Address:

2366 A, Kaloor-Kadavanthra Road, Kaloor, Kochi, Kerala, India PIN 682017

- @ Email: info@retrieve-wellness.com
- & Website: www.retrieve-wellness.com
 - S WhatsApp Chat: +91 9567099985
 - Tandline: +91 484 4300255



KETKIEVE HEALTH&WELLNESS



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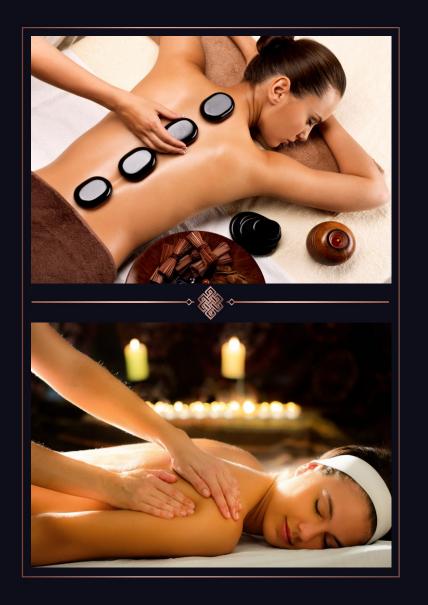
RETRIEVE HEALTH & WELLNESS

"Reclaim What Was Once Yours Retain What Is Now Yours Remove What May Become Yours"





A 'Luxury Wellness Spa Hotel, 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.





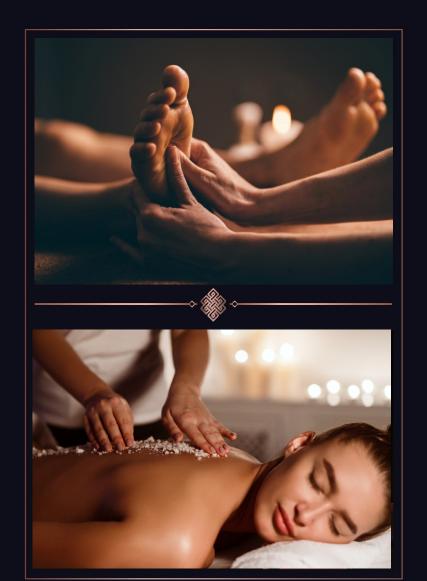
SPA THERAPY

90 Min

120 Min

- Swedish Massage
- Aromatherapy Massage
- Deep Tissue Massage
- > Thai Yoga Massage
- ➢ Hot Stone Massage
- Retrieve Signature Massage

60/90 Min INR 2,800.00/3,500.00 60/90 Min INR 2,800.00/3,500.00 60/90 Min INR 3,250.00/4,250.00 60/90 Min INR 3,000.00/4,000.00 INR 4,000.00 INR 5,500.00





<u>SPA THERAPY</u>

\triangleright	Anti-Stress Head Massage	30 Min	INR 1,500.00
\triangleright	Back Massage	30 Min	INR 1,500.00
\triangleright	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





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.





> 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.









> 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.







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.





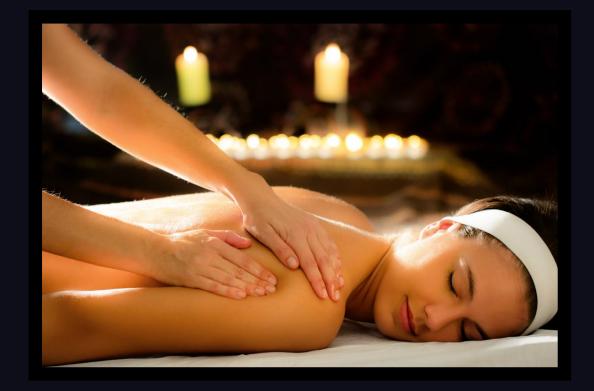


BACK MASSAGE

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.





RETRIEVE HEALTH & WELLNESS

> 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, smoothening & nourishing for your skin.







COFFEE BODY WRAP

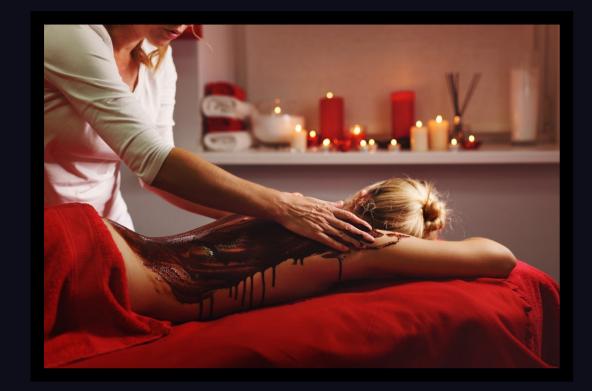
This scrub gently stimulates your skin and also helps to tone your skin. It removes excess oil & dead skin from your body. This is ideal for oily skin.

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.









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

20 Min

20 Min

>	Normal Cleanup
>	Veg Peel Cleanup (Kaya)

INR 700.00 INR 950.00

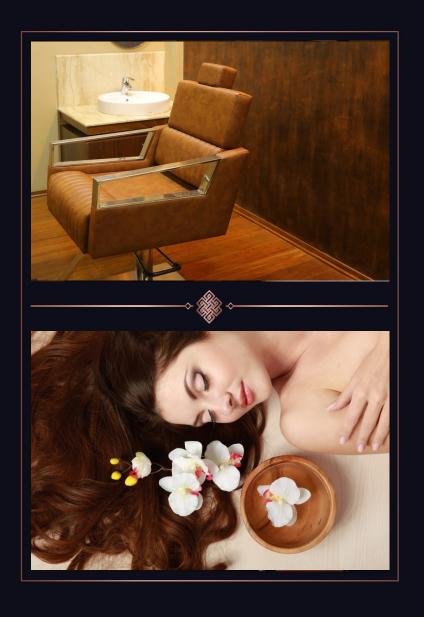




Rémy Laure Facials - FRENCH MOOR THERAPY

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.

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





HAIR TREATMENTS

Hair Colouring : Minimum Charge : INR 1,200.00
(Additional Charge - Per Unit) : INR 300.00
Hair Spa : Minimum Charge : INR 1,500.00
(Additional Charge - Per Unit) : INR 500.00
Highlights : Basic Strip : INR 400.00
Hair Straightening : Minimum Charge : INR 3,000.00
(Additional Charge - 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





BEAUTY THERAPY

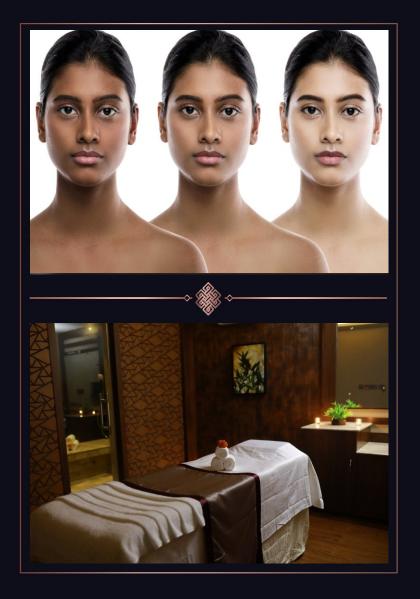
RICA WAXING

➤ Face

➤ 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	2,500.00

NAIL CARE

\triangleright	Spa Manicure	60 Min	INR	750.00
\triangleright	Spa Pedicure	90 Min	INR 1	,500.00





BEAUTY THERAPY

BLEACHING

Oxylife

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

03+

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



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







IN FILT

RETRIEVE

HEALTH & WELLNESS