

ZVAASTHI at Red Earth, is unique in that we make our own oils with fresh herbs, nuts and seeds. Our therapists are highly trained and have knowledge of both Eastern & Western Styles of Massages.



Aroma Therapy: Involves gentle massage with perfumed oils that lull you into relaxation.

Swedish Massage: Is the most common and best-known type of massage in the West. If it's your first time at the spa or you don't get a massage very often, Swedish massage is the perfect massage for you. Swedish massage involves medium pressure. Swedish massage is based on the Western concepts of anatomy and physiology, as opposed to energy work on "meridians" or sen lines in Asian massage systems. Most people get a 50 or 60 minute Swedish or Deep Tissue Massage, but 75 or 90 minutes gives the therapist more time to work the muscle tissue and achieve results.

Deep Tissue Massage: If you want deeper work and can tolerate more pressure, even momentary discomfort, to get relief from muscle pain, it's better to book a deep tissue massage, which is another form of Swedish massage.

What Happens During A Swedish Massage: In all Swedish massage, the therapist lubricates the skin with massage oil and performs various massage strokes. These movements warm up the muscle tissue, releasing tension and gradually breaking up muscle "knots" or adhered tissues, called adhesions. Swedish massage promotes relaxation, among other health benefits. Things you would want tell a therapist include areas of tightness or pain, allergies, and conditions like pregnancy.

The Nudity Factor: During a Swedish massage you are generally nude underneath a towel or sheet. The therapist uncovers only the part of the body he/she is working on, a technique called draping. If the nudity gets you out of your comfort zone, you can keep your underwear on, as many newcomers do.

You usually start by laying face down with your head in a u-shaped face cradle so your spine stays neutral. The therapist generally starts by works your back, using various massage strokes that include effleurage, kneading, friction, stretching and tapping.

When he/she's finished with the back, they work the back of each leg. When done with the back side, he or she holds the sheet or towel up and looks away while you turn over onto your back and scoot down, your therapist will quickly cover you again. The therapist then massages the front of each leg, both arms, and generally finishes with your neck and shoulders.

Some therapists work in a different order, and all have their own style and techniques. If you only have 50 minutes, you can also ask them to spend more time on a certain area. If the pressure is too light or too firm, you should speak up and ask the therapist to adjust it. Swedish massage usually includes some deeper work on areas of specific muscle tension, but if you truly want deeper, more intensive work and firmer pressure, book a deep tissue massage.

The cost of a Swedish massage will vary, depending on whether you go to a day spa, resort spa, destination spa or go to a sports massage therapist.

Common Massage Oils That Therapists Use And Their Benefits: There are a vast range of oils used in massage, each containing different properties to benefit particular skin types. In massage, there are two basic types of oil used - these are known as Essential Oils and Carrier Oils. The Carrier oil makes up most of the massage blend, and generally has little scent of its own. Essential Oils are often too strong to be applied undiluted and are blended with the Carrier Oil to create a diluted substance which will not irritate the skin. The most commonly used Four Essential oils in massage are mentioned below with their beneficial and healing properties.

Ylang Ylang: This Essential Oil is extracted from the flowers of Ylang Ylang tree which from the custard apple family. This Essential Oil is used in Aroma Therapy. It is believed to relieve high blood pressure, normalize sebum secretion for skin problems, and is considered to be an aphrodisiac. it was used by South Pacific natives such as the Samoan Islanders.

Lavender: This Oil is a relaxant and is reputed to be beneficial when used on the body as a massage oil. The oil may also stimulate wounds to heal and assist to prevent scarring.

Eucalyptus: This oil acts to help reduce the inflammation of muscle strain, and can act as an antiseptic for the skin. This oil aids in protecting the body from chill in the winter months and in the summer it can assist in cooling the body down.

Carrier Oils: These Oils have therapeutic benefits in themselves and are generally made from the oils of seeds, nuts and sometimes vegetables.

Almond Oil: Almond Oil is one of more commonly used in aroma therapy and massage. This oil is particularly soothing to the skin, and helps nourish the skin due to oil imbalance or loss of moisture.

Apricot Oil: Apricot oil is particularly helpful for sensitive or dehydrated skin. It has moisturising and revitalising properties, which also help soothe inflamed skin. The oil is rich in oleic acid and linoleic acid and spreads easily due to its fine texture.

Red Earth's Special Herbal Hair Oil: Our experts have made a special oil for head massages. The base oil is pure Sesame oil with 6 herbs - Vembadi, Chite Ela, Devadharu, Vettiver, Kasthuri Manjal, Raktha Chandanam.

Please go through the therapeutic properties of these 6 Herbs and the base oil in which it is steeped.

• **Vembadi (Ratyhanjoth)** was used to add natural deep red color in North Indian dishes for years. Sadly, it is replaced by synthetic red colors now. We call it "Vembalampattai" in Tamil. It is called "Alkanet" in English. The roots of Alkanets are used as a natural red

dye and it is grown widely in Europe for it. The alkanet root is also used in the treatment of various diseases like wounds, bites, pain relief, fevers and stings. This hair oil is very good in conditioning the hair and helps to prevent premature greying.

• **Chitte Ela:** Nourishes the hair

• **Devadharu:** Cedrus deodara is a species of cedar native to the western Himalayas. The inner wood is aromatic and used to make incense. Inner wood is distilled into essential oil. As insects avoid this tree, the essential oil is used as insect repellent on the feet of horses, cattle and camels. It also has antifungal properties and has some potential for control of fungal deterioration of spices during storage. The outer bark and stem are astringent. Deodar's Ayurvedic actions are reported to increase digestive function, remove toxins from the bowel, alleviate coughing, and cure skin disorders such as eczema and psoriasis.

• **Vettiver:** Vetiver is a perennial grass of the Poaceae family, native to India. In Western and Northern India, it is popularly known as Khus. It is used for its antiseptic properties to treat acne and sores.

• **Kasthuri Manjal:** The rhizome is an esteemed drug for skin care. It possesses good germicidal activity, hence ideal for protection against skin infections. Traditionally used in bathing new born babies. It is an ingredient of many cosmetics, skin care products and tonics for women after childbirth. Application of rhizome paste in rose water controls pimples. Rhizome is an anti-dote for scorpion and other poisonous stings. It is effective for fever, cough and worm infestations.

• **Raktha Chandanam:** The Red Sandalwood Tree or Pterocarpus Santalinus grows primarily in India, The Caribbean and Indonesia. This powder derived from the tree's heartwood - known as Raktha Chandana - is used in Ayurveda to smooth and beautify the skin as well as to treat acne, skin ulcers and condition hair.

Sesame Oil - The Base Oil in which the above 6 herbs are steeped... Sesame Oil is very popular for its use in hair growth treatments. This oil is one of the best herbs for hair treatment! The oil is extracted from the flower Sesamum while the seeds on the pod are edible.

BENEFITS OF SESAME OIL: -

• **Treats Premature Greying:** If you want to improve the colour of your hair i.e if you want it to look darker, you need to massage your hair with sesame oil daily. It also helps prevent and treats premature greying due to its darkening qualities. This is one of the fore most sesame oil benefits for hair.

• **Promotes Hair Growth:** Sesame oil increases scalp circulation as it has a high penetration ability thereby promoting hair growth. Even when your hair has been damaged badly with chemicals, sesame oil can help you regain hair health due to its high penetrating power. And this is why sesame oil for hair growth is so widely popular.

• **Protects Hair from Harmful Sun Light:** Another benefit of sesame oil is that it is a natural sun screen. Applying sesame oil on your scalp prevents the damage caused by ultra violet rays. Sesame oil forms a protective coat around the hair protecting it against the harmful rays and also saves it from the damaging effects of pollution.

• **Treats Head Lice:** Another less known benefit of sesame oil is that it can be used with other essential oils to treat head lice. Regular massage with the oil and rinsing with a shampoo later proves to be beneficial. Sesame oil is antibacterial and applying it on the scalp helps to keep both fungal and bacterial functions at bay.

• **Soothes Hair:** Sesame oil provides soothing and tranquilizing properties. Harsh heat can be damaging to the hair follicles. Sesame oil acts as a coolant working from within and nourishing the scalp in and out. Sesame oil locks moisture within, thus preventing dryness.

• **Sesame Oil for Dandruff:** Massage Sesame oil into the scalp using your fingertips before going to bed and leave it all night. You should cover every part of the scalp. Wash the hair in the morning. For best result, use sesame oil daily for 30 days.

• **Sesame Oil for Dryness:** Make a mixture of 1 tbsp. Root Juice, Sesame Oil and Lemon Juice. You can apply Sesame Oil to your scalp using your fingertips. Massage the oil in a circular motion and cover all parts of the scalp. Leave the oil overnight and wash it off the next morning. If you want the oil to work as a conditioner, give your hair a hot towel treatment. Soak the towel in hot water, squeeze out the excessive water and wrap it around your head.

Keep it on for 30 minutes and then shampoo your hair. The hot water will make sure that the oil penetrates into the scalp well.

• **Sesame Oil for Hair Shine:** Apply 2 to 3 drops of the oil between your hands and apply on dry hair. It will work as a leave in conditioner.

• **Sesame Oil for Deep Conditioning:** Warm the oil and mix it with any deep conditioner. Apply on the hair and leave it for at least one hour. For maximum results, leave the mixture on the hair overnight.

• **Revitalizes Damaged Hair:** The oil has great penetrating properties and works wonders to revitalize the damaged hair by nourishing the hair and scalp from deep within.

• **Combats Hair Loss Due to Stress:** Stress is among the chief culprits behind hair loss. Due to its amazing cooling properties, sesame oil helps to relive stress and thus play a vital role in combating hair loss. It is important to note that just using oil to massage the hair is not a cure to dryness. Dryness is often caused by a lack of hydrating foods and liquids in your diet. Even though sesame oil nourishes the scalp and control dryness, you need to employ some other measures to get rid of scalp dryness and dandruff. Drink lots of water every day and include fresh fruits and vegetables in your diet and eats lots of nuts and seeds which will tackle deficiency of essential fatty acids. Also do not wash your hair with hot water as hot water will strip the hair of the natural oils from the scalp.





EASTERN THERAPIES - AYURVEDA
(Our treatments involve wholesome natural oils and organic products)

- 1. Abhyanga (60 minutes)** 2,999/-
Full body & head massage with medicated oil, followed by steam bath. Deep Improvement in the quality of sleep. Balances the Nervous system, nourishes the mind & eases stress related problems.
- 2. Shirodhara (60 minutes)** 1,999/-
Head massage with Medicated Oil. Shirodhara deeply Relaxes the nervous system.
- 3. LPPS (30 minutes)** 999/-
LPPS (local patra pinda sweta) treatment is good for patients with pain. 5 types of medicinal leaves are used for the medicated oil that is painted on the patient on his area of pain and gently massaged. After which a warm medicinal poultice is applied, followed by steam bath.
- 4. Janu Basti (30 minutes)** 1,499/-
For patients with knee pain, a medicated ring is placed around both knees, into which, warm herbal oil is poured and gently massaged.
- 5. Kati Basti (30 minutes)** 1,000/-
Reduces acute and Chronic back pain. a medicated ring is placed around the lower back, into which, warm herbal oil is poured and gently massaged.
- 6. Greeva Basti (30 minutes)** 1,000/-
Relieves pain in the Neck & upper part of the spine.

Relieves headaches and tension in the neck. a medicated ring is placed around the neck, into which, warm herbal oil is poured and gently massaged.

- 7. Padh Abhyanga (30 minutes)** 999/-
This procedure to the feet and lower limbs, restores energy. Rebalances the body mind & spirit. Helps in sound sleep & calms the mind.
- 8. Herbal Facial (45 minutes)** 999/-
- 9. Head, Neck & Shoulder Massage (40 mins)** 1,200/-



WESTERN THERAPIES
(Our treatments involve wholesome natural oils and organic products)

- 1. Aroma Therapy (60 mins)** 2,399/-
Plus steam bath free
- 2. Body Scrub (60 minutes)** 3,499/-
Sandal Scrub
Aloe Vera
Cocoa butter
Apricot
Plus steam bath free
- 3. Deep Tissue Massage (60 minutes)** 2,999/-
Plus steam bath free
- 4. Swedish Massage (60 minutes)** 2,499/-
Plus steam bath free

- 5. Head Massage & Refresher (20 minutes)** 599/-
- 6. Head & Neck Massage De-Stress (30 mins)** 999/-
- 7. Back Massage With Hot Stones (30 mins)** 1,599/-
- 8. Fruit Facial (60 minutes)** 2,000/-
- 9. Neck & Back Massage (40 mins)** 1,999/-
With Hot Stone
- 10. Red Earth Luxury Signature Massage (90 minutes) - Full body, facial & head** 3,499/-
- 11. Hot Stone Massage (60 minutes)** 3,499/-
Plus steam bath free
- 12. Foot Reflexology (60 minutes)** 1,999/-
- 13. Relaxation Massage (60 minutes)** 1,999/-
Plus steam bath free
- 14. Neck & Shoulder Massage (20 minutes)** 599/-
- 15. Steam Bath Only** 750/-
- 16. Pregnancy Special Full Body Massage (60 minutes)** 2,499/-
- 17. Body Polishing (60 minutes)** 2,999/-

CHILDREN SPECIALS:

- 1. For 0 - 5 years (20 minutes) Full Body** 499/-
- 2. For 6 - 10 years (30 minutes) Full Body** 999/-
- 3. For 11 - 17 years (40 minutes) Full Body** 1,499/-

HAPPY HOURS (2pm - 5pm) Buy any of our more than 60 minute treatment & get an additional 30 minute head / foot spa treatment FREE!

BEAUTY PARLOUR

- Pedicure (60 minutes)** 2,000/-
- Manicure (60 minutes)** 1,500/-
- Eyebrow** 100/-
- Upper Lip & Chin** 100/-
- Full Face Threading** 1,000/-
- Hair Spa** 1,499/-
- Hair Straightening:**
Shoulder Length Hair 599/-
Below Shoulder Hair 799/-
- Hair Wash** 600/-
- Hair Cut**
- Step With Layer 700/-
- V Shape 500/-
- U Shape 500/-
- Wax Full Leg**
- Chocolate 1,000/-
- Normal 800/-
- Hand Wax**
- Chocolate 800/-
- Normal 600/-

- Prior appointments need to be taken for every therapy (Eastern/ Western & Beauty Parlour).*
- Please contact +91 8494908906 for appointments / information & treatments.*
- Tariffs are inclusive of Taxes.*
- Guests are requested to report 10 minutes in advance of their appointments.*



ZVAASTHI
THE Spa

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