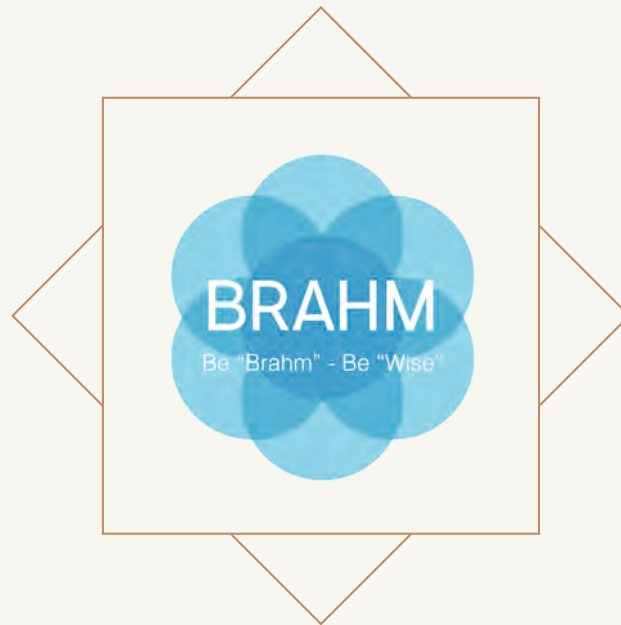




unwind

A WELLNESS SPA & SALON BY BRHAM





Brahm group through its directly, indirectly and/or partially owned operating corporations and investment vehicles is active across Asia, Europe and America. The activities of the group can be broadly classified into 5 major categories

Brahm Well-Being & LifeStyle LLC USA, through its brand 'Brham,' is promoting a slew of products and services that seek to enhance existential experiences of consumers. 'Brham' by Brahm as a brand, is

poised to define and redefine 'wise' consumption that is based on the efficient, innovative and optimum conversion of bountiful resources that nature has so kindly bestowed upon us.

Besides this we offer a comprehensive Wellness program that utilises DNA, Molecular Biomarkers, Physical & Structural Evaluation, Questionnaires and consultations to identify and alleviate our client's pain points in the various forms of physical, mental, economic, interpersonal, sexual and political aspects of the

individual; all of which will be overseen and customised by a team of experts in Kalari Payattu, marma chikitsa, yoga, strength training, reflexology, non-invasive PNT, DORN, calisthenics, physiotherapy, chiropractors, styling, cosmetology among other disciplines.

This transformation enables our clients to metamorphose into their peak physical condition, while reversing aging, rejuvenating the body's internal state without invasive methods with an emphasis on using food as medicine.



The focus of my practice has been spiritual in nature. I seek magic from the universe with my folded hands, and as I pass on the energy from Mother Earth and into the nodal points of the human body that gently heals and resurrects itself with the Ancient science of Nuad Bo Rarn, Reflexology and Spa massages.

## **Dr. Ravneet Grewal**

*Business Head - Spa Operations*

<i>Wellness Massages</i>	30 min	45 min	60 min	75 min	90 min
Authentic Foot Reflexology	₹708	–	₹1180	–	–
Authentic Back Reflexology Dry / Oil	₹826 / 885	–	₹1180 / 1298	–	–
Facial Lymphatic Drainage Therapy	–	₹826	–	–	–
Deep Tissue Sport Rehabilitation Therapy	–	–	₹1652	–	₹2006
Ancient Nuad Bo Rarn Therapy	–	–	–	–	–

<i>Spa Massages</i>	30 min	45 min	60 min	75 min	90 min
Aromatherapy Massage	–	–	₹1652	–	₹2006
Balinese Massage Therapy	–	–	₹1652	–	₹2006
Swedish Massage Therapy	–	–	₹1652	–	₹2006
Hot Stone Massage Therapy	–	–	₹1652	–	₹2006
Accupressure Head Oil Massage	–	–	₹590	–	₹649

Inclusive of All Taxes



## Wellness Massages

Relax, Rejuvenate and Re-energize



## Authentic Foot Reflexology

*A treat for the feet*

Our signature foot reflexology is based on the principle 'Perfect feet spells perfect health'. The therapy aims to remove blocks, allowing the energy to flow freely again. Adopting a precise approach to promote healing abilities for every one, all age groups by working from toes to the knees. Professional reflexology uses different forms of technical application movement using hands and a wooden stick.

### Benefit:

The professional therapy stimulates the body's regenerative capacity-working upon the 7200 nerve endings, 107 ligaments, 26 bones, 19 muscles in each leg. Providing a profound sense of relaxation.

30 min | 60 min

₹ 708

₹ 1180



## Authentic Back Reflexology More than a Luxury

A 60 minute back reflexology dry / oil massage is considered to be as relaxing as a (7-8 hours of sleep is to our body) The therapy is performed either on a specialized chair or bed. It is a form of preventing maintenance. The technique of pressure and assisted passive stretches starts from the lower back to the fingertips, covering the neck-head and face areas reflex points.

### Benefit:

Help in the myofascial release, strengthening and conditioning the muscles of the upper body from the back till the hands. Reducing the symptoms of pain, muscle spasm, tiredness and fatigue. Encouraging the release of endorphins, while providing an immediate relief from pain.

30 min | 60 min

₹826 / 885

₹1180 / 1298





## Facial Lymphatic Drainage Therapy

### *A Face Workout*

How facial lymphatic drainage massages work? Beyond a radiant complexion, lymphatic drainage facials acts as a face workout.

The specialized massage is based on the principle of optimizing the lymph system for the stronger immunity.

A slow and gentle therapy working to keep the client healthy, by moving the excess fluid out of the tissues into the lymph nodes. Working from the clavicle to the nape of the neck with Aloe Vera Gel Almond oil cream of your choice.

45 min

₹ 826



## Deep Tissue Sport Rehabilitation Therapy

*Stimulation of Skin & Muscle  
with therapeutic Intent*

Specialized sports therapies for the 'athlete world and postnatal care', ensuring a speedy recovery from injuries, fatigue, tiredness and physical stress (Optimizing Performance) with the focus of realigning deeper layers of muscles and connective tissues, from toe to neck. The therapy session is given on a massage table, in the prone and supine comfortable position, with oil or cream. Through slower strokes and more direct deep pressure application across the grain of the muscle. Deep tissue and sports massage is applied to both the superficial and deep layers of muscle, fascia and other-affect ed areas.

### Benefit:

Helpful for chronically tense and contracted areas like stiff necks, lower back tightness, sore shoulders, tired legs. The massage aids sleep, releases emotions, reduces swelling and edema by increasing diuresis.

60 min | 90 min

₹ 1652

₹ 2006



## Ancient Nuad Bo Rarn Therapy

*A Lazy Mans Yoga*

Striking equilibrium between mental and physical energy. The ancient treatment is an advanced therapeutic yoga therapy and is performed on a bed. The word nuad means to 'knead' and Bo Rarn is the science of kneading. Hence, a soft tissue manipulation. The therapy is primarily working on the energy lines and points, in a concentrated state of mind, following the movements of SGD-technique - 'slowly, gently and deeply'. Specific movements are designed for specific pain areas.

### Benefit:

The massage gives a feeling of both, being relaxed and energized at the same time with the traditional treatment. The scientific and technical stretching movements, affecting the entire body by increasing -

- Flexibility
- Releasing superficial tension
- Helping ease the body's natural energy flow

75 min

₹ 2006



Spa Massages



## Aromatherapy Massage

*A journey from tired to relax*

A restorative massage with hot oils to relax and heal your body and mind, with a combination of aromatic essential oils.

Benefit:

The massage helps to-

- Treat pain
- Muscle spasm
- Stiffness
- Insomnia
- Hypertension

60 min | 90 min

₹ 1652

₹ 2006



## Balinese Massage Therapy

*A little pressure is worthy*

Balinese massage is one form of traditional Indonesian relaxation massage, involving a combination of techniques, including massage, acupressure and aromatherapy into one session. Helping lose the muscle and ease the pain. This massage is influenced by the Chinese and Indian cultures which emphasizes on bringing the body into balance.

Benefit:

The Massage-

- Promotes relaxed state of mind
- Increases blood circulation
- Boosts oxygen and energy throughout the body
- Helping loosen the muscles and ease the pain.

60 min | 90 min

₹ 1652

₹ 2006





## Swedish Massage Therapy

*A simple massage could make a change*

Swedish massage is aimed to loosen the tired muscle, relaxing the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of the blood returning to the heart while easing tension of physical and mental stress.

Benefit:

The Massage helps in-

- Increasing the oxygen levels in the blood
- Decreasing muscle toxins
- Improving circulation and flexibility

60 min | 90 min

₹ 1652

₹ 2006



## Hot Stone Massage Therapy

*A natural approach to better health*

Hot stone massage therapy melts away tension, eases muscle stiffness, increases circulation and metabolism. The massage promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body, incorporating specific massage movements owing to the sedative effect that can relieve chronic pain, reduce stress, and promote deep relaxation.

Benefit:

The massage helps in providing a very healing and effective experience.

60 min | 90 min

₹ 1652

₹ 2006





12

## Acupressure Head Oil Massage

*A Tranquil experience, through caring hands*

Acupressure head massage is a gentle, ancient therapy of meditative Ayurveda, innovative gentle stroking and kneading techniques over the scalp, neck, shoulders using slow and smooth activity to release muscular tension and headaches. Its best suited for people with sleep disorders, enhancing sleep.

### Benefit:

The massage helps in creating a deep sense of tranquility and peace.

30 min | 45 min

₹ 590

₹ 649



Salon Services

## We care about your hair

*For Men*

### HAIR Cut

Hair cut	₹ 266
Beard Trim	₹ 118
Moustache Trim	₹ 47
Foam Shave	₹ 147
Head Shave	₹ 212

### Body Shave

Chest Shave	₹ 212
Under Arms Shave	₹ 70
Chest Wax	₹ 472
Under Arm Wax	₹ 153

### Shampoo + Conditioning

Short Hair Only shampoo	₹ 118
Short Hair Shampoo +Conditioning	₹ 238

### Hair Coloring Men

Beard Hair Dye	₹ 322
Global Majirel	₹ 805
Global Inoa	₹ 1266
Global Highlights - Short Hair	₹ 652
Global Highlights - medium Hair	₹ 1112
Moustache Color	₹ 122
Own Color Application	₹ 422
Smart bond Add On	₹ 460

### Head Massage

Coconut Oil (20 min)	₹ 360
Olive Oil (20 min)	₹ 414
Almond Oil(30Min) with Hot Towel	₹ 713



## The science of hair

### Hair Spa

Deep Nourishing	₹ 1036
Smoothing Cream Bath	₹ 1036
Repairing Cream Bath	₹ 1036
Vitalizing Cream Bath	₹ 1036
Dandruff Treatment – Clear Dose	₹ 1518
Hair Fall Treatment	₹ 1518
Deep Conditioning	₹ 1374

### Power Mix Treatment

Absolut Repair	₹ 758
Enforcer	₹ 758
Liss Unlimited	₹ 758

## Hair Cut and styling

### *For Women*

#### **For Women**

Restyle	₹ 1150
Style	₹ 728
One Length Bob	₹ 489
Fringe	₹ 230
One length Trim	₹ 460

#### **Shampoo + Conditioning**

For Women	
Short / Medium	₹ 398 / ₹ 574
Long / Ex long	₹ 728 / ₹ 881
Only Shampoo (Any Length)	₹ 306

#### **Blow Dry**

##### For Women

Straight- Short / Medium	₹ 421 / ₹ 574
Long / Ex long	₹ 728 / ₹ 881
Out curl	
In curl-Short / medium	₹ 521 / ₹ 656
long / ex long	₹ 759 / ₹ 882
Roller Set Hair Short / medium	₹ 728/ ₹ 881
Long	₹ 958

## Hair Coloring

### *For Women*

Root Touch Up 2 Inches- Majirel	₹ 1188	Global Highlight	
Root Touch Up 2 inches -Inoa	₹ 1380	Short / Medium	₹ 2914 / ₹ 4141
		Long / Ex long	₹ 5522 / ₹ 6445
Global Color Majirel		Smart bond Treatment	
Short / Medium	₹ 2914 / ₹ 3523	Short / medium	₹ 1764 / ₹ 2991
Long / Exlong	₹ 4448 / ₹ 5215	Long / Exlong	₹ 3451 / ₹ 3911
Global Color Inoa		Smartbond Add On	₹ 460
Short / Medium	₹ 4065 / ₹ 4448		
Long / Ex Long	₹ 5215 / ₹ 6749		
Few Strands In Front Customized		Hair Styling & Treatment	
Hair Streaking Per Foil	₹ 345	Smoothing & Straightening	
		Extensio	
Global Prelightening		Short / Medium	₹ 5770 / 6519 /
Short / medium	₹ 2377 / ₹ 3758	Long / Ex Long	₹ 8056 / ₹ 10468
Long / Ex long	₹ 4525 / ₹ 5445		
Crown Highlight		Cysteine Treatment	
Short / Medium	₹ 2147 / ₹ 2607	Short / medium /	₹ 5847 / ₹ 6979
Long / Ex long	₹ 3221 / ₹ 3988	long / Ex Long	₹ 8513 / ₹ 9587

**Chocolate Waxing**

Choco Back	₹ 536
Choco Half Back	₹ 322
Choco Stomach	₹ 460
Choco Bikini	₹ 1652
Choco Bikini Line	₹ 295
Choco Chin	₹ 46
Choco Forehead	₹ 76
Choco Full Face	₹ 383
Choco Full Arms	₹ 451
Choco Full Legs	₹ 574
Choco Chest	₹ 613
Choco Sides	₹ 115
Choco Under Arms	₹ 153
Choco Upper Lip	₹ 191
Choco Full Body	₹ 2301

**Normal Waxing**

Waxing Sides	₹ 115
Waxing Half Arms	₹ 153
Waxing Half Legs	₹ 191
Waxing Full Arms	₹ 306
Waxing Full Legs	₹ 383
Waxing Stomach	₹ 306
Waxing Under Arms	₹ 122
Waxing Back	₹ 383
Waxing Full Body	₹ 1227
Waxing Bikini Line	₹ 122
Waxing Bikini	₹ 1227
Waxing Full Face	₹ 306



## Facials & Clean ups

### *Improving the appearance of skin*

A facial is a skin care treatment that involves exfoliating and cleansing to eliminate dirt, dead skin, and impurities.

Facials removes blemishes, moisturizes, regenerates, tightens and otherwise beautifies the skin. Making your face look fabulous.

Taking care of your skin is just as important as eating a well-balanced diet and getting enough sleep.

Treating yourself to a facial treatment every 4-weeks can benefit your skin in so many different ways.

Healthy skin is our body's first line of defence against illness, bacteria and disease, so taking care of it is extremely important. Especially with the change of seasons during the entire year,, the skin has to adapt to the weather changes.





#### **Clean Up**

De-Tan	₹ 843
Biotique	₹ 574
Full Body Polishing	₹ 2607

#### **Bleaching**

Bleaching Under Arms	₹ 107
Oxy Full Arms	₹ 352
Oxy Full Legs	₹ 490
Full Face	₹ 690

#### **Facials**

O3 + Anti Age	₹ 2185
O3 Facial	₹ 2148
Shehnaz Gold	₹ 2147
Biotique	₹ 1380



## Pedicure

*A Make time for you*

A pedicure helps clean and moisturise your feet, and also provides nail care. Getting a monthly pedicure done is advisable, as it's an effective way to detect early signs of corns and fungal infections, among other things.

- Tackles cracks in the heels
- Helps you de-stress
- Promotes blood circulation



## Manicure

### *Get a new look for your nails*

A manicure provides a deep clean for your nails, as well as ensuring that they look great. This is an important part of positive nail health, as both our hands go through a lot on a daily basis.

Regular manicure ensures the removal of dead skin cells, which is an essential part of encouraging new skin cell growth. New skin cells are key for nails that are strong and healthy.

Regular manicures also help to make sure that your nails don't get into a poor condition, for example being plagued by fungal infections. If you're keen to protect your nail health on an ongoing basis, manicure has an important role to play.



### Manicure Unisex

Basic Manicure	₹ 267
Deluxe Manicure	₹ 451
Cut & File	₹ 107
File & Polish	₹ 153
Only Polish	₹ 138
Own Polish	₹ 37

### Pedicure Unisex

Basic Pedicure	₹ 460
Deluxe Pedicure	₹ 651
Cut & File	₹ 153
Only File	₹ 41

### Skin Care

Threading	
Chin	₹ 22
Fore Head	₹ 61
Full Face	₹ 230
Neck	₹ 46
Upper Lip	₹ 76
Eye Brow	₹ 122
Sides	₹ 122





### Nail Bar Service

Gel Polish	₹ 767
Removal	₹ 442
Tip Repair	₹ 177

### Gel Extension

Full Set	₹ 1770
Refill	₹ 1003
Over Lay	₹ 1121



## Body Scrub & Body Wrap

*Improving the appearance of skin*

Your body needs exfoliation to stay soft, smooth and healthy. Body scrubs are physical exfoliates that will mechanically slough away dead cells.

### Benefits:

- Promoting efficient circulation and skin cell turnover.
- Removing dead cells from the skin surface.
- Smoothing and softening rough dry skin
- Drawing out impurities and cleaning congestion
- Freeing ingrown hair and smoothing the skin

55 min

₹ 3304

## Custom diagnosis and Prognosis

---

We examine your:

- Ancestry
- Genetic reports
- Muscle fibre composition
- Biomarkers
- Report and system analyses
- Musculo-skeletal evaluation
- Posture
- Marma w/organ evaluation
- Reflex point testing

## Implementation of Prognosis by Team of Experts

---

Comprehensive diagnosis with a tailor-made solution for you.



Brahm Lifestyle Products Private Limited  
[www.brham.com](http://www.brham.com)

Email: [contact@brahmcorp.com](mailto:contact@brahmcorp.com)

#### BANGALORE

Bangalore Club, Residency Road  
91 80 6606 0253

Karnataka Golf Association  
#1, Golf Avenue, Kodihalli  
91 80 4009 0048

The Brham Store, SNS Manor  
Brunton Road

+91 79690 27246

#### PUNE

The Poona Club

The Brham Store - Koregaon Park

#### GOA

The Brham Store  
Chopdem, Morjim Road, Agarvado

BANGALORE CLUB	BRUNTON ROAD	GOA	KGA	POONA CLUB
7411715656	8904431958	9561434125 7969027246	7411735656	7969027246