779		

Inclusive of All Taxes



# Wellness Massages

Relax, Rejuvenate and Re-energize



## Authentic Foot Reflexology

### *A treat for the feet*

Our signature foot reflexology is based on the principle 'Perfect feet spells perfect health'. The therapy aims to remove blocks, allowing the energy to flow freely again. Adopting a precise approach to promote healing abilities for every one, all age groups by working from toes to the knees. Professional reflexology uses different forms of technical application movement using hands and a wooden stick.

### *Benefit:*

The professional therapy stimulates the body's regenerative capacity-working upon the 7200 nerve endings, 107 ligaments, 26 bones, 19-muscles in each leg. Providing a profound sense of relaxation.

30 min

|

60 min

₹ 850

₹ 1416



## Authentic Back Reflexology

### *More than a Luxury*

A 60 minute back reflexology dry / oil massage is considered to be as relaxing as a (7-8 hours of sleep is to our body) The therapy is performed either on a specialized chair or bed and is a form of preventing maintenance. The technique of pressure and assisted passive stretches starts from the lower back to the fingertips, covering the neck, head and face area reflex- points.

### *Benefit:*

Helps in the myofacial release, strengthening and conditioning the muscles of the upper body from the back to the hands, reducing the symptoms of pain, muscle spasm, tiredness and fatigue. Encouraging the release of endorphins, while providing an immediate relief from pain.

<b>30 min</b>	<b> </b>	<b>60 min</b>
<b>DRY- ₹ 991</b>		<b>DRY- ₹ 1416</b>
<b>OIL - ₹ 1062</b>		<b>OIL - ₹ 1558</b>



## Facial Lymphatic Drainage Therapy

### *A Face Workout*

How facial lymphatic drainage massages work ? Beyond a radiant complexion, lymphatic drainage facial acts as a face workout.

This specialized massage is based on the principle of optimizing the lymph system for the stronger immunity. A slow and gentle therapy works to keep the client healthy, by moving the excess fluid out of the tissues into the lymph nodes. The masseuse works from the clavicle to the nape of the neck with Aloe Vera Gel and Almond oil.

### *Benefit:*

Facial lymphatic drainage therapy strengthens your facial muscles, boosts oxygen flow, and releases endorphins. In addition to pumping lymph's flow to remove sluggishness, it reduces mild to moderate swelling and pigmentation.

**45 mins**

**₹ 991**





## Deep Tissue Sport Rehabilitation Therapy

*Stimulation of Skin & Muscle  
with therapeutic Intent*

Specialized sports therapies for the 'athlete world and postnatal care', ensuring a speedy recovery from injuries, fatigue, tiredness and physical stress. Optimizing Performance with the focus of realigning deeper layers of muscles and connective tissues, from toe to neck. The therapy session is given on a massage table, in the prone and supine comfortable position, with oil or cream. Through slower strokes and more direct deep pressure application across the grain of the muscle. Deep tissue and sports massage is applied to both the superficial and deep layers of muscle, fascia and other affected areas.

### *Benefit:*

Helpful for chronically tense and contracted areas like stiff necks, lower back tightness, sore shoulders, tired legs. The massage aids sleep, releases emotions, reduces swelling and edema by increasing diuresis.

<b>60 min</b>	<b> </b>	<b>90 min</b>
<b>₹ 1982</b>		<b>₹ 2407</b>



## Ancient Nuad Bo Rarn Therapy

### *A Lazy Mans Yoga*

Striking equilibrium between mental and physical energy. The ancient treatment is an advanced therapeutic yoga therapy and is performed on a bed. The word nuad means to 'knead' and Bo Rarn is the science. Hence, a soft tissue manipulation. The therapy is primarily working on the energy lines and points, in a concentrated state of mind, following the movements of SGD- technique - 'slowly, gently and deeply'. Specific movements are designed for specific pain areas.

### *Benefit:*

The massage gives a feeling of both, being relaxed and energized at the same time with the traditional treatment. The scientific and technical stretching movements, affecting the entire body by increasing

- Flexibility
- Releasing superficial tension
- Helping ease the body's natural energy flow

**60 min**

**₹ 1982**



## Aromatherapy Massage

*A journey from tired to relax*

A restorative massage with hot oils to relax and heal your body and mind, with a combination of aromatic essential oils.

### ***Benefit:***

The massage helps to

- Treat pain
- Muscle spasm
- Stiffness
- Insomnia
- Hypertension

60 min		90 min
₹ 1982		₹ 2407



## Balinese Massage Therapy

*A little pressure is worthy*

Balinese massage is one form of traditional Indonesian relaxation massage, involving a combination of techniques, including massage, acupressure and aroma therapy into one session. Helping lose the muscle and ease the pain. This massage is influenced by the Chinese and Indian cultures which emphasizes on bringing the body into balance.

### *Benefit:*

- Promotes relaxed state of mind
- Increases blood circulation
- Boosts oxygen and energy throughout the body

**60 min    |    90 min**

**₹ 1982**

**₹ 2407**



## Swedish Massage Therapy

*A simple massage could make a change*

Swedish massage is aimed to loosen the tired muscle, relaxing the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of the blood returning to the heart while easing tension of physical and mental stress.

### ***Benefit:***

- Increasing the oxygen levels in the blood
- Decreasing muscle toxins
- Improving circulation and flexibility

60 min   |   90 min

₹ 1982

₹ 2407



## Hot Stone Massage Therapy

*A natural approach to better health*

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. The massage promoted deeper muscle relaxation through the placement of smooth, water heated stones at key points on the body, incorporating specific massage movements owing to the sedative effect that can relieve chronic pain reduce stress and promote deep relaxation.

### *Benefit:*

The massage helps in providing a very healing and effective experience.

**60 min    |    90 min**

**₹ 1982**

**₹ 2407**

## Acupressure Head Oil Massage

*A Tranquil experience, through caring hands*

Acupressure head massage is a gentle, ancient therapy of meditative Ayurveda, innovative gentle stroking and kneading techniques over the scalp, neck, shoulders using slow and smooth activity to release muscular tension and headaches. Its best suited for people with sleep disorders, enhancing sleep.

### *Benefit:*

The massage helps in creating a deep sense of tranquility and peace.

30 min | 45 min

₹ 708

₹ 779



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