



BRHAM

unwind

A WELLNESS SPA & SALON BY BRHAM



BRAHM

Be "Brahm" - Be "Wise"



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 the 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 aging, rejuvenating the body's internal state without invasive methods with an emphasis on using food as medicine.

<i>Wellness Massages</i>	30 min	45 min	60 min	75 min	90 min
Authentic Foot Reflexology	₹ 749	-	₹ 1199	-	-
Authentic Back Reflexology Dry / Oil	₹ 849 / 899	-	₹ 1199 / 1299	-	-
Facial Lymphatic Drainage Therapy	-	₹ 849	-	-	-
Accupressure Head Oil Massage	₹ 599	₹ 699			

<i>Spa Massages</i>	30 min	45 min	60 min	75 min	90 min
Aromatherapy Massage	-	-	₹ 1699	-	₹ 2049
Balinese Massage Therapy	-	-	₹ 2049	-	₹ 2599
Swedish Massage Therapy	-	-	₹ 1699	-	₹ 2049
Deep Tissue Sport Rehabilitation Therapy	-	-	₹ 2049	-	₹ 2599

Exclusive 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

₹ 749

₹ 1199



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. It 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 areas reflex points.

Benefit:

Help in the myofascial release, strengthening and conditioning the muscles of the upper body from the back till the hands. Reducing the symptoms of pain, muscle spasm, tiredness and fatigue. Encouraging the release of endorphins, while providing an immediate relief from pain.

30 min | 60 min

₹ 849/899

₹ 1199 / 1299



Facial Lymphatic Drainage Therapy

A Face Workout

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

The specialized massage is based on the principle of optimizing the lymph system for the stronger immunity.

A slow and gentle therapy working to keep the client healthy, by moving the excess fluid out of the tissues into the lymph nodes. Working from the clavicle to the nape of the neck with Aloe Vera Gel Almond oil cream of your choice.

45 min

₹ 849



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-affect ed 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.

60 min | 90 min

₹ 2049

₹ 2599



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 of kneading. 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

75 min

₹ 2049



Spa Massages



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

₹ 1699

|

90 min

₹ 2049



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 aromatherapy 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:

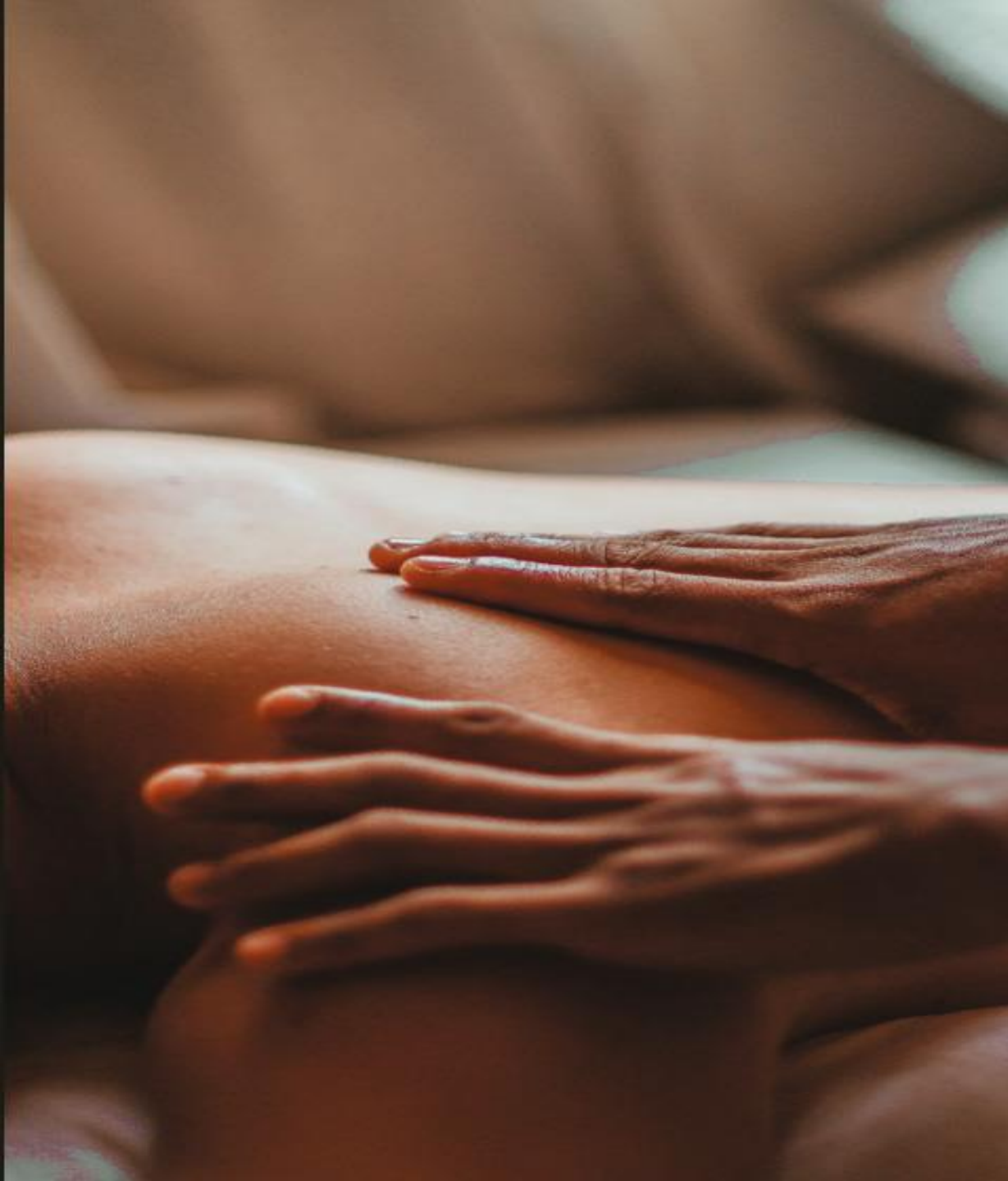
The Massage-

- Promotes relaxed state of mind
- Increases blood circulation
- Boosts oxygen and energy throughout the body
- Helping loosen the muscles and ease the pain.

60 min | 90 min

₹ 2049

₹ 2599



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:

The Massage helps in-

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

60 min

₹ 1699

|

90 min

₹ 2049



Hot Stone Massage Therapy

A natural approach to better health

Hot stone massage therapy melts away tension, eases muscle stiffness, 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
₹ 1699 ₹ 2049



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
₹ 599 | ₹ 699



Salon Services

We care about your hair *For Men*

Hair Cut

Hair Cut with Wash / without	₹ 499/300
Beard Trim	₹ 149
Moustache Trim	₹ 99
Foam Shave	₹ 199
Head Shave	₹ 299
Shampoo + Conditioning	₹ 149
Short Hair Shampoo +Conditioning	₹ 299

Hair Coloring Men

Beard Hair Dye	₹ 349
Global Majirel	₹ 799
Global Inoa	₹ 1299
Global Highlights - Short Hair	₹ 649
Global Highlights - medium Hair	₹ 1149
Moustache Color	₹ 149
Own Color Application	₹ 449
Smart bond Add On	₹ 499

Head Massage

Coconut Oil (20 min)	₹ 499
Olive Oil (20 min)	₹ 499
Almond Oil(30Min) with Hot Towel	₹ 749



The science of hair

Hair Spa

Deep Nourishing	₹ 1049
Smoothing Cream Bath	₹ 1049
Repairing Cream Bath	₹ 1049
Vitalizing Cream Bath	₹ 1049
Dandruff Treatment – Clear Dose	₹ 1549
Deep Conditioning	₹ 1399

Power Mix Treatment

Absolut Repair	₹ 799
Enforcer	₹ 799
Liss Unlimited	₹ 799

Hair Cut and styling *For Women*

For Women

Restyle	₹ 1150
Style	₹ 749
One Length Bob	₹ 499
Fringe	₹ 249
One length Trim	₹ 499
Shampoo + Conditioning For Women	
Short / Medium	₹ 399 / 449
Long / Ex long	₹ 499 / 599
Only Shampoo (Any Length)	₹ 306 / 299
Shampoo+ Conditioning+ Blow Dry	₹ 599

Blow Dry

For Women

Straight- Short / Medium	₹ 449 / ₹ 599
Long / Ex long	₹ 749 / ₹ 899
Out curl	
In curl-Short / medium	₹ 549 / ₹ 649
long / ex long	₹ 749 / ₹ 899
Roller Set Hair Short / medium	₹ 749 / ₹ 899
Long	₹ 749 / ₹ 899

Hair Coloring

For Women

Root Touch Up 2 Inches- Majirel	₹ 1199	Global Highlight	
Root Touch Up 2 inches -Inoa	₹ 1399	Short / Medium	₹ 2999 / ₹ 4199
Global Color Majirel		Long / Ex long	₹ 5549 / ₹ 6449
Short / Medium	₹ 2999 / ₹ 3599	Smart bond Treatment	
Long / Exlong	₹ 4449 / ₹ 5299	Short / medium	₹ 1799 / ₹ 2999
Global Color Inoa		Long / Exlong	₹ 3499 / ₹ 499
Short / Medium	₹ 4099 / ₹ 4449	Smartbond Add On	₹ 499
Long / Ex Long	₹ 5249	Hair Styling & Treatment	
Few Strands In Front Customized		Smoothing & Straightening	
Hair Streaking Per Foil	₹ 399	Extenso	
Global Prelightening		Short / Medium	₹ 5799 / ₹ 6599
Short / medium	₹ 2399 / ₹ 3799	Long / Ex Long	₹ 8099 / ₹ 10499
Long / Ex long	₹ 4499 / ₹ 5499		
Crown Highlight		Short / medium /	₹ 5999 / ₹ 6999
Short / Medium	₹ 2144 / ₹ 2599	long / Ex Long	₹ 8599 / ₹ 19599
Long / Ex long	₹ 3299 / ₹ 3999		

Chocolate Waxing

Choco Back	₹ 549
Choco Half Back	₹ 349
Choco Stomach	₹ 499
Choco Bikini	₹ 1199
Choco Bikini Line	₹ 299
Choco Chin	₹ 99
Choco Forehead	₹ 99
Choco Half Face	₹ 499
Choco Half Arms	₹ 450
Choco Full Legs	₹ 450
Choco Chest	₹ 649
Choco Sides	₹ 199
Choco Under Arms	₹ 199
Choco Upper Lip	₹ 199
Choco Full Body	₹ 2499

Normal Waxing

Waxing Sides	₹ 149
Waxing Half Arms	₹ 199
Waxing Half Legs	₹ 199
Waxing Full Arms	₹ 299
Waxing Full Legs	₹ 399
Waxing Stomach	₹ 299
Waxing Under Arms	₹ 149
Waxing Back	₹ 399
Waxing Full Body	₹ 1249
Waxing Bikini Line	₹ 149
Waxing Bikini	₹ 1049
Waxing Full Face	₹ 399



Facials & Clean ups

Improving the appearance of skin

A facial is a skin care treatment that involves exfoliating and cleansing to eliminate dirt, dead skin, and impurities.

Facials removes blemishes, moisturizes, regenerates, tightens and otherwise beautifies the skin. Making your face look fabulous.

Taking care of your skin is just as important as eating a well-balanced diet and getting enough sleep.

Treating yourself to a facial treatment every 4-weeks can benefit your skin in so many different ways.

Healthy skin is our body's first line of defence against illness, bacteria and disease, so taking care of it is extremely important. Especially with the change of seasons during the entire year,, the skin has to adapt to the weather changes.



Clean Up

De-Tan	₹ 849
Biotique	₹ 999
Full Body Polishing	₹ 2999

Bleaching

Bleaching Under Arms	₹ 149
Oxy Full Arms	₹ 499
Oxy Full Legs	₹ 699
Full Face	₹ 499

Facials

O3 + Anti Age	₹ 2499
O3 Facial	₹ 2999
Shehnaz Gold	₹ 1499
Biotique	₹ 1399



Pedicure

A Make time for you

A pedicure helps clean and moisturise your feet, and also provides nail care. Getting a monthly pedicure done is advisable, as it's an effective way to detect early signs of corns and fungal infections, among other things.

- Tackles cracks in the heels
- Helps you de-stress
- Promotes blood circulation



Manicure

Get a new look for your nails

A manicure provides a deep clean for your nails, as well as ensuring that they look great. This is an important part of positive nail health, as both our hands go through a lot on a daily basis.

Regular manicure ensures the removal of dead skin cells, which is an essential part of encouraging new skin cell growth. New skin cells are key for nails that are strong and healthy.

Regular manicures also help to make sure that your nails don't get into a poor condition, for example being plagued by fungal infections. If you're keen to protect your nail health on an ongoing basis, manicure has an important role to play.

**Manicure Unisex**

Basic Manicure	₹ 399
Deluxe Manicure	₹ 599
Cut & File	₹ 149
File & Polish	₹ 199
Only Polish	₹ 199
Own Polish	₹ 49

Pedicure Unisex

Basic Pedicure	₹ 499
Deluxe Pedicure	₹ 799
Cut & File	₹ 199
Only File	₹ 199
Heel Peel Pedicure	₹ 999

Skin Care**Threading**

Chin	₹ 99
Fore Head	₹ 99
Full Face	₹ 249
Neck	₹ 99
Upper Lip	₹ 99
Eye Brow	₹ 149
Sides	₹ 149



Nail Bar Service

Gel Polish	₹ 799
Removal	₹ 499
Tip Repair	₹ 199

Gel Extension

Full Set	₹ 1799
Refill	₹ 1049
Over Lay	₹ 1199



Body Scrub & Body Wrap

Improving the appearance of skin

Your body needs exfoliation to stay soft, smooth and healthy. Body scrubs are physical exfoliates that will mechanically slough away dead cells.

Benefits:

- Promoting efficient circulation and skin cell turnover.
- Removing dead cells from the skin surface.
- Smoothing and softening rough dry skin
- Drawing out impurities and cleaning congestion
- Freeing ingrown hair and smoothing the skin

55 min

₹ 3304

Custom diagnosis and Prognosis

We examine your:

- Ancestry
- Genetic reports
- Muscle fibre composition
- Biomarkers
- Report and system analyses
- Musculo-skeletal evaluation
- Posture
- Marma w/organ evaluation
- Reflex point testing

Comprehensive diagnosis with a tailor-made solution for you.

Implementation of Prognosis by Team of Experts



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Brunton Road

PUNE

The Poona Club

The Brham Store - Koregaon Park

GOA

The Brham Store
Chopdem, Morjim Road, Agarvado

BANGALORE CLUB	BRUNTON ROAD	GOA	KGA	POONA CLUB
8956021901	8956021903	8956021907	8956021902	8956021906