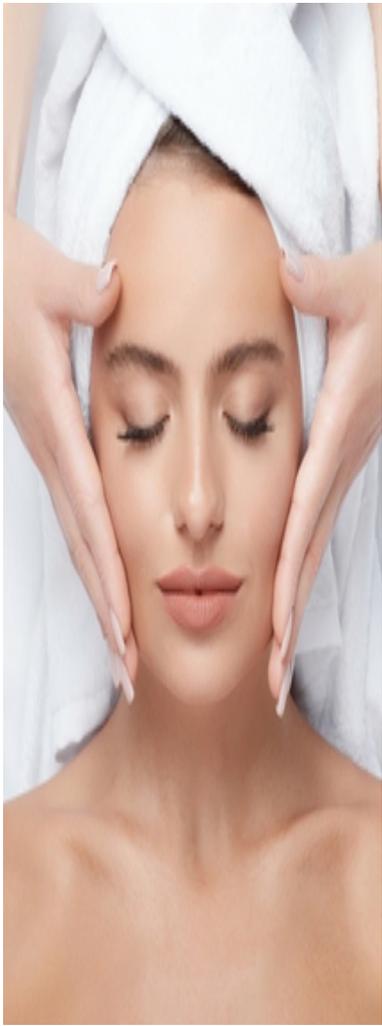





BRHAM

unwind

A WELLNESS SPA & SALON BY BRHAM



unwind
WELLNESS THERAPEUTIC SPA & SALON BY BRHAM




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 ageing, rejuvenating the body's internal state without invasive methods with an emphasis on using food as medicine.



THERAPIES AT A GLANCE

	30 min	45 min	60 min	90 min
Authentic Foot Reflexology	₹ 778		₹ 1298	
Authentic Back Reflexology Dry / Oil	₹ 885 / 973		₹ 1298 / 1427	
Facial Lymphatic Drainage Therapy		₹ 908		
Deep Tissue Sport Rehabilitation Therapy			₹ 1982	₹ 2206
Ancient Nuad Bo Rarn Therapy			₹ 1982	
Aromatherapy Massage			₹ 1817	₹ 2206
Balinese Massage Therapy			₹ 1817	₹ 2206
Swedish Massage Therapy			₹ 1817	₹ 2206
Hot Stone Massage Therapy			₹ 1817	₹ 2206
Accupressure Head Oil Massage	₹ 785			

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

₹ 778

₹ 1298



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 and 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 area reflex- points.

Benefit:

Helps in the myofacial release, strengthening and conditioning the muscles of the upper body from the back to 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

DRY - ₹ 885 DRY - ₹ 1298

OIL - ₹ 973 OIL - ₹ 1427



Facial Lymphatic Drainage Therapy

A Face Workout

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

This specialized massage is based on the principle of optimizing the lymph system for the stronger immunity. A slow and gentle therapy works to keep the client healthy, by moving the excess fluid out of the tissues into the lymph nodes. The masseuse works from the clavicle to the nape of the neck with Aloe Vera Gel and Almond oil.

Benefit:

Facial lymphatic drainage therapy strengthens your facial muscles, boosts oxygen flow, and releases endorphins. In addition to pumping lymph's flow to remove sluggishness, it reduces mild to moderate swelling and pigmentation.

45 mins

₹908



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 affected 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

₹ 1982

₹ 2206



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. 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

60 min

₹ 1982



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

₹ 1817

₹ 2206



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 aroma therapy 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:

- Promotes relaxed state of mind
- Increases blood circulation
- Boosts oxygen and energy throughout the body

60 min | **90 min**

₹ 1817

₹ 2206



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:

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

60 min | 90 min

₹ 1817

₹ 2206

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

₹ 785



Hot Stone Massage Therapy

A natural approach to better health

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. The massage promoted 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**

₹ 1817

₹ 2206



Salon Services

We care about hair

FOR MEN

HAIR CUT

Hair cut	₹ 380
Beard Trim	₹ 169
Moustache Trim	₹ 68
Foam Shave	₹ 212
Head Shave	₹ 304

HAIR COLORING MEN

Beard Hair Dye	₹ 354
Global Majirel	₹ 887
Global Inoa	₹ 1393
Global Highlights - Short Hair	₹ 856
Global Highlights - medium Hair	₹ 856

BODY SHAVE

Chest Shave	₹ 233
Under Arms Shave	₹ 81
Chest Wax	₹ 520
Under Arm Wax	₹ 169

Moustache Color	₹ 136
Own Color Application	₹ 467
Smart bond Add On	₹ 507

SHAMPOO + CONDITIONING

Short Hair Only shampoo	₹ 169
Short Hair Shampoo +Conditioning	₹ 371

HEAD MASSAGE

Coconut Oil (20 min)	₹ 338
Olive Oil (20 min)	₹ 456
Almond Oil(30Min) with Hot Towel	₹ 785

HAIR CUT AND STYLING

FOR WOMEN

FOR WOMEN

Restyle	₹ 1266
Style	₹ 844
One Length Bob	₹ 802
Fringe	₹ 254
One length Trim	₹ 507

BLOW DRY

For Women	
Straight- Short / Medium	₹ 463 / 633
Long / Ex long	₹ 802 / 970
Out curl	
In curl-Short / medium	₹ 574 / 718
long / ex long	₹ 836 / 972
Roller Set Hair Short / medium	₹ 443 / 970
Long	₹ 1054

SHAMPOO + CONDITIONING

For Women	
Short / Medium	₹ 434 / 541
Long / Ex long	₹ 633 / 760
Only Shampoo (Any Length)	₹ 301



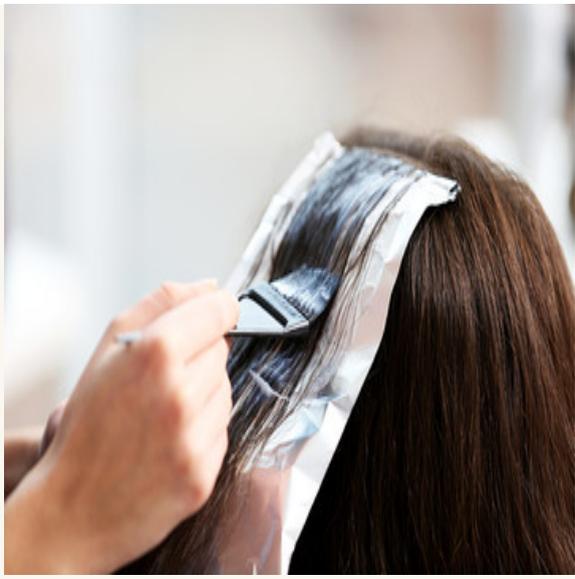
The science of hair

HAIR SPA

Deep Nourishing	₹ 1604
Smoothing Cream Bath	₹ 1604
Repairing Cream Bath	₹ 1604
Vitalizing Cream Bath	₹ 1604
Dandruff Treatment – Clear Dose	₹ 1670
Hair Fall Treatment	₹ 1670
Deep Conditioning	₹ 1511

POWER MIX TREATMENT

Absolut Repair	₹ 836
Enforcer	₹ 836
Liss Unlimited	₹ 836



Hair Coloring

FOR WOMEN

Root Touch Up 2 Inches- Majirel ₹ 1308
 Root Touch Up 2 inches -Inoa ₹ 1518

GLOBAL COLOR MAJIREL

Short / Medium ₹ 3207 / 3882
 Long / Exlong ₹ 4894 / 5738

GLOBAL COLOR INOA

Short / Medium ₹ 4473 / 4894
 Long / Ex Long ₹ 5738 / 7425

FEW STRANDS IN FRONT CUSTOMIZED

Hair Straking Per Foil ₹ 346

GLOBAL PRELIGHTENING

Short / medium ₹ 2617 / 4135
 Long / Ex long ₹ 4978 / 5991

CROWN HIGHLIGHT

Short / Medium ₹ 2363 / 2869
 Long / Ex long ₹ 3544 / 4388

Global Highlight
 Short / Medium ₹ 3206 / 4556
 Long / Ex long ₹ 6075 / 7088

Smart bond Treatment
 Short / medium ₹ 1942 / 3292
 Long / Exlong ₹ 3798 / 4304
 Smartbond Add On ₹ 507

Hair Styling & Treatment
 Smoothing & Straightening
 Extenso
 Short / Medium ₹ 1139 / 1308
 Long / Ex Long ₹ 1477 / 1604

Cysteine Treatment
 Short / medium /
 long / Ex Long ₹ 6413 / 7679
 ₹ 9366 / 10547



CHOCOLATE WAXING

Choco Back	₹ 592
Choco Half Back	₹ 354
Choco Stomach	₹ 507
Choco Bikini	₹ 1688
Choco Bikini Line	₹ 321
Choco Chin	₹ 51
Choco Forehead	₹ 85
Choco Full Face	₹ 423
Choco Full Arms	₹ 498
Choco Full Legs	₹ 633
Choco Chest	₹ 675
Choco Sides	₹ 127
Choco Under Arms	₹ 169
Choco Upper Lip	₹ 212
Choco Full Body	₹ 2532

NORMAL WAXING

Waxing Sides	₹ 127
Waxing Half Arms	₹ 169
Waxing Half Legs	₹ 212
Waxing Full Arms	₹ 338
Waxing Full Legs	₹ 423
Waxing Stomach	₹ 338
Waxing Under Arms	₹ 135
Waxing Back	₹ 423
Waxing Full Body	₹ 1350
Waxing Bikini Line	₹ 169
Waxing Bikini	₹ 1350
Waxing Full Face	₹ 338



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 remove blemishes, combat wrinkles, moisturize, regenerate, tighten and otherwise beautify the skin so that your face looks fabulous. Taking care of you 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 fist line of defense 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	₹ 929
Biotique	₹ 632
Full Body Polishing	₹ 2869

Bleaching

Bleaching Under Arms	₹ 83
Oxy Full Arms	₹ 541
Oxy Full Legs	₹ 541
Full Face	₹ 760

Facials

O3 + Anti Age	₹ 2405
O3 Facial	₹ 2363
Shehnaz Gold	₹ 2363
Biotique	₹ 1519



Pedicure

A Make time for you

A pedicure helps clean and moisturize 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	₹ 295
Deluxe Manicure	₹ 498
Cut & File	₹ 169
File & Polish	₹ 153
Only Polish	₹ 153
Own Polish	₹ 43

Pedicure Unisex

Basic Pedicure	₹ 507
Deluxe Pedicure	₹ 718
Cut & File	₹ 169
Only File	₹ 100

Skin Care

Threading	
Chin	₹ 25
Fore Head	₹ 68
Full Face	₹ 254
Neck	₹ 51
Upper Lip	₹ 85
Eye Brow	₹ 135
Sides	₹ 135



Nail Bar Service

Gel Polish	₹ 1098
Removal	₹ 633
Tip Repair	₹ 254

Gel Extension

Full Set	₹ 3291
Refill	₹ 2109
Over Lay	₹ 2109



Body Scrub & Body Wrap

Improving the appearance of skin

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

Benefit:

- Promoting effect 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 hairs or smoothing the razor bumps

55 min

₹ 3500



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The Brham store,
SNS Manor, Brunton Road.

PUNE

The POONA Club

The Brham Store - Koregaon Park

GOA

The Brham Store
Chopdem. Morjim Road, Agarvado

POONA CLUB	BANGALORE CLUB	KGA	BRUNTON ROAD	GOA
8956021905	8956021901	8956021902	8956021903	8956021907