



**RICHFEEL** spa  
Pause. Detox. Refresh.

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## PAUSE

The modern world is replete with lifestyle disorders, chronic stress and a general paucity of time. But have we ever stopped to question our state of silent acceptance and inertia? Is this mindless race leading us somewhere? Have we ever taken out real time for ourselves? If only we could hit the pause button!

Take a long, deep breath.

Relax. Listen to yourself.

Let your thoughts fade away into the light breeze.

We now invite you to **Richfeel Spa**, a cocoon of compassion, warmth and peace.

A place where we gently take you into our folds, pamper and detoxify you thoroughly;

leaving you feeling renewed as a freshly sprouted leaf. A spa with a difference,

we also heal your pains with special therapeutic treatments performed by highly

trained physiotherapists. So, throw your worries to the wind. Get ready to pause,

detox and refresh.



## WANDER

The experience begins as you enter our pristine environs. The soothing calm, the ambling water, the aroma of wood. Even the air you breathe seems surprisingly fresh and pure, due to the extra oxygen being continuously emitted through the air-conditioners. The mellow chants put you in a **peaceful**, meditative mood. An unassuming candle gives out a muted, hopeful glow. **You decide the lighting around your massage area, according to your mood.** The ceiling is studded with slowly glimmering lights; like you're reclining under the wide open skies. A dedicated **relaxation area** allows you to read about zen, enjoy a refreshing sip of herbal tea or just relax. At Richfeel Spa, we pay utmost care to even the smallest details. For example, we cleanse your feet thoroughly using lemons, which are known to have astringent properties, even before your massage begins.



## RELAX

Once we've eased you into the mood, our relaxation massages will proceed to soothe your senses completely. Our masseur's expert hands will slowly calm you into closing your eyes, feeling total bliss. A 5000 year old science manifests itself as **relaxation reflex**, stimulating every nerve-ending on the soles of your feet. And somehow, almost mysteriously, you feel the calming effect all over your body. The **aroma-relax massage** uses light oils that are rubbed deep into your tissues using long palm strokes. A divine experience for your body and mind. Our unique **relaxology** massage uses fingertips to dance deftly over you, like you're a percussion instrument. The healing feeling is virtually melodic.



## DETOX

Over the years, we gather lots of toxins in all parts of the body. They need to be flushed out of their resting places through kneading, straining and twisting. The detoxification begins as soon as you enter Richfeel Spa. We maintain **optimum levels of oxygen** within the premises, which aids in detoxifying your body, making you more active and calming your mind. Our unique **crystal treatment** uses vibrations and healing powers of crystals to energize the body and remove knots. This treatment is being brought to India for the first time, and comes as a standard with any of our detox massages. The **detox reflex massage** combines foot reflexology and crystal treatment to detoxify the body and mind thoroughly. Our special **detoxology** massages are done using elbows and knuckles, to deliver a tactically targeted, high-pressure massage. It's the best way to ease muscle tension and relieve stress.



## HEAL

Science has proven that there are reflex areas in the feet, which correspond to all the glands and organs in the body. Thus, simply stimulating these reflex areas is equivalent to stimulating these body parts. The revolutionary new **healing reflex massage**, performed exclusively by our **in-house physiotherapists**, uses varying pressure levels and stimulation techniques on the soles of the feet. Surprisingly, by simply doing so, we can highlight your medical history, present health condition and even detect chronic illnesses. Further, this treatment can even be used to alleviate such problems. For special cases, our physiotherapists may recommend the use of our **SWD** (Short Wave Diathermy) and **ultrasound equipment**. Our therapists may advise you to opt for repeat sittings, or could even design a customised clinical package, depending on your case.



## PIONEERS

Our **signature back and full-body massages** have been specially formulated through extensive anatomical research by Dr. Apoorva Shah and Dr. Sonal Shah, the hair and scalp care experts. Surprised? Yes, the same names that have pioneered trichology in India, have also been globally renowned in the fields of beauty and wellness. Termed as India's first **Beautyphysicians**, they have enjoyed international acclaim with their revolutionary, studied massage techniques. Their unique relaxology and detoxology massages were first unveiled to the world at the prestigious CIDESCO convention in Cyprus, in the year 1992. Since then, they have regularly been invited to demonstrate these massages the world over, and have even taught these techniques at Rio De Janeiro, Greece, Denmark, London and Singapore. This wealth of expertise is now being brought to India, through the Richfeel Spa. Rest assured, when you come to us, you come to the best names in the industry.



## CARE

True to best-in-industry practices, we have always believed in going natural. Just why you can get a refreshing experience with our range of natural oils, scrubs and creams that have been indigenously developed at our **wellness laboratory**, located amidst the pristine environs of the Himalayas. Depending on the kind of mood you're in, our trained therapists will recommend the right **aromas** to stimulate your senses. Our specialised products use a combination of **exotic** ingredients including:



Eucalyptus



Olive



Tulsi



Ylang ylang



Juniper



Geranium



Orange peel



Almond



Jojoba



Lavender



Cinnamon



Peppermint



