



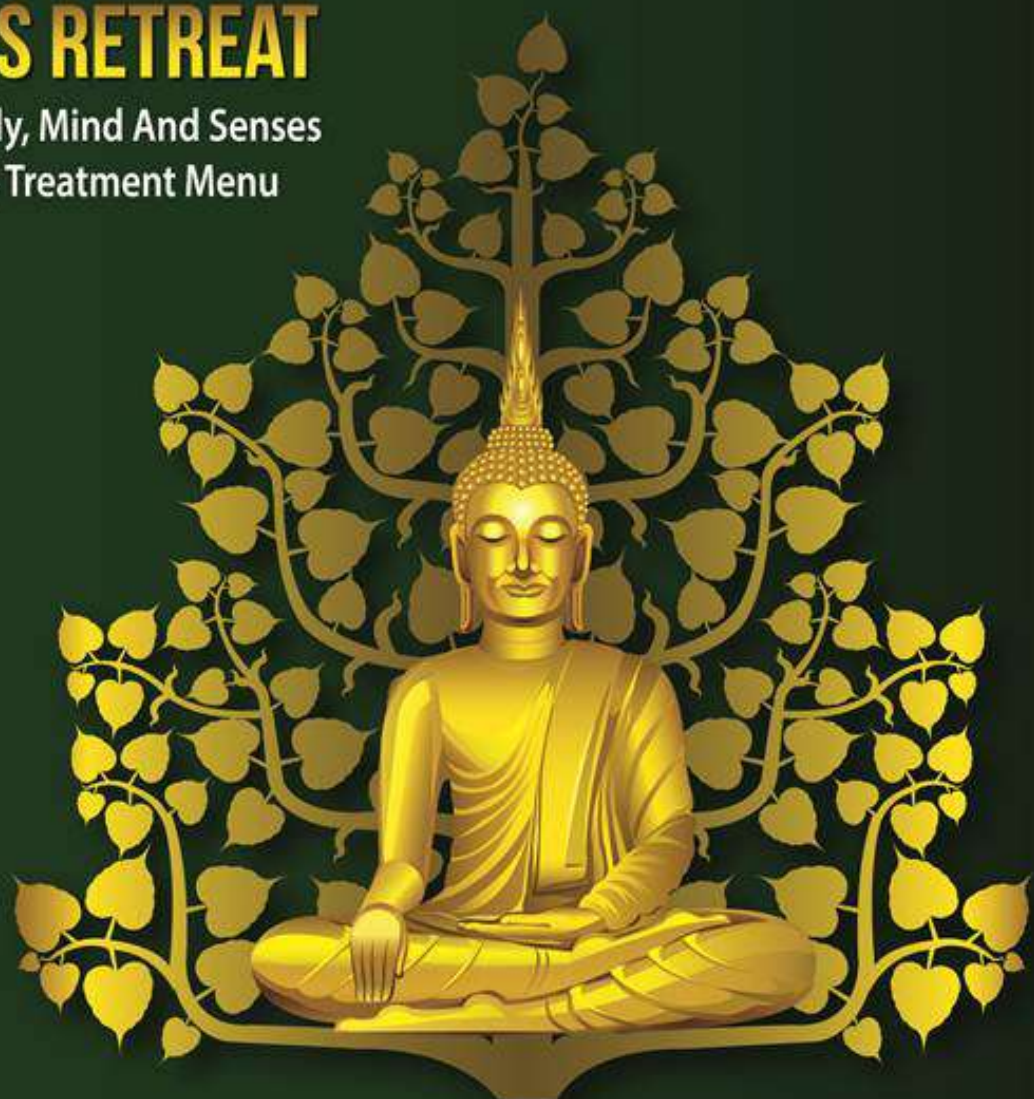
Sun Spa and wellness retreat is located nearby main lobby area of Jamshedpur Ginger Hotel. Sun Spa is most sought-after sanctuaries of luxury, health and relaxation for sophisticated travelers.

At SUN SPA, we offer a blend of traditional systems of medicine from various streams of healing to give you a complete pampering and rejuvenating experience. We believe in offering quality treatments to keep you healthy and cheerful. Starting from wellness assessment and lifestyle modifications, we offer tailored spa and wellness experiences like the group exercise sessions, hydrotherapy, yoga classes and so on. Sun Spa takes a personalized approach, customizing encounters to one's individual needs. A visit to a sun spa is a personal journey tailored to achieve ultimate results.

Our aim is to provide total fitness and rejuvenation on all levels including body, mind and soul, we offer a various range of spa, beauty salon and wellness treatments like body work, beauty treatments, yoga, meditation, face therapies, hair treatments, ayurveda treatments and so on.

SUN SPA AND WELLNESS RETREAT

Rejuvenating Body, Mind And Senses
Spa And Wellness Treatment Menu





Services

Shine Treatment

SHORT HAIR
MEDIUM HAIR
LONG HAIR
XTRA LONG HAIR

Price (INR)

General Members

2500 2400
3000 2900
3500 3400
4500 4400

COLOUR
HAIR COLOUR WITH MAJIREL
SHORT HAIR
MEDIUM HAIR
LONG HAIR
XTRA LONG HAIR

2500 2400
3500 3400
4500 4400
5500 5400

HAIR COLOUR WITH INOA
SHORT HAIR
MEDIUM HAIR
LONG HAIR
XTRA LONG HAIR

3000 2900
4000 3900
5000 4900
6000 5900

HAIR RE-TOUCHUP
MAJIREL
DIARICHES
INOA

950 850
1050 950
1200 1100

HIGHLIGHTS
CROWN AREA
GLOBAL
FUNKY COLOUR HIGHLIGHTS
PER STREAKS HIGHLIGHTS

1500 1350
2000 1800
1500 1350
350 300



SILK SPM 08



Services

Care

Price (INR)

General Members

HAIR		
HAIR CUT	350	300
HAIR WASH (SHORT)	200	90
HAIR WASH (LONG)	300	150
STYLE CHANGE	450	400
BLOW DRY		
SHORT HAIR	350	850
MEDIUM HAIR	550	500
LONG HAIR	650	600
HAIR SPA		
SHORT HAIR	1200	850
MEDIUM HAIR	1500	1000
LONG HAIR	1800	1200
RENEW C		
SHORT HAIR	1500	1400
MEDIUM HAIR	1700	1600
LONG HAIR	1900	1800
SCALP MASSAGE NORMAL	650	800
SCALP MASSAGE EXCLUSIVE	350	600



SUN SPA 06



Services

Care

Price (INR)

General Members

**POWERDOSE +
DEEP CONDITIONING
TREATMENT**

SHORT HAIR	500	450
MEDIUM HAIR	700	650
LONG HAIR	900	800

FORCE VECTOR

SHORT HAIR	500	450
MEDIUM HAIR	700	650
LONG HAIR	900	800

PEDICURE AND MANICURE

NORMAL	650	550
SPA	750	570
MILK AND ROSE	850	700
CRYSTAL SPA	950	900



SUN SPA 02



Services

Straightening

Price (INR)

General Members

SMOOTHING

SHORT HAIR	4500	4000
MEDIUM HAIR	5500	5000
LONG HAIR	6500	6000

KERATIN THERAPY

AMAZON		
SHORT HAIR	6000	5500
MEDIUM HAIR	8000	7500
LONG HAIR	11000	10000

PERMING

SHORT HAIR	4500	4000
MEDIUM HAIR	5500	5000
LONG HAIR	6500	6000

TEMP IRONING

SHORT HAIR	550	450
MEDIUM HAIR	750	650
LONG HAIR	950	850

TEMP CURLS

SHORT HAIR	650	550
MEDIUM HAIR	850	750
LONG HAIR	1000	950



PACK @ RS. 8500 ONLY

Saree Dripping
Heavy Jura
Make-up Studio
Nail Paint
Jura Accessories

PACK @ RS. 7500 ONLY

Saree Dripping
Heavy Jura
Kryolan's Make-up



SILVER

Services	No. of Services	Charges
O3 plus whitening Facial	Once	3500
Aroma Clean up	Once	1200
Pedicure Normal	Once	600
Manicure Normal	Once	600
Hair Spa	Once	1500
Body Bleach	Once	2000
Body Wax	Once	2000
Hair Cut	Once	550
Face Bleach	Once	300
Threading	Once	50
Bridal Makeup		6500

Normally Charged Amount

18,800

This wedding season
Pay just 12,000/-



GOLD

Services	No. of Services	Charges
O3 Plus Whitening Facial	Once	3,500
Gold Clean Up	Once	1200
Pedicure Aroma	Once	700
Manicure Aroma	Once	700
Hair Spa	Once	1500
Body Polishing	Once	3,500
Body Bleach or Body Wax	Once	2,500
Hair Cut	Once	550
Face Bleach	Once	300
Threading	Once	50
Bridal Make-Up		6500

Normally Charged Amount **21,000**

**This wedding season
Pay just 15,000/-**



PLATINUM

Services	No. of Services	Charges
Luxury Diamond Special Facial	Once	5,000
Luxury Clean Up	Once	2,500
Pedicure Spa	Once	900
Manicure Spa	Once	900
Hair Spa	Once	2500
Body Polishing	Once	4,500
Body Bleach	Once	2,500
Body Wax	Once	2,500
Hair Cut	Once	550
Face Bleach	Once	300
Threading	Once	50
Swedish Body Spa	Once	2500
Bridal Make-Up		6,500

Normally Charged Amount **31,190**

This wedding season
Pay just 25,000/-





HOTEL GINGER

OPP. VOLTAS BUILDING, BISTUPUR, MAIN ROAD, JAMSHEDPUR-1, P: 657-2317771, 6663 333, MOB: 91 9831317771



SPA | BEAUTY | SALON



SUN SPA
A WELLNESS RETREAT



SPA PACKAGES

2HRS, RS. 5000

Sun spa Signature Ritual Revive your senses as you are enveloped by the harmonious sights, scents and sounds that surround you. Indulge in healing touches, and acquaint yourself with peace. Includes a 90-minute Relaxation Massage, Fitness Facial and Luxurious Pedicure.

3HRS & 30 MIN RS. 6000

Sun spa Journey The ultimate spa experience designed to relax you, uplift your spirit, balance your soul and ease aching muscles. This all-day package allows one to leave the world behind and is ideal for anyone who simply deserves life's great pleasures. Includes a 60-minute Body wrap of choice, 90-minute Caribbean La-Stone Massage, Facial, Luxurious Pedicure, healthy lunch and spa gift.

2HRS & 30 MIN, RS. 9000

Elixir For Two : A Couple's Retreat Experience a retreat where time has no meaning; where body, mind and spirit return to perfect harmony and your journey together takes flight. sensual mud mask with alone time to apply healing mud to one another, a wrap and calming scalp massage, a 60-minute Sedation Massage, and 30 more minutes of alone time to enjoy lonely, Sun spa and wellness retreat Meditation tropical fruit and local love potion

2HRS & 30 MIN RS. 4500

Rejuvenating sun spa Ritual Traditional Ayurvedic Abhyangam rejuvenating massage is combined with the Neem Wrap and Spice Scrub in this treatment which leaves you nourished and rejuvenated. It balances the doshas and keeps you healthy

2HRS & 30 MIN RS. 4500

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BODY WORK

85 MIN, RS. 3999

Sun Signature Treatment Sun spa and wellness retreat Signature Massage is specially tailored to meet demands of everyone which is combination of sports massage, reflexology and ancient Asian techniques of head massage. This is very effective to relieve stress, anxiety and soreness of muscles. This is specifically recommended for those who require deep bodywork to undo muscle knots and dissolve fibrous tissue.

60 MIN, RS. 3999

FOUR HANDS HEALING TOUCH – SYNCHRONIZED MASSAGE A synchronized massage done by two therapists very beautifully with same rhythm, pressure and speed. This helps loosen and facilitate the removal of accumulated ama (toxins) and the doshas (vata, pitta and kapha) from the body

DURATION 60MIN. RS. 2599

Abhyangam A complete rejuvenation therapy combined with ancient ceremonies and Rituals combining with footbath, blessings, Ragas, Prayer, Purification a spiritual bath and body scents are part of daily life in culture across Asia. This complete Ayurvedic rejuvenation therapy consists of a vigorous but synchronized massage. This massage also acts as a preparatory base for detoxification therapies. A personalized herbal bath is follows, the therapy is highly effective in increasing general vitality, lymphatic drainage, detoxification, strengthen the respiratory and digestive system, overall re-rejuvenating effect on your body mind and soul.

90 MIN. RS. 4500

Caribbean Hot Stone massage A ceremony that begins with a chakra opening and the placement of chakra stones followed by a full body massage using deep moist heat from basalt hot stones and ending with a complete chakra closing.

30MIN/ 1499, 45MIN/ 1799, 60MIN/ 2199

Kellogg's Therapeutic Massage This is a complete wellness treatment tailored to meet requirements of people suffering from Psycho-somatic illnesses. This improves lymphatic drainage, Blood circulation and over all enhances healing process throughout body.

60 MIN. RS. 2199

Pre-Natal Massage Designed to relax the mother-to-be; reduces neck, shoulder, and lower back tension, promotes circulation and a more restful sleep. Its important to consult our Doctor, If you are pregnant we strongly suggest that you consult your doctor before receiving massage

30 MIN. RS. 1599

Back Neck and Shoulder Massage The neck and the back are the most common areas of the body that are prone to stiffness and accumulated tension. Our trained therapists use deep tissue manipulation techniques, reflexology points to relive soreness of muscles.

30 MIN. RS. 799

Head Massage-Champi The effectiveness of Indian Head Massage also known as Champi is based upon the healing principles of Ayurvedic where Marma points, Chakras areas are used to relive stiffness and facilitate healing.

BODY TREATMENTS

75 MIN. RS. 4999

Skin refinements also known as Body polishes are body exfoliation using naturally extracted plant and flower extracts blended with anti-oxidant rich, cold pressed base oils and organic sugar or finely grounded sea salt or other plant extract powders. This therapy removes the dead skin cells, stimulates blood circulation and oxygenates the skin.

Sugandha Lepam A four main course program, this is a four-step treatment including a body massage, scrub, wrap, herbal steam and bath ritual. The wrap uses an age-old recipe in which curative spices, herbs, sandalwood, Himalayan honey in mud base is mixed in water from the Holy Ganges. The wrap liberates heat, which is beneficial in relieving muscle soreness, aches and also improves blood circulation.



60 MIN. RS. 3499

SPORTS MASSAGE Designed for the once leading a more active lifestyle or prefer a firm massage. The warming properties of our essential oils of Black pepper, Eucalyptus and Ginger combining with deep tissue massage increases circulation and soothes sore muscles leaving you refreshed and out of the world feeling.

60 MIN. RS. 3199

Balinese Massage An ancient technique, Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, acupressure and reflexology; essential oils will relax and soothe you and bring deep relaxation and wellness.

60 MIN. RS. 2999

Deep Tissue Massage Firm massage with deep penetrating pressure to release soft tissue adhesions, knots, stress accumulation and revert body's muscles to their natural suppleness. This treatment is highly recommended for the people are suffering from stiff neck and back.

60 MIN. RS. 2599

Swedish Treatment A distinctly European full-body massage, with medium to light pressure; Swedish massage is the art of bringing together a variety of techniques that stimulate blood flow, thus improving cellular oxygenation. In addition to relaxing tired muscles, it also stimulates healthy muscular tone and eliminates rigidity, tension and fatigue.

60 MIN. RS. 2699

Aroma Ritual Reenergize and stimulate your body & mind and encourage a sense of being centered and focused without distractions with help of Aroma Therapy ritual. It clears the mind of cobwebs and helps one be clear and decisive. You can choose range of Aroma oils like Rosemary, Eucalyptus, Lavender, Lemongrass etc.

75 MINUTES. RS. 2899

Thai Massage Thai Massage is an extraordinary method of aligning the energies of the body with the combination of stretching, massage, acupressure etc. The benefits include opening of the blocked areas of the body, accelerate blood and lymph circulation, and improves flexibility.

60MIN. RS. 2800

Mystic Dreams A full course Anti Stress Pressure point Massage, this massage focuses on the back, neck, shoulders, head, palms and soles by incorporating acupressure techniques. Aroma oil or a Lotus Body Butter massage cream of your choice is used. This massage is an immediate stress buster for the busy executive of today and resolves stress knots in the back, shoulders and feet.

60 MIN. RS. 2799

Kizhi – HERBAL POUCH MASSAGE A two course therapy, which commences with the application of dosha specific massage oil to the entire body by two therapists in a rhythmic manner. The body is then subjected to being massage with herbal concoction made into a bundle & assisted herbal bath & steam. This relieves neurological disorders, rheumatism, arthritis and sports injuries