



S P A M E N U



SisalSpa was created as a sanctuary for rest, healing, and reconnection with nature.

Inspired by the timeless wisdom of Ayurveda and complemented by curated international therapies, the spa embraces a philosophy of mindful wellness rooted in simplicity, balance, and the restorative power of the mountains.

From therapeutic massages and aromatic rituals to soothing baths in the Victorian copper tub, every experience at SisalSpa is designed to calm the body, ease the mind, and restore inner harmony.

Welcome to SisalSpa.



SISAL SEDUCTION

Sisal Seduction is an indulgent couple's wellness journey thoughtfully curated to relax the body, calm the mind, and create moments of togetherness amidst the serenity of the mountains.

The experience begins with a soothing head massage to release stress and quiet the senses, followed by a deeply relaxing Classic Swedish Massage using aromatic oils to ease muscular tension and restore balance. Guests are then invited to unwind in the warmth of the Infrared Sauna, allowing the body to relax and rejuvenate naturally.

A refreshing natural Body Scrub follows, gently exfoliating and revitalizing the skin, leaving it soft and radiant. The ritual concludes with a luxurious Milk Bath in the handcrafted Victorian Copper Tub, offering a serene and intimate setting to unwind together in complete tranquility.

Designed for couples seeking relaxation, romance, and rejuvenation, Sisal Seduction is a signature wellness experience that lingers long after the journey ends.



175 mins - INR 10,300/- for a couple
(Advance booking required)



DETOX THERAPIES

Abhyangam

Abhyangam is a traditional Ayurvedic full body oil therapy in which warm herbal oils are applied using gentle, rhythmic strokes to relax the body and restore balance. In Ayurveda, regular Abhyangam is believed to nourish the skin, improve circulation, ease muscular tension, calm the nervous system, and promote overall wellbeing. This deeply relaxing therapy helps relieve stress, fatigue, stiffness, and general body aches while leaving the body refreshed and rejuvenated.

75 mins + 15 mins steam - INR 4000/- | 45 mins + 15 mins steam - INR 3200/-

Abhyangam with Podi Kizhi

Podi Kizhi is a traditional Ayurvedic therapy in which a carefully prepared blend of rejuvenating herbal powders is tied into warm herbal poultices, known as kizhis, and gently massaged over the body. The warmth of the herbal poultices combined with rhythmic massage helps ease muscular stiffness, improve circulation, relax the body, and rejuvenate the muscles and joints. Traditionally, this therapy is also valued in Ayurveda for relieving body aches, reducing fatigue, and promoting overall wellness.

60 mins Abhyangam + 30 mins Podi Kizhi - INR 4600/-



RELAX & REJUVENATE

Padabhyangam

Padabhyangam is a traditional Ayurvedic foot massage therapy that focuses on restoring balance and deep relaxation through the feet, which are considered important energy points of the body in Ayurveda. Using warm herbal oils and gentle therapeutic strokes, this treatment helps relieve tiredness, dryness, stiffness, and discomfort in the feet while promoting relaxation and improving circulation. Padabhyangam is also believed to calm the nervous system, reduce stress, and support overall wellbeing by helping balance the body's natural energies.

30 mins - INR 2100/-

Shiroabhyangam

Shiro Abhyangam is a traditional Ayurvedic therapy that involves a soothing massage of the head, neck, and shoulders using warm herbal oils. Designed to calm the mind and relax the body, this deeply rejuvenating treatment helps ease stress, mental fatigue, tension, and stiffness while promoting relaxation and a sense of inner balance. In Ayurveda, Shiro Abhyangam is also believed to nourish the scalp, support healthy hair, and soothe the nervous system.

30 mins - INR 2100/-



FUSION THERAPIES

Red Indian Hot Stone

Red Indian Hot Stone Therapy is a deeply relaxing massage inspired by traditional hot stone treatments. Instead of conventional volcanic stones, smooth red river pebbles are used to deliver soothing warmth and a unique regional touch to the experience. Combined with a calming head massage, this therapy helps ease muscular tension, improve relaxation, and restore a sense of balance and wellbeing.

90 mins - INR 4000/- | 60 mins - INR 3500/-

Classic Swedish Massage

Classic Swedish Massage is a timeless relaxation therapy designed to ease muscular tension, improve circulation, and promote overall wellbeing. Using a combination of gentle strokes, kneading, tapping, and rhythmic movements along with aromatic massage oils, this soothing treatment helps relax the body, calm the mind, and restore a sense of balance and rejuvenation.

45 mins + 15 mins steam - INR 3200/- | 75 mins + 15 mins steam - INR 4000/-



FUSION THERAPIES

Aroma Therapy

Aromatherapy is a soothing wellness therapy that combines relaxing massage techniques with the therapeutic benefits of aromatic essential oils. Using a carefully selected blend of essential oils and rhythmic massage strokes, this treatment helps relax the body, calm the mind, and promote a deep sense of balance and wellbeing.

45 mins + 15 mins steam - INR 3200/- | 75 mins + 15 mins steam - INR 4000/-



SISAL SIGNATURE THERAPIES

Herbal Facial

Herbal Facial is a rejuvenating skincare therapy that uses carefully selected herbal ingredients to gently cleanse, nourish, and refresh the skin naturally. Blending the goodness of traditional herbs and botanical extracts, this treatment helps remove impurities, revitalize tired skin, and restore a healthy natural glow. The soothing herbal formulations leave the skin feeling refreshed, hydrated, and radiant while promoting relaxation and overall wellbeing.

60 mins - INR 2800/-

Body Scrub

Body Scrub is a rejuvenating exfoliation therapy that combines a relaxing head massage, steam, and a natural herbal scrub made with ingredients such as green gram powder, coffee powder, red sandalwood paste, Ayurvedic clay, rose water, and natural honey. This treatment gently removes impurities and dead skin cells, leaving the skin refreshed, soft, and naturally radiant.

60 mins - INR 4000/-



OTHERS

Lower Back & Neck

30 mins - INR 2100/-

Mini Abhyangam for Kids

30 mins - INR 2100/-

Infrared Sauna

15 mins - INR 1200/- per person | 30 mins - INR 2000/- per person

Pool & Dining Add-On for Day Visitors

Pay INR 2500/- per person extra for a meal in The Hornbill Restaurant and access to our infinity pool for an hour

A wellness experience curated by:



BLACKBERRY HILLS MUNNAR

NATURE RESORT & SPA

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