



Spinal Massage

Best experienced as part of an overall body or back massage, the spinal massage focuses on relieving back pain, easing muscular tension, and improving posture. Massage oil may be used based on personal preference.

- ✿ **30 minutes** – Rs. 3,500
- ✿ **45 minutes** – Rs. 4,500



Reflexology / Foot Massage

A simple, natural, and non-invasive therapy that applies gentle pressure to specific reflex points on the feet. This technique stimulates internal organs and body systems while providing deep relaxation – a royal indulgence for tired and weary feet.

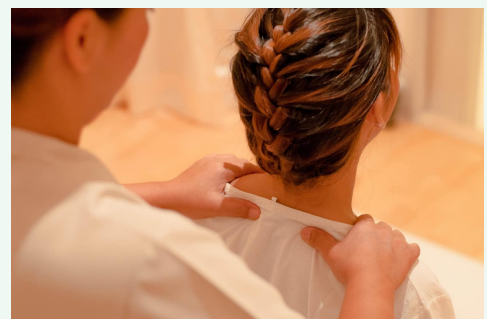
- ✿ **30 minutes** – Rs. 3,500
- ✿ **45 minutes** – Rs. 4,000
- ✿ **60 Minutes** – Rs. 4,500



Head & Shoulder Massage

Designed to release muscular tension from the head, neck, and shoulders, this massage promotes deep relaxation and mental clarity. It is also believed to encourage healthy hair growth while restoring the natural sheen and gloss of the hair.

- ✿ **30 minutes** – Rs. 3,500
- ✿ **45 minutes** – Rs. 4,000



Body Scrub

A rejuvenating exfoliation treatment that removes dead skin cells, enhances circulation, and reveals smoother, glowing skin. For ultimate pampering, we recommend combining this treatment with a massage.

✿ 30 minutes – Rs. 4,000



Deep Tissue Massage

A therapeutic massage technique that targets the deeper layers of muscles and connective tissue. Using slow strokes and firm pressure, this treatment helps release chronic muscle tension, knots, and stiffness.

✿ 60 minutes – Rs. 4,500

✿ 90 minutes – Rs. 6,000



Swedish Massage

A classic full-body massage designed to relax muscles and soft tissues by applying pressure in the direction of blood flow toward the heart. Techniques include kneading, stroking, friction, tapping, and vibration, helping relieve stiffness, numbness, pain, and fatigue.

✿ 60 minutes – Rs. 4,000

✿ 90 minutes – Rs. 5,500



Ayurvedic Massage

Rooted in ancient Ayurvedic traditions, this massage uses therapeutic herbs and essential oils to improve blood circulation and relieve stress. It supports healing of muscle, ligament, and nervous system ailments while restoring balance, clarity, and vitality to the mind and body.

✿ 60 minutes – Rs. 4,000

✿ 90 minutes – Rs. 5,500



Hush Wellness & Spa

10 am to 6 pm

To schedule your massage & spa
SCAN this QR



or call/whatsapp
9851426633

* Please allow wait time up to 90 minutes for your appointment

* Enjoy free Green tea of herbal tea at Hush Café with every treatment