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**RETRIEVE**  
HEALTH & WELLNESS



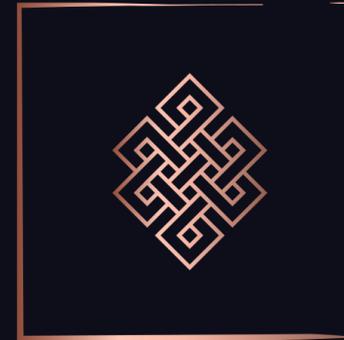
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“Reclaim What Was Once Yours  
Retain What Is Now Yours  
Remove What May Become Yours”



# RETRIEVE

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A 'Luxury Wellness Spa & Lifestyle Management Center', in the heart of Cochin, with a blend of modern architecture, serene nature and tranquil interiors, along with a touch of luxury and elegance for your physical and mental rejuvenation.





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Retrieve Health & Wellness: Presented to you by Dr. Aju Abraham, a renowned psychiatrist with 25 years of international experience in the management of stress-related emotional and physical health problems. Dr. Aju offers you a team of wellness experts to help manage your health systematically & harmoniously. The highly trained staff at the Retrieve departments of Psychology, Dietetics, Physiotherapy, Yoga, Beauty & Spa has a holistic perspective to health care & will address the vicious circles of your unmanaged stress and lifestyle diseases. The main focus of Retrieve is to help you attain a congenial balance to your body & mind that is vital to sustain your health & wellness. We do this by addressing the issues with your stress, diet, physical activity, psychoactive substance intake and social connectivity.

**LIFESTYLE MANAGEMENT CENTER SERVICES:**

➤ Wellness Assessment	120 Min	INR	1000.00
➤ Stress Management Counselling	30 Min	INR	500.00
➤ Stress Management Counselling	50 Min	INR	800.00
➤ Psychological Counselling	30 Min	INR	500.00
➤ Psychological Counselling	50 Min	INR	800.00



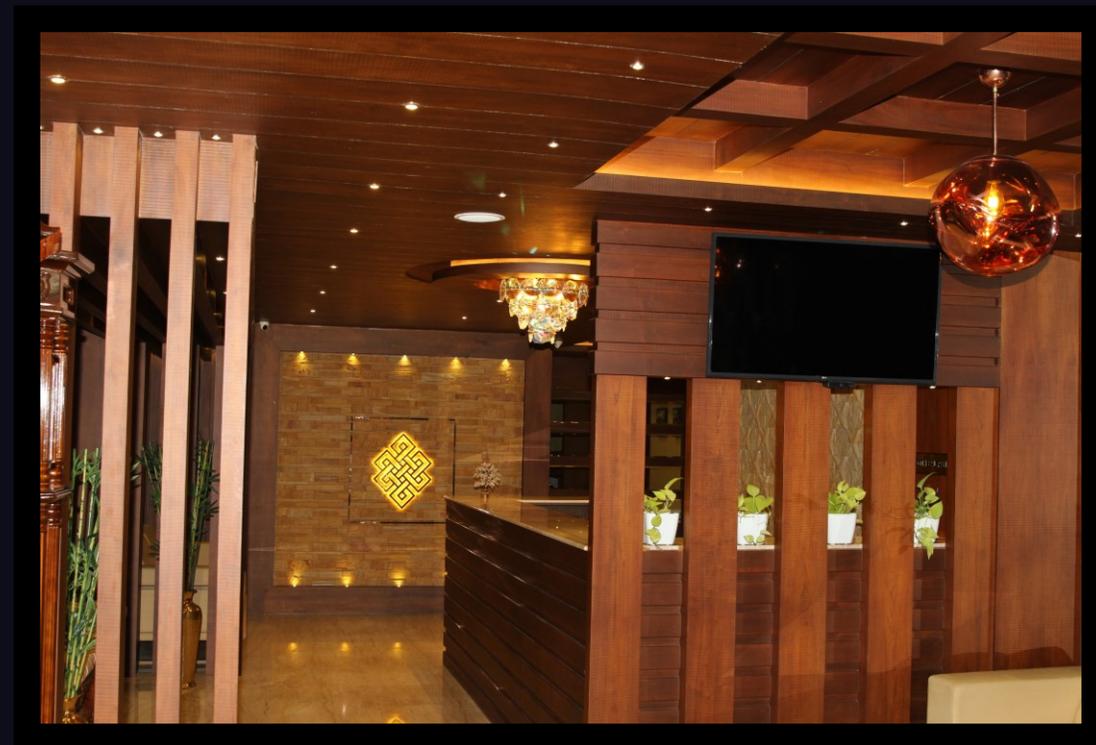
**LIFESTYLE MANAGEMENT CENTER SERVICES:**

➤ Nutritional Counselling	30 - 40 Min	INR	500.00
➤ Physiotherapy Session	40 - 60 Min	INR	600.00
➤ Exercise Management	60 Min	INR	600.00



LIFESTYLE MANAGEMENT CENTER PACKAGES:

➤ Yoga Package (Workshop, Mon – Sat)    Per Month    INR    3,000.00





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## WORKSHOPS (PER HEAD)

➤ Stress Management Workshops	90 Min	INR 400.00
➤ Nutritional Workshops	90 Min	INR 400.00
➤ Exercise Management Workshops	90 Min	INR 400.00
➤ Yoga Workshops	90 Min	INR 400.00

## Terms & Conditions

- Minimum intake is 6 pax
- Maximum intake is 13 pax
- Sports attire is required for exercise & yoga workshops
- Comfort wear is required for stress management workshops



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## SPA THERAPY

➤ Swedish Massage	60/90 Min	INR 2,800.00/3,500.00
➤ Aromatherapy Massage	60/90 Min	INR 2,800.00/3,500.00
➤ Deep Tissue Massage	60/90 Min	INR 3,250.00/4,250.00
➤ Thai Yoga Massage	60/90 Min	INR 3,000.00/4,000.00
➤ Hot Stone Massage	90 Min	INR 4,000.00
➤ Retrieve Signature Massage	120 Min	INR 5,500.00



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## SPA THERAPY

➤ Anti-Stress Head Massage	30 Min	INR 1,500.00
➤ Back Massage	30 Min	INR 1,500.00
➤ Foot Reflexology	45 Min	INR 1,950.00

## BODY SCRUBS & WRAPS

➤ Milk Cream Vetiver Scrub	60 Min	INR 2,500.00
➤ Indian Spices Scrub	60 Min	INR 2,500.00
➤ Sugarcane Scrub	60 Min	INR 2,750.00
➤ Aloe Vera Cooling Wrap	60 Min	INR 2,500.00
➤ Indian Spices Wrap	60 Min	INR 2,500.00
➤ Coffee Wrap	60 Min	INR 2,500.00



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## ➤ SWEDISH MASSAGE

With this massage you can energize your body & mind and improve your overall health. It is a great way to relax and unwind. It helps to relax your tight muscles and promote your blood circulation.

## ➤ AROMA THERAPY MASSAGE

This therapy incorporates the use of blended aroma oil into a massage. This involves gentle massage strokes and pressure points. Aroma therapy improves your physical and mental health, enhances your mood and balances your body and mind. The aroma oil fragrance helps you to fall into deep relaxation.



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➤ **DEEP TISSUE MASSAGE**

This massage technique is used to treat musculoskeletal issues and removes the tension from tight muscles. It is recommended for individuals actively involved in sports & games. It is also good for individuals who require higher pressure for the muscles.

➤ **HOT STONE MASSAGE**

In this massage special energized stones and aroma oils are used. Different types of heated stones are placed on specific parts of your body, which helps you to relax and ease your tensed muscles and damaged soft tissues. It relieves muscle tension & pain, reduces stress & anxiety and promotes sleep.



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## ➤ THAI YOGA MASSAGE

This massage stimulates your pressure points to open your body's energy pathway, allowing your body to heal. It is performed with different yoga poses for a deeper stretch. It increases flexibility, relieves pain & muscle tensions, improves range of motions, gives deep relaxation and relieves stress. It also improves your circulation and lymphatic flow. It can reduce headaches and increase your energy level.



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➤ **REFLEXOLOGY FOOT MASSAGE**

This is a deep relaxing foot massage involving the application of pressure to specific points on the feet using the thumb. The pressure points reflect different internal organs. Applying pressure on the points stimulates energy & releases blockages.

➤ **ANTI STRESS HEAD MASSAGE**

This massage eliminates accumulated stress & tension and provides psychic relaxation. It improves sleep, concentration and mental freshness.



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➤ **BACK MASSAGE**

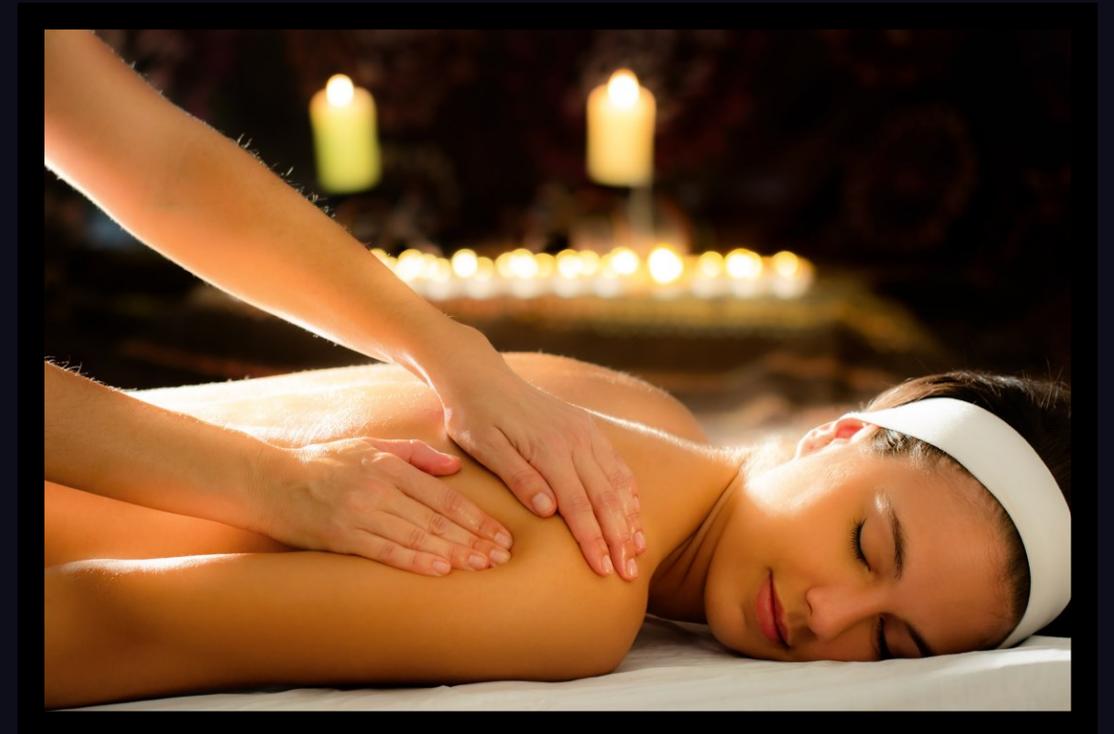
This is a massage that helps you to relax and remove the aches and pains on the back. It also relieves the stiffness of your back.

➤ **RETRIEVE SIGNATURE MASSAGE**

Our signature massage will let you unwind and energize in the hands of our expert therapists. It will take you to the height of tranquility, releasing the tensions, stresses and strains in your life.



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➤ **MILK CREAM VETIVER BODY SCRUB**

This is a soothing, cooling & calming scrub that uses milk cream, vetiver and turmeric giving you an inner balance and outer skin tone. It also protects and moisturizes your skin.

➤ **INDIAN SPICES BODY SCRUB**

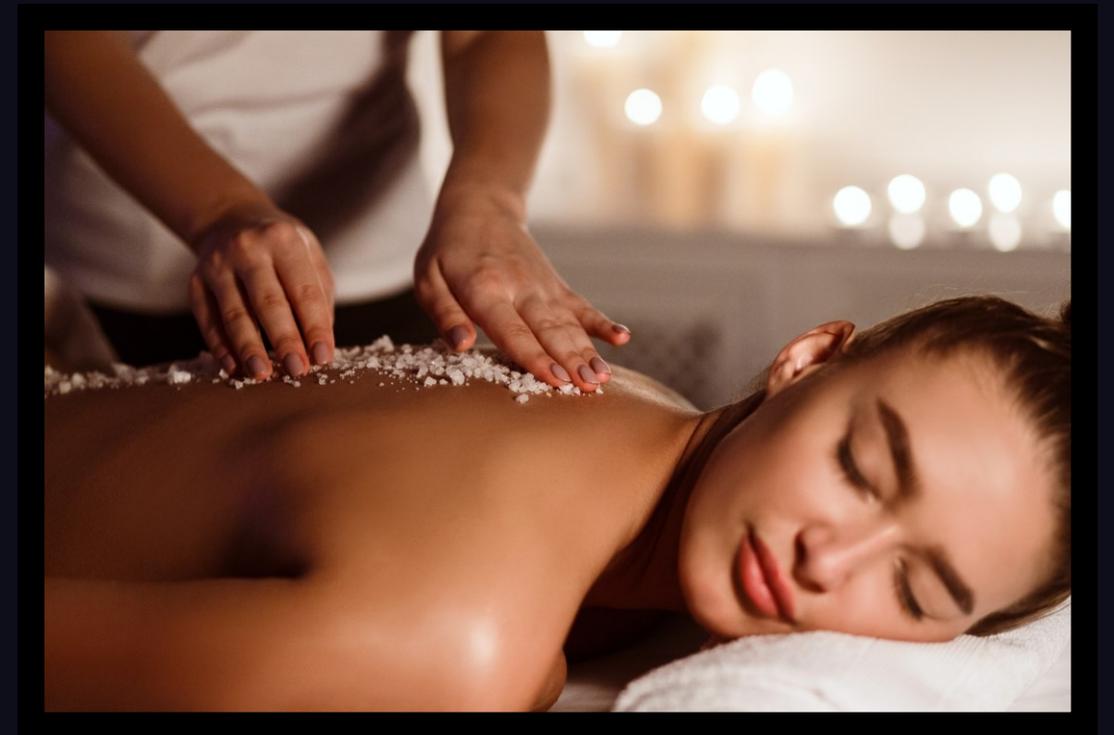
This is an exfoliating scrub using rice powder mixed with a variety of Indian spices. It helps to remove your dead skin and to relax your tired muscles.

➤ **SUGAR CANE BODY SCRUB**

This is a gentle scrub using brown sugar and sweet almond oil. This scrub will exfoliate your skin and bring a silky touch. This is ideal to revive the radiance of your skin. It is also moisturizing, soothing & nourishing for your skin.



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➤ **COFFEE BODY WRAP**

This scrub gently stimulates your skin and also helps to tone your skin. It removes excess oil & dead skin from your body. This is ideal for oily skin.

➤ **ALOE VERA COOLING BODY WRAP**

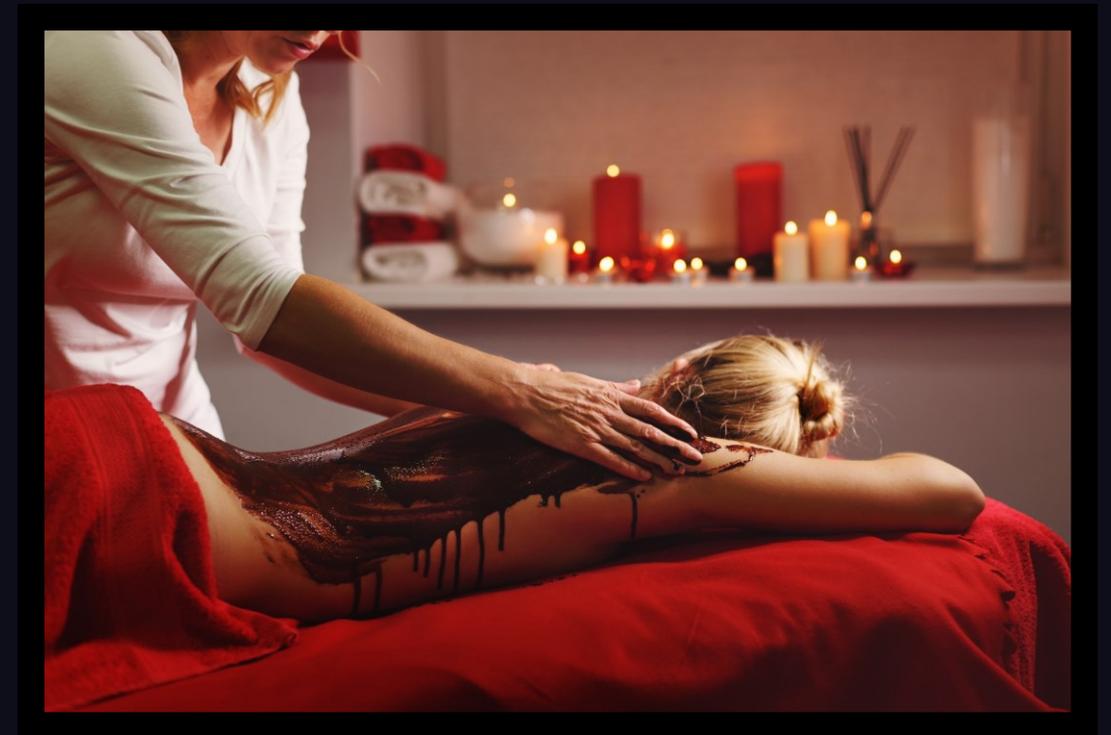
This wrap is used for hydrating & cooling the skin. It is excellent to heal sunburn & skin allergies. This wrap is recommended for all skin types.

➤ **INDIAN SPICES BODY WRAP**

This is a wrap using Indian spices, which gives warmth to your body and helps to cleanse you internally by increasing the blood circulation. It also loosens your tight muscles and softens your skin.



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## SHAHNAZ HUSAIN FACIALS

➤ Oily Skin	60 Min	INR 1,500.00
➤ Dry Skin	60 Min	INR 1,500.00
➤ Flower	60 Min	INR 1,750.00
➤ Fruit	60 Min	INR 1,750.00
➤ Pearl	90 Min	INR 2,000.00
➤ Gold	90 Min	INR 2,250.00
➤ Diamond	90 Min	INR 2,500.00

## FACE CLEANUP

➤ Normal Cleanup	20 Min	INR 700.00
➤ Veg Peel Cleanup (Kaya)	20 Min	INR 950.00



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### Rémy Laure Facials - FRENCH MOOR THERAPY

Extracted from the heart of our earth (alpine valleys, lakes, wild countryside), enriched by centuries of slow evolution, protected from pollution. These muds coming from the different continents are thoroughly studied to enable a rational use as effectively as possible.

➤ Young Blush Radiance Facial	60 Min	INR 2,500.00
➤ Essential Mineral Purifying Facial	60 Min	INR 3,000.00
➤ Hydradermie Hydrating Facial	60 Min	INR 3,000.00
➤ Age Defense Anti Ageing Facial	60 Min	INR 3,000.00
➤ Pearl Glow Brightening Facial	75 Min	INR 3,950.00



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## HAIR TREATMENTS (BASIC)

➤ Hair Colouring	(Basic - Per Unit)	INR	300.00
➤ Hair Spa	(Basic - Per Unit)	INR	500.00
➤ Highlights	(Basic - Per Strip)	INR	300.00
➤ Hair Straightening	(Basic – Per Unit)	INR	600.00

### Terms & Conditions

- Our hair treatment prices have been set as a basic price for the standard length & thickness. We reserve the right to charge extra for any variations from this



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### BEAUTY THERAPY

#### RICA WAXING

- |                                     |                    |
|-------------------------------------|--------------------|
| ➤ Face                              | INR 450.00         |
| ➤ Underarms                         | INR 450.00         |
| ➤ Half/Full Hands                   | INR 500.00/750.00  |
| ➤ Half/Full Legs                    | INR 750.00/1100.00 |
| ➤ Full Body (Excluding Bikini Line) | INR 2,500.00       |

#### NAIL CARE

- |                |        |              |
|----------------|--------|--------------|
| ➤ Spa Manicure | 60 Min | INR 750.00   |
| ➤ Spa Pedicure | 90 Min | INR 1,500.00 |



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**BEAUTY THERAPY**

**BLEACHING**

**Oxylife**

- Face & Neck INR 500.00
- Hands INR 600.00
- Legs INR 850.00
- Full Body Without Mask INR 1,200.00
- Full Body With Mask INR 1,600.00

**O3+**

- Face & Neck INR 700.00
- Hands INR 800.00
- Legs INR 1050.00
- Full Body Without Mask INR 1,400.00
- Full Body With Mask INR 1,800.00



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➤ **Bridal Make up : MAC : INR 20,000.00**  
(Make Up, Hair Styling, Saree Draping)

**For Accompanying Parties : (Standard Rates)**

- Make Up : INR 2,500.00
- Saree Draping : INR 1,250.00
- Hair Styling : INR 1,250.00



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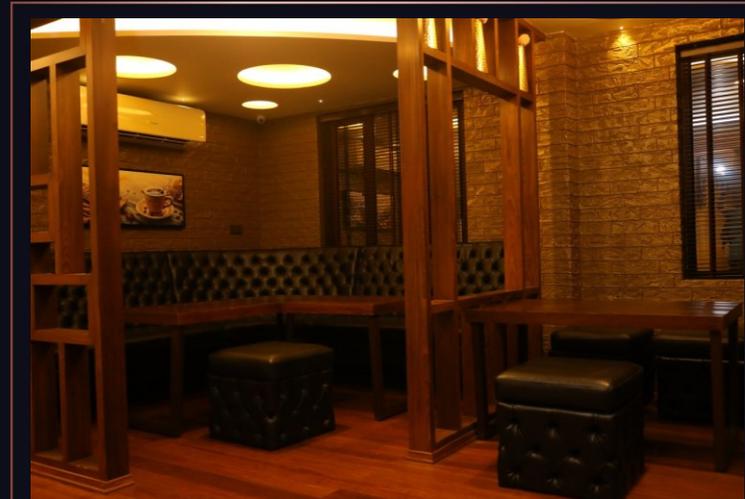


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## THE RETRIEVE PANTRY

We offer a variety of health drinks & health bites at the Retrieve Pantry. The food that we serve at Retrieve are based on the principles of whole food plant-based diet. The prices & details are available separately from our pantry section.





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## RETRIEVE SPA & BEAUTY MEMBERSHIP 12 MONTHS: INR 3,000.00

Benefits:

- One complimentary beauty or spa treatment worth up to INR 2,500.00
- 10% discounted rates for all beauty & spa services
- 10% discounted rates for member's guests for all beauty & spa services

Terms & Conditions:

- The membership fee should be paid in advance as a one-time payment
- The membership fee is non-refundable
- Discount is not applicable for the Signature Retrieve Spa & Beauty Day Package

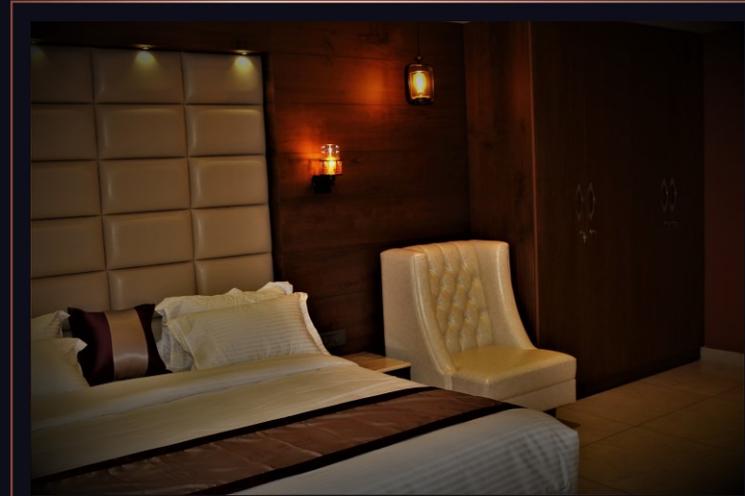


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**ROOM ONLY RATES PER NIGHT**

Majesty (Suite Room)	INR 6,200.00
Eminence Single/Double Occupancy	INR 3,000/3,500.00
Aristocracy Single/Double Occupancy	INR 2,800.00/3,300.00
Nobility Single/Double Occupancy	INR 2,600.00/3,100.00
Regency Single/Double Occupancy	INR 2,400.00/2,900.00
Dignity Single Occupancy	INR 1,950.00

**Notes:**

Free access to gym, terrace & game zone until 8 PM  
Check in time is at 2 PM & check out time is at 10 AM

**Terms & Conditions:** 50% payment on booking. The remaining 50% payment should be made at the time of check in. The booking fee is non-refundable on cancellation



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### General Terms & Conditions

#### Bookings:

- No cheque payments will be accepted
- GST will be applied to our tariffs at the applicable rates
- Security deposit of 10% will be taken at the time of check in

#### Cancellation Policy:

- No refunds will be given on cancellations



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