



Chavani Parishad, Near Oneness Cafe,
Near State Bank Chowk, A. Nagar

 **9800055009**

RGB MEDIA | 8181828285



Your Sanctuary of Relaxation & Wellness



About Us :

At EENA Regal Retreat Spa, we believe in the art of healing through touch. Our expert therapists blend traditional and modern techniques to provide the ultimate relaxation experience. Whether you seek stress relief, muscle recovery, or pure indulgence, we ensure a rejuvenating escape for your mind, body, and soul.

Our Vision :

To be a sanctuary of peace and wellness, where every individual experiences holistic healing, rejuvenation, and self-care through the power of therapeutic touch.

Our Mission :

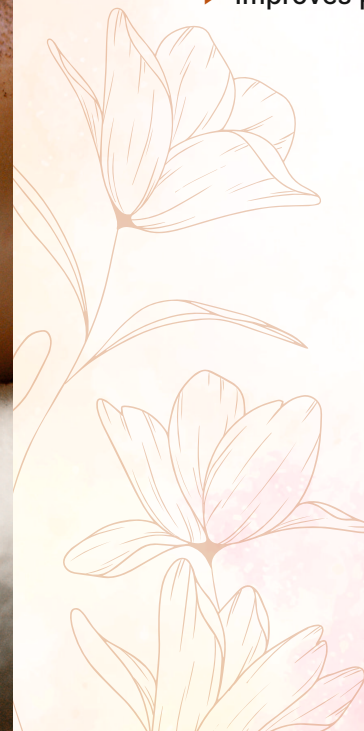
- ▶ To provide exceptional spa experiences that promote relaxation and well-being.
- ▶ To use premium products and skilled techniques for optimal results.
- ▶ To create a serene atmosphere where clients can unwind and restore balance.
- ▶ To promote the importance of self-care and a stress-free lifestyle through massage therapy.



The Importance of Massage :

Massage therapy is more than just a luxury it's an essential practice for maintaining physical, mental, and emotional well-being. Regular massage sessions provide a holistic approach to wellness, offering numerous health benefits:

- ▶ Reducing stress & anxiety
- ▶ Relieving muscle tension & pain
- ▶ Improving blood circulation
- ▶ Boosting relaxation & mental well-being
- ▶ Detoxifying the body & improving skin health
- ▶ Relieves muscle tension & pain
- ▶ Boosts blood circulation
- ▶ Supports detoxification
- ▶ Improves posture





MENU





Aroma Massage

A gentle, relaxing massage using essential oils that soothe the senses and calm the mind. This therapy enhances emotional well-being while promoting deep relaxation and improved sleep.

₹ 2000

45 mins

₹ 2500

60 mins

₹ 3500

90 mins

Swedish Massage

A classic massage that involves long, flowing strokes and kneading techniques to improve circulation, ease muscle tension, and enhance flexibility. Ideal for overall relaxation and stress relief.

₹ 2200

45 mins

₹ 2700

60 mins

₹ 3700

90 mins

Thai Dry Massage

A unique therapy combining stretching and pressure techniques without oils. It boosts flexibility, releases energy blockages, and improves body alignment for complete rejuvenation.

₹ 2200

45 mins

₹ 2500

60 mins

₹ 3600

90 mins



Deep Tissue Massage

A therapeutic massage focusing on deeper muscle layers to relieve chronic tension, stiffness, and knots. Ideal for athletes and those with persistent body pain.

₹ 2500
₹ 3100
₹ 4000

45 mins
60 mins
90 mins

Balance Massage

A harmonizing massage designed to restore balance between body and mind. It combines gentle strokes with deep pressure to release stress and promote inner peace.

₹ 2300
₹ 2800
₹ 3800

45 mins
60 mins
90 mins

Cream Body Massage

A nourishing treatment using rich moisturizing creams to hydrate the skin while providing a relaxing and soothing massage experience. Leaves your skin feeling soft and refreshed.

₹ 2500
₹ 3000
₹ 4000

45 mins
60 mins
90 mins

Body Scrub Massage

A rejuvenating therapy that combines exfoliation with massage techniques to remove dead skin cells, improve circulation, and leave your skin glowing and silky smooth.

₹ 2000
₹ 2800
₹ 3800

45 mins
60 mins
90 mins