

ਏਕਾਕਿਸ਼



HOTEL LAKEND

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Wellness at Ekaika

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Ekaika Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts and practitioners to our unique blend of science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet.

Wellness is integrated into your whole Ekaika experience and becomes a joyful way of life.



Traditional Massages

DEEP TISSUE RELEASE

Firm strokes with forearms and elbows work warmed herbal oil deep into tired muscles, dissolving tension held in the body's core. This restorative massage is designed to release stubborn knots and chronic tightness for physical relief, followed by 10 mins of herbal steam.

Benefits: Eases muscle tension, releases trigger points and alleviates discomfort.

60 Minutes or 90 Minutes | INR 3800 or INR 4800

SERENE SWEDISH

Flowing effleurage strokes sweep over the body in a rhythmic cadence, melting stress and inviting a state of calm. Enhanced with olive oil to nourish the skin, this classic European technique promotes a sense of balance and lasting relaxation followed by 10 mins of herbal steam

Benefits: Stimulates circulation, relaxes the body, and clears the mind.

60 or 90 Minutes | INR 3800 or INR 4800

Traditional Massages

AROMATHERAPY EMBRACE

A gentle-to-medium pressure ritual combining long, fluid strokes and precise thumb work, tailored for those who prefer a lighter touch. Infused with a bespoke blend of essential oils, this massage soothes the senses and nurtures the body followed by 10 mins of herbal steam.

Enhancement: Custom essential oil selection to harmonise mood and body.

60 Minutes or 90 Minutes | INR 3800 or INR 4800

HOT-STONE HARMONY

Smooth basalt stones, warmed to perfection, glide across the body with nutrient-rich oils. Targeting vital energy points, this deeply relaxing treatment melts muscle tension, enhances circulation, and supports the body's natural detoxification. followed by 10 mins of herbal steam .

Benefits: Relieves muscle tightness, improves circulation, and fosters restful sleep.

90 Minutes | INR 4800

Signature Massages

EKAIKA SIGNATURE JOURNEY

Inspired by our surroundings, this exquisite ritual begins with a rejuvenating exfoliation, gently buffing skin to a satin finish. A personalised full-body massage using aromatic oils to dissolve tension, enhance circulation, and restore harmony followed by 10 mins of herbal steam

90 Minutes | INR 5500

DUAL-THERAPIST SYMPHONY

Two therapists work in perfect synchrony, mirrored movements creating a wave-like rhythm that envelops you in immersion. Select any massage style and experience it in double harmony—delivering twice the relaxation and relief followed by 10 mins of herbal steam .

Each session is tailored to your personal needs for a truly bespoke escape.

60 or 90 Minutes | INR 5500 or INR 7500

Body Scrub

RADIANCE RITUAL

An exquisite fusion of orange peel, almond powder, milk, and honey, this rejuvenating polish unveils the skin's natural luminosity. The citrus uplifts and brightens, almonds smooth and refine, while milk and honey drape the body in lasting softness and hydration. A luxurious ritual that leaves the skin silken, radiant, and utterly renewed., followed by 10 minutes of herbal steam

60 Minutes | INR 3000

VELVET ROAST RITUAL

Awaken your senses with the invigorating blend of freshly ground coffee and warm cinnamon. This decadent scrub gently buffs away dullness, stimulates circulation, and envelops the skin in a subtle, spicy aroma. resulting in skin that feels energized, and glowing with renewed vitality, followed by 10 minutes of herbal steam

60 Minutes | INR 3000

Petite Rituals

SCALP & DÉCOLLETÉ CALM

An oriental-inspired head, neck, and shoulder massage to dissolve stiffness, ease facial tension, and clear the mind. This quick escape offers instant relief from stress and can be enjoyed alone or paired with another treatment for deeper balance.

30 Minutes | INR 1900

SOLE REVIVAL

A revitalising pressure-point ritual for feet and lower legs, from calf to sole. Rooted in ancient Chinese healing, this therapy stimulates reflex points linked to key body systems, encouraging tension release, improved circulation, and renewed energy.

The result is lightness in every step and deep wellbeing.

30 Minutes | INR 1900

Back-Relief Therapy

DEEP TISSUE BACK MASSAGE

30 Minutes | INR 1900

AROMA BACK MASSAGE

30 Minutes | INR 1900

STONE BACK MASSAGE

30 Minutes | INR 1900

Two by the Lake

60 MINUTE SERENITY

A harmonious escape for two. Choose any full-body massage from our menu and conclude with a 15-minute herbal steam, side by side, as the warmth and stillness embrace you both.

60 Minutes | INR 6800

90 MINUTE INDULGENCE

Begin with your selected full-body massage, then drift into a soothing head massage, followed by a 15-minute herbal steam—an unhurried ritual for connection and deep renewal.

90 Minutes | INR 8800

Facials

CLASSIC FACIAL

A replenishing ritual to restore the skin's natural vitality and luminous beauty. Gentle cleansing, hydration, and soothing botanicals leave the complexion calm, balanced, and radiant.

30 Minutes | INR 2500

DEEP CLEANSING FACIAL

A clarifying treatment to detoxify and refine. Deep cleansing techniques and targeted care lift impurities, smooth texture, and revive a fresh, luminous glow.

45 Minutes | INR 3500

Hand & Foot

SPEEDY MANICURE

INCLUDES POLISH

30 Minutes | INR 1800

EKAIKA LUXURY MANICURE

45 Minutes | INR 2800

CLASSIC PEDICURE

INCLUDES POLISH

30 Minutes | INR 2100

EKAIKA LUXURY PEDICURE

45 Minutes | INR 2900

*INQUIRE FOR OTHER SERVICES AT THE SPA DESK

Hair & More

SHAMPOO

INR 700

SHAMPOO & BLOW DRY

INR 1000

DEEP CONDITIONING TREATMENT

INCLUDES MASK & BLOW DRY

INR 2500

*INQUIRE FOR OTHER SERVICES AT THE SPA DESK

Steam & Sauna

STEAM

10 minutes of herbal steam

INR 800

SAUNA

Relax in the dry heat of infra red sauna, where warmth melts away stress, purified the skin, and leaves you feeling refreshed and renewed.

(15 minutes)

INR 1500

Spa Reminders

Appointments

Advance reservations are recommended to ensure the requested time and service is available.

Treatment Preparation

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Cancellation Policy

We understand that schedules change, and we will do our best to accommodate. Once a spa time is reserved, we kindly ask for a minimum of four hours cancellation notice. A 50% charge for cancellations within four hours. Cancellation within one hour will be subject to the full charge of the booked treatment.

Pricing

All prices are subject to 18% GST and 5% optional service charge.



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