



SAMARA

A WELLNESS HOTEL

by Bharat Thakur



MYSTIQUE

BATHS & SPA

The Healing Waters

THE ONLY ONE IN INDIA!





For the first time in India... Experience the Mystique Baths!

At Samara, the art of bathing is elevated into a symphony of sensory experiences. You embark on a transformative journey of skin rejuvenation, age reversal, and ultimate relaxation. Each bath is meticulously crafted with our unique house formulations to create a therapeutic alchemy, profound healing, and a sense of well-being.

Baths - An Ancient Tradition

The practice of using baths dates back to ancient civilizations, where elaborate bathing rituals were an integral part of daily life. The Romans believed in the therapeutic benefits of bathing, with various temperature treatments, massage, and even exercise as part of the bathing ritual. Baths in ancient Indian culture were not just about hygiene but also about spiritual well-being and connection to the divine.

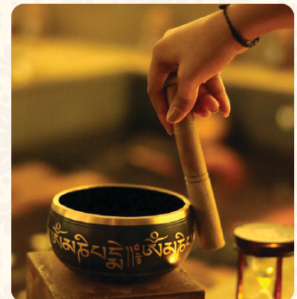


A Host of Benefits

Baths are known to have several benefits. The hot water helps to relax muscles, improve circulation, and reduce stress. The steam from a bath can clear sinuses and improve respiratory function. Adding salts, oils, or herbs to the bathwater can enhance these benefits even further.

Therapy for Your Mind

Beyond the physical benefits, baths can also have a powerful effect on mental well-being. Taking a bath can provide a quiet and intimate space for relaxation and self-care. It can be a time to disconnect from the busyness of everyday life, to unwind, and to focus on oneself. This mental break can help reduce anxiety, improve mood, and promote overall mental health.





How Does Mystique Baths Work?

The core principle of the Mystique bath is the methodology behind the ten-step process which sequentially works on every aspect of your being. The majority of the baths are luke warm for comfort and maximum absorption. The warmer and colder baths are designed to relax the muscles and also stimulate blood flow. A rich combination of herbs, salts, essential oils and naturally healing formulations are used to give your body a complete rejuvenation experience. The mud bath towards the end is designed to literally scrub, soothe and refresh your entire body.

Our Ten-Step Process

Detox Divinity ▶▶▶▶ To Detoxify and Strengthen Immune System

Lustrous Balance ▶▶▶▶ To Cool and Lower the Ph of the Body

Skin Soothe ▶▶▶▶ To Nourish and Brighten Skin

Royal Milk Bath ▶▶▶▶ To Exfoliate and Hydrate Skin

Stimulating Salts ▶▶▶▶ To Remove Pain and Improve Blood Circulation

Vitality Elixir ▶▶▶▶ To Boost Energy Levels and Sharpen the Mind

Steam and Oil ▶▶▶▶ To Improve Joints and Enhance the Cardiovascular System

Chilled Niloufer ▶▶▶▶ To Enhance Blood Circulation and Mood

Earth Embrace ▶▶▶▶ To Tighten the Skin and Lock in Moisture and Minerals

Jasmine Soak ▶▶▶▶ To Destress and Relax

Plans

Classic Bath Experience 60 min

Royal Bath Experience 90 min

TO MAKE A RESERVATION CALL US:

+91 7385733341/9975252023

ЧТОБЫ ЗАБРОНИРОВАТЬ ПРОЦЕДУРУ, ПОЗВОНИТЕ НАМ:

+91 8626099723/9145147543



FOR MORE INFORMATION CONTACT:

+91 7385733341/9975252023

ДЛЯ СВЯЗИ С НАШИМ РУССКОГОВОРЯЩИМ
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300 METERS FROM MORJIM BEACH | BOUTIQUE HOTEL | RESTAURANTS | SPA & BATH | LUXURIOUS ROOMS
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