



SPA MENU



ÉKAM

SPA & WELLNESS CENTRE

“OM MANI PEDME HUM”



EKAM, A SPACE TO REBALANCE

where mind, body and soul can be re united, as one balanced entity.

“Rest, Reflect and Regenerate, take three long deep breaths”

At Ekam, we believe “Inner Peace Results In Visible Well-being, Well-being Which Is Sustainable”

Ekam invites you on our journey of relentless pursuit of sustainable well-being, delivering enhanced bespoke personal experiences, through the contribution of mother nature to the well-being of humanity and the environment.



THE
COLOURS OF
SPIRITUALITY

BODY EXPERIENCES



01 PEACE “OM MANI PEDME HUM”

The manipulation of the soft tissue (skin, connective tissue and fat) against the bone, soothes sore muscles, improves circulation, improving skin and muscle tone using effleurage, kneading, petrissage, tapotement and friction techniques all in time to the soporific Tibetan Chant. “OM MANI PEDME HUM”. Using Ekam’s one-of-a-kind nourishing blend of several locally sourced and cold pressed fixed oils, namely Walnut, Apricot and Peach Kernel, Jojoba, Sesame, Avocado, Sweet Almond and organic Sunflower, to nourish the skin. The blend is gently warmed, the therapist anointing the body whispering in the ear “Take three long deep breaths”, all in time with the Chant of “OM MANI PEDME HUM”

22/55/85 MINUTES

02 FUSION OF ENLIGHTENMENT

The signature Ekam experience has been crafted to cater to an individual’s specific on the spot personal needs. A fusion of techniques from around the world include Reflexology, Aromatherapy, Deep tissue, Thai Yoga, Ancient Indian, Ayurvedic, Tibetan and Swedish are utilized to create an experience with powerful therapeutic effects. Blended essential oils infused in nourishing seed oils, hot Himalayan Salt Poulitices, and hot and cold earth stones are selected by the therapist to match the requirements of the individual.

55/85 MINUTES

03 HOLISTIC AROMATIC JOURNEY

This holistic and calming experience works on two levels, through inhalation and skin absorption. The therapist using lymphatic and pressure point massage techniques to maintain and promote physical, psychological and spiritual well-being. Based on individual needs one can choose the experience: from Ekam’s harmoniously merged aromatic blends of Spiritual, Peace, Awaken, Balance, Deep Sleep and Aches, each experience offers a deeply therapeutic experience.

85 MINUTES

BODY EXPERIENCES



04

A JOURNEY OF SPIRITUAL AWAKENING

Inspired by Tribal Tibetan healing, where the body is anointed by Ekam's sensitively crafted Spiritual oil, harmoniously blended botanicals grown and sourced at high altitudes such as Rhododendron and Seabuckthorn. Eyes enveloped with Kashmiri Lavender in the form of organic cotton eye pillows bring an aura of calm to environmentally stressed souls. Tibetan singing bowls and river stones blessed by Tibetan monks are used, both stones and bowls are bearing inscriptions written in Tibetan, stones written in the colours of the seven major chakras, white, Indigo, Turquoise, Pink, yellow, orange and Red, surround and adorn the body caressing the spirit within. This journey uses age-old traditional Tibetan massage techniques, using pressure points to open up the meridians of the being, the journey is made more powerful with "Hormey" warmed herbal poultices soaked in oil. This journey bathes the spirit with positivity, hope, protection and ultimately brings about holistic balance and peace with one's environment

55/85 MINUTES

05

DEEP TISSUE EXPERIENCE

Ekam's deep tissue experience targets large muscle groups such as thighs, buttocks and back to broaden and stretch tight muscles. This experience releases the sluggish blood flow and toxins that gather in tired, overworked muscles. It stretches limbs whilst applying deep pressure into muscle resulting in a supple re-aligned body. A cream blended with Ekam's Aches blend is used to aid the flow of movement over the skin

55/85 MINUTES

BODY EXPERIENCES



06 HOLISTIC REFLEXOLOGY

Reflexology restores and maintains the body's natural equilibrium. This gentle experience encourages the body to work naturally towards restoring its own healthy balance. It is a myth that reflexology needs to be painful to be effective; the gentlest touch can have a marked effect on a person's overall well-being by stimulating the reflex points to restore the body's energy flow

55 MINUTES

07 INDIAN FUSION HEAD MASSAGE

The head, face, neck and shoulders hold a great deal of tension, affecting the entire body as a whole from our posture to our hair health. Rhythmic gentle, however deep flowing massage techniques combines with acupressure release stress that has built up in the tissues, muscles and joints of the head, face, neck and shoulders relieving all of tension resulting in a peaceful state being achieved. The hair and skin are anointed with a choice of Ekam's harmoniously merged aromatic blends of Spiritual, Peace, Awaken, Balance, Deep Sleep or Aches

25 MINUTES



THE CLARIFIERS



The Clarifiers are the ultimate way to begin your journey with us at Ekam, they clean the body in preparation to receive Ekam's nourishing fixed and essential oils removing any barriers to their individual therapeutic properties. Combine a clarifier with any full body experience and feel the difference in your skin

THE CLARIFIERS



01 HIMALAYAN SALT SCRUB

This experience removes impurities, dull surface cells and rough textured skin, refines the skin, improves blood circulation, as well as improving vitality and elasticity. Using mineralizing Himalayan Pink Salt, bursting with over 84 trace elements, which have been maturing deep within the Himalaya Mountains for millions of years and carefully blended with a choice of Ekam's harmoniously merged aromatic oil blends makes this an experience not to be missed and usually the first one to experience upon arrival. The essential oil blends restore balance, enhance relaxation, refresh and awaken.

45 MINUTES

02 WALNUT, APRICOT AND PEACH KERNEL BODY SCRUB

TFinley crushed kernels and shells of locally grown flora are freshly merged with cold pressed warmed Apricot Kernel oil, which the therapist uses to systematically anoint the body using gentle vibrational techniques the friction created gently removing impurities, such as dead skin cells, oil, sebum and pollutants which have built up on the surface of the skin over a period of time.

45 MINUTES

03 TIBETAN TSAMPA BODY SCRUB

A traditional Tibetan tribal experience using, Tsampa powder, (Tibetan barley flour) as a gentle exfoliate, which assists in the removal of body aches and pains at the same time expelling excess wind from the joints. Ekam's spiritual oil blend is warmed and then the body anointed, smooth, nurturing, long relaxing strokes follow, a brisk, invigoration friction technique is applied to remove pollutants, dead skin and negativity.

45 MINUTES

BODY NOURISHERS



01 THE COCOON

A body envelopment, using Ekam's harmoniously blended essential and fixed oils, an experience which stimulates both the circulatory and immune systems while at the same time bringing, "an aura of peace" which often results in deep restful sleep as this experience journeys along to its final destination and desired therapeutic effect. This experience is the ultimate in calm.

85 MINUTES

02 EKAM'S CLAY ENVELOPMENT

Active Clays are extracted sympathetically from the earth, pure products, and rich in minerals that work in synergy to cleanse tone and revitalize the skin. These unique sun-dried clays are extracted under exacting conditions to ensure that their active mineral content is retained. Ekam has taken these clays, harmoniously blended essential and fixed oils, which enhance the effects on the skin, emotions and the spirit. Anointed with a therapeutic blend of fixed and essential oils, clay infused with hydrolat is placed over the entire body, wrapped in organic cloth, covered in blankets then showered off, finally anointed with aloe vera gel to hydrate and cool.

55 MINUTES

HOLISTIC FACIAL EXPERIENCES



01 SEABUCKTHORN BALANCE

A Luxurious anti-ageing facial uses the properties of the Seabuckthorn berry, grown at high altitude in Ladakh and Tibet, known as the "holy fruit of the Himalayas." It has the rare omega 7 which can boost cellular regeneration, which assists in repairing the skin. After a gentle face cleanse, an anti-ageing, uplifting and toning massage is delivered using Ekam's enriched oil blends which, nourish, feed, revitalize finally boosts collagen levels. A highly effective mask, nourishes, while receiving a relaxing head and hand massage.

55 MINUTES

02 PEACE AND TRANQUILITY

Harmoniously blended essential and fixed oils assist to release deep seated tension and stress, which is often reflected in the face. This facial also relieves aches and pains emanating from the back, neck and shoulders; encourages deeper breathing and helps one feel calmer. The rejuvenating energies of the essential oil blends gently cleanse, exfoliate and hydrate the skin, resulting in a healthy glow. Along with glowing skin, this facial helps generate a feeling of peace and tranquility.

55 MINUTES

HOLISTIC FACIAL EXPERIENCES



03 SPIRITUAL MIST

Skin will be moistened with pure Hydrolats and Seed oils, selected to calm inflammation and environmentally stressed skins. Cleansing grains made from a myriad of natural ingredients to cleanse the skin of any debris, are used to prepare the delicate facial skin for the ultimate relaxing pressure point and lymphatic drainage massage using Ekam's deeply Rejuvenating face oil crafted to feed the skin with essential vitamins Omega 3 and 6 and vital fatty acids. The Journey continues with the application of an Ekam clay mask, crafted using the best Indian clays bursting with goodness, this goodness heightened when mixed with Harmoniously blended essential and fixed oils specifically applied for unique personal imbalances. The facial closes with an application of a potent serum and a moisturizer to form a barrier to the environment and its effects.

55 MINUTES

04 POLLUTION RESCUE

Short on time, in a rush, skin in need of a total refresh a need to rebalance? Ekam has designed the perfect antidote to environment stressed mind body and spirit in a flash using Ekam's bespoke anti-pollution face products, skin is brought back to life and carefully cleansed of daily pollutants most of us did not know were resting on our delicate skins and causing numerous imbalances both physically and emotionally. An invigorating cleanse, followed by a gentle grounding exfoliation to remove pollutants and melt the stresses which have been allowed to build up throughout the day. Using a mask of Indian clays with Harmoniously blended essential and fixed oils to draw out pollutants leaving the skin feeling brighter, cleansed refreshed and rejuvenated as well as emotionally balanced.

45 MINUTES

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YOGA



Yoga practiced at Ekam is completely pure and traditional in form, stemming from the roots of Hatha yoga and adapting it to suit individual needs. It is a disciplined science encompassing all aspects of life in different ways and levels to balance the mind, body and spirit. This helps us to restore perfect health and leads us from gross awareness to super consciousness, resulting ultimately in eternal bliss or Sat-Chit - Ananda (bliss) which is the aim of Yoga.

YOGA



01 HATHA YOGA

In this personalized Hatha Yoga session, you will receive attention with dialogue and adjustments specifically tailored for your needs. Each posture has manual adjustments which will help you to understand the relationships between the muscle groups and body parts being engaged. To develop a deeper understanding of how your body engages in each posture, the instructor guides your awareness to specific areas to enhance your body's natural intuition.

55 MINUTES

02 GATYATMAK YOGA

Gatyatmak Yoga offers a challenge to intermediate and advanced levels of Yoga practitioners. The traditional Hatha yogic postures chosen in the session are dynamic in nature. The entire session revolves around two traditional dynamic sequences of postures known as Surya Namaskar (Sun Salutation) and Chandra Namaskar (Moon salutation). These two highly effective practices focus primarily on rhythm, dynamism and vitality of the body-mind system.

55 MINUTES

03 PANAYAMA

A stressful life-style has a profound effect on our breathing. In Pranayama the attention is on the breath. Pranayama literally means expansion of prana (Vitality). Various techniques of Pranayama rectify the faulty patterns of breathing. It removes the blockages from the subtle energy channels and enhances the level of vitality and relaxation.

25 MINUTES

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MEDITATION



Meditation offerings at Ekam include guided meditation and relaxation techniques, which are grounded in ancient Indian traditions and yet practical for modern needs, enabling you to relax and rejuvenate the entire body-mind system, and establish harmony at the physical, mental and spiritual levels.

MEDITATION



01 YOGA NIDRA

Yoga Nidra means 'Psychic sleep'; a state of conscious sleep where one is on the borderline between wakefulness and sleep. It is a guided process of relaxation to quieten the agitations of the conscious mind and awaken the awareness and immense healing potential of the subconscious. In Yoga Nidra practitioner is on the threshold of subconscious plane from where one can release the hidden psychic tensions of consciousness.

45 MINUTES

02 HIMALAYAN CHANTS

Chant in the presence of a Tibetan monk, who will guide you how to sit, breath, chant and how to feel the vibrations emanating from your body. Just gazing upon the monk, itself is spiritually calming as the monk sits adored by bunt orange and burgundy robes.

45 MINUTES

03 ANTAR MOUNA

Antar Mouna or "Inner Silence" is a very systematic technique which deepens the insight into the processes of mind and develops skills to manage it. This meditation technique gives a deep insight into the area of mental tensions and emotional turbulence and helps one to take a step towards inner understanding and henceforth attaining emotional and mental harmony within.

45 MINUTES

MEDITATION



01 AJAPA JAPA

Ajapa Japa is the spontaneous awareness of the Mantra which is chanted psychically during the process of meditation. 'Japa' means repetition. 'Ajapa' means spontaneous repetition. Basis of Ajapa Japa is the repetition of the mantra with the movement of breath and awareness in psychic passages. This is an effective process to arrest the unnecessary flow of the thoughts.

45 MINUTES

02 TRATAKA CANDLE MEDITATION

Means 'Steady gazing'. It acts as a stepping-stone between physically oriented cleansing and meditation practices. It improves the memory and helps to develop concentration and will power.

30 MINUTES

WELL-BEING DAY & HALF DAY JOURNEYS



01 DEEP SLEEP

- Walnut, Apricot and Peach Kernal foot ritual (15 Minutes)
- Balancing Himalayan Salt body scrub (55 Minutes)
- Deep Sleep Holistic Aromatic journey (85 Minutes)
- Yoga Nidra (55 Minutes)

210 MINUTES

02 SPIRITUAL

- Spiritual Himalayan Salt foot scrub (15 Minutes)
- Tibetan Tribal Tsampa Body scrub (45 Minutes)
- A Journey of Spiritual Awakening (85 Minutes)
- Spiritual Mist Facial (55 Minutes)
- Tibetan Chants (45 Minutes)

230 MINUTES

03 BALANCE

- Balancing Himalayan Salt foot ritual (15 Minutes)
- Balancing Himalayan Salt body scrub (45 Minutes)
- Balancing Aromatic journey (85 Minutes)
- Seabukthorn Balance Facial (55 Minutes)

45 MINUTES

WELL-BEING DAY & HALF DAY JOURNEYS



04 AWAKEN

- Awaken Himalayan Salt foot ritual (15 Minutes)
- Awaken Himalayan salt body scrub (45 Minutes)
- Awaken Fusion of Enlightenment (85 Minutes)
- Hatha Yoga (55 Minutes)

155 MINUTES

05 ACHES

- Aches Himalayan Salt foot ritual (15 Minutes)
- Aches and pains Himalayan salt body scrub (45 Minutes)
- Aches and pains Dep Tissue Massage (85 Minutes)
- Yoga Nidra (55 Minutes)

215 MINUTES

06 PEACE

- Peace Walnut, Apricot and Peach kernel body Scrub (45 Minutes)
- Peace "OM MANI PEDME HUM" body massage (55 Minutes)
- Peace, The cocoon (85 Minutes)
- Spiritual Mist Facial (55 Minutes)
- Yoga Nidra (55 Minutes)

295 MINUTES

"OM MANI PEDME HUM"

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BOOKMARK RESORTS

Near Log Huts Road, Manali, Himachal Pradesh 175131

9089 777 000 | book@bookmarkresorts.com

www.bookmarkresorts.com