

P A L M
S P A



Immerse yourself in a space designed to restore the mind, body and soul. Palm Spa at Palm Meadows Resort provides a peaceful sanctuary for you to pause, unwind, and reconnect. Each treatment is thoughtfully designed to restore balance and bring a sense of calm to both body and mind. Skilled therapists use time-tested techniques and gentle precision to create experiences that are deeply relaxing and quietly rejuvenating. Whether you choose a therapeutic massage, a soothing facial, or a holistic ritual, every moment here is guided by care and attention. Let your wellness journey begin in a setting that invites stillness, simplicity, and complete ease.

BODY MASSAGES

AROMATHERAPY MASSAGE

60/90/120mins

INR 4500/5800/7000

Surrender to tranquility with our Aromatherapy Massage. This deeply relaxing treatment blends smooth, flowing strokes with carefully selected essential oils tailored to your mood and energy. Set in the calming ambiance of Palm Spa, the experience soothes the nervous system, releases emotional tension, and restores inner harmony. Let the gentle rhythm of touch and scent transport you to a state of pure rejuvenation leaving you light, centered, and renewed.

Pressure- Light to Medium

DEEP TISSUE

60/90/120mins

INR 4500/5800/7000

Ease muscle tension and restore movement with our Deep Tissue Massage at Palm Spa. Using firm pressure and slow, focused strokes, this treatment targets deep layers of muscle to relieve stiffness, improve circulation, and help you feel balanced and refreshed. Perfect for those with tight muscles or physical stress, it's a powerful way to relax and renew. Recommended for those who prefer strong pressure or have specific areas of muscle tightness.

Pressure- Medium to Deep

AYURVEDA INSPIRED TREATMENTS

ABHYANGA

60/90/120mins

INR 4500/5800/7000

Experience the ancient art of Abhyanga, A rejuvenating and rhythmic full-body massage with warm medicated oils tailored to your body type. Traditional ayurvedic therapy that melts tension, nourishes the skin, awakens circulation, and restores harmony to your inner elements and balances the tri doshas.

CHURNA PINDA SWEDAM

60/90/120mins

INR 5000/6500/8000

Churna Pinda Swedam is a deeply therapeutic Ayurvedic treatment where warm boluses made from herbal powders such as Dashamoola, Rasna, and Shallaki are used for localized or full-body fomentation. These medicated powders are blended with warm herbal oils or decoctions, then wrapped in cloth and gently massaged over the body. This therapy effectively relieves muscle and joint pain, reduces stiffness and inflammation, improves circulation, and promotes overall relaxation. Especially beneficial for conditions like arthritis, sciatica, and sports injuries and helps balance the body's doshas and restores vitality.

SPA OPERATIONAL HOURS: Daily 9:00hrs -22:00hrs.

EXPRESS TREATMENT

RELAXING HEAD MASSAGE

30/45mins

INR 2500/3500

Let go of stress and tension with our deeply relaxing head massage. Our skilled therapist uses gentle yet effective techniques, to improve blood circulation, ease headaches, and calms the nervous system, leaving you feeling clear, grounded and completely at ease.

BACK MASSAGE

30/45mins

INR 2500/3500

Ease away tension and muscular stress with this deeply relaxing back massage. Focused on the upper, middle, and lower back, this treatment uses smooth, flowing strokes to relieve knots, improve circulation, and restore a sense of calm and well-being.

SOOTHING FOOT MASSAGE

30/45mins

INR 2500/3500

A therapeutic foot treatment that stimulates specific reflex points to relieve stress, support internal organ function, and naturally balance the body. Designed to soothe tired feet and promote healing, this foot-focused therapy encourages deep relaxation and overall wellness.

BODY TREATMENTS

ENERGIZING BODY SCRUB

45mins

INR 3500

Energizing body scrub made with Himalayan Rock Salt boosts your energy as well as leaving skin silky smooth and deeply moisturizing. Specially formulated to deeply cleanse your skin, leaving it feeling soft and energized.

SANDALWOOD SCRUB BODY

45mins

INR 3500

Gentle exfoliating powder of sandalwood & walnut are used in this body scrub to help deep clean to reveal rejuvenated and brighter skin. Gently removes dead skin cells, clarifies the skin and scent it with the delicate fragrance of Sandalwood. Promotes brighter and radiant skin, Smoothens skin texture Nourishes and softens the skin.

BODY TREATMENTS

SANDALWOOD BODY WARP

45mins

INR 3500

Sandalwood Body wrap helps rejuvenates your dull and tanned skin so that it feels fresh, soft, supple, and bright. It helps to remove Sun tan and also helps reduces signs of aging such as dry skin and wrinkles. Helps moisturize and sooth your skin.

REJUVENATING BODY WRAP

45mins

INR 3500

Rejuvenating body wrap involve a mixture of therapeutic ingredients like Dashmoola, Honey, Curd and Rose. This wraps can help removes toxins from the body, revealing smoother, brighter skin. The warmth from the wrap can also stimulate blood circulation, delivering nutrients to the skin.



SPA OPERATIONAL HOURS: Daily 9:00hrs -22:00hrs.

SPA ETIQUETTE & POLICIES

PRICING & TAXES

All prices in Indian rupees and subject to 18% GST & 5% service charge.

(Service charge is discretionary and can be changed / revoked as per the guest request.

Please note that treatment offerings and prices are subject to change without prior notice to ensure we maintain the highest standards of quality and care.

RESERVATIONS

Advance bookings are highly recommended to ensure availability and to secure your preferred treatment time. Our spa associates are delighted to assist in curating a bespoke wellness experience for you.

HEALTH & WELL-BEING

Your comfort, safety, and well-being are our highest priorities. Kindly inform us of any medical conditions, allergies, or special requirements at the time of booking so we may tailor your experience accordingly.

BEFORE YOUR VISIT

For your peace of mind, we suggest that all jewelry and valuables remain in your room.

We encourage gentlemen to shave a few hours prior to any facial treatments for maximum benefit.

ARRIVAL TIME

Each experience at Palm Spa begins with a personalized consultation to better understand your individual needs and preferences, ensuring every treatment is thoughtfully tailored for you. We kindly request that you arrive 30 minutes prior to your scheduled appointment to allow time for a smooth check-in and to fully immerse yourself in the tranquil ambiance of the spa.

PREPARING FOR YOUR TREATMENT

To enhance the effectiveness of your treatment, we invite you to begin with a session in our Steam and Sauna & Whirlpool facilities. These warm, therapeutic environments help relax muscles, activate circulation, and prepare the body for deeper absorption of the essential ingredients, creating a more profound sense of renewal.

LATE ARRIVALS

Please note that late arrivals may result in a shortened service duration to accommodate subsequent bookings.

CANCELLATION POLICY

Should you need to cancel or reschedule your appointment, we respectfully request a minimum of 4 hours' notice.

Appointments changed or canceled with less than 4 hours' notice may incur a charge of 50% of the scheduled service. No-shows will be charged 100% of the service price.

POST-TREATMENT RECOMMENDATIONS

We advise avoiding sun exposure for a minimum of six hours after any massage or body therapy. To prolong the effects of your treatment, a selection of premium spa products is available for use at home please inquire with your therapist.

GUEST AGE POLICY

Guests under 13 years of age may require parental consent or adult supervision to receive spa services. Please consult with our spa team for additional guidance.

