



THE
HVN
CONSCIOUS
WELLBEING

at

 amaraanth

THE SPA MENU



The home of conscious wellbeing:
The HVN [HAY.VN] invites you to join us
on a wellness journey.

YOUR WELLNESS

The HVN is a sanctuary, an oasis of peace and calm designed to create a positive impact on your wellbeing from the moment you arrive.



Combining ancient therapies with modern science, The HVN boasts a team of specialists and medical professionals ready to welcome you and help you to feel, look and live a healthier life.

OUR THREE PILLAR APPROACH

FEEL HEALTHIER

Nurture your wellbeing with a diverse array of treatments, spanning from acupuncture to meticulously curated vitamin infusions for an elegantly informed path to vitality.



LOOK HEALTHIER

Discover rejuvenation through advanced medical aesthetics, employing leading-edge technologies for a discreet yet elegantly transformative enhancement.

LIVE HEALTHIER

Elevate your wellbeing with a bespoke diet, sleep support, and refined physiotherapy services, complemented by exclusive masterclasses. Embrace conscious wellbeing and thrive.





OUR PHILOSOPHY

The belief is that everyone can be the architect of their own wellbeing. Through in-depth personal consultation, The HVN curates a customized programme of treatments, therapies and technologies from doctors and specialist experts.

The HVN's primary source of inspiration is the mindful and meditative Japanese practice of 'Shinrin Yoku' or Forest Bathing, which enables you to harness the therapeutic benefits of immersing your senses in nature, no matter where you are located. With integrated natural biomes, a signature forest bathing fragrance and exclusive soundscape, the HVN space has proven physiological, psychological and emotional benefits by connecting you with the natural world.







THE HVN LONDON

Located in the heart of Knightsbridge, London, The HVN is a space to explore the most important relationship in your life – the relationship with yourself. It is the home of conscious wellbeing: a tailored, evidence-based approach to wellness through personalised plans for both men and women. The HVN's services range from holistic therapies to the latest technologies, to offer you a 360° approach for all of your wellbeing needs.

THE HVN AT AMARAANTH

“It has been wonderful to collaborate with the team at Amaranth to bring The HVN concept to India. The HVN at Amaranth has been designed with the same look and feel of our London Knightsbridge location creating a beautiful synergy for our guests. Our vision here has been to create not just treatments but truly unique experiences which take our guests on a journey of true relaxation and revelation, cementing our mission of conscious wellbeing.”

— Jo Harris, COO

At Amaraanth, The HVN is dedicated to pure wellbeing, offering a meticulously curated spa menu that harmonizes heritage therapies with modern technologies. With a guest-focused approach, each experience is tailored to provide the epitome of relaxation, from outdoor bathing to our exclusive HVN Hydrobed.

Embracing the essence of wellness from the past, present, and future, The HVN delivers innovative and effective treatments amidst a serene Goan backdrop.

At the core of The HVN x Amaraanth Partnership lies a simple promise—
an experience founded on authenticity and mindful luxury.





THE HVN AT AMARAANTH

The spa at Amaraanth is designed to mimic a sanctuary of tranquillity, featuring two uniquely designed rooms each offering a distinct experience enhanced by The HVN signature scent diffused throughout. The HVN Suite presents a lavish private treatment space, boasting outdoor bathing options, and a luxurious oversized memory foam bed for unparalleled relaxation. Hot towels envelop you in warmth during treatments, while soothing therapeutic chimes gently awaken you post-session. Additionally, a private outdoor bathing experience complements your chosen ritual, cleansing your skin and enhancing your wellbeing.

Exclusive to The HVN at Amaraanth, The HVN Hydro Spa Suite, introduces an extraordinary wet spa bed experience. Treatments unfold on our innovative Hydrobed which allows guests to enjoy treatments whilst laying face up. A warm water mattress heated to a comfortable 38°C degrees cradles your body, allowing for massages, scrubs, wraps, full-body steaming, and showering—all without leaving the bed. This rejuvenating experience promises the utmost in restorative relaxation, making it a must-try during your stay at Amaraanth.





HVN
HOTEL
VILLAS



THE HVN SUITE EXPERIENCES

Our beautiful private treatment suite offers outdoor bathing options, and inside, a luxury oversized memory foam bed for pure relaxation and revitalisation. For your ultimate comfort, hot towels are used throughout your treatments ensuring you are cocooned in warmth. Energy and emotional balance has been woven into all of our face and body treatments.

All treatments in The HVN Suite conclude with soothing, therapeutic chimes to gently awaken you, followed by our unique private outdoor bathing experience, carefully curated to complement your chosen ritual and cleanse your skin following your treatment. After your treatment we invite you to indulge in a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

THE HVN SUITE EXPERIENCES

RENEW

Duration: 120 minutes

Break Up: Exfoliation, Body Wrap, Massage, Bathing Ritual

The ultimate in body treatments- full body exfoliation to remove dry skin cells, invigorate circulation, increase blood flow and smoothen and soften your skin, finally rinsing off with a warm and cool water shower to relieve muscle fatigue under the natural warmth of the outdoor sun. Our Indian inspired massage works on moving energy to revitalize you through a series of channels, while our blend of essential oils uplifts you. Soothing therapeutic chimes helps create a state of ease and harmony within your body. You are left smooth, soft, and renewed.

Complete your experience with the Renew Bathing Ritual.

All treatments in The HVN Suite conclude with soothing therapeutic chimes to gently awaken you, followed by our unique private outdoor bathing experience, carefully curated to complement your chosen ritual and cleanse your skin following your treatment. After your treatment we invite you to indulge in a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN SUITE EXPERIENCES

RELAX

Duration: 120 minutes

Break Up: Massage, Scalp Massage, Bathing Ritual

This firm but relaxing full body massage uses long strokes to calm the nervous system to help balance, relax, and focus the mind, body, and spirit. Our oil blend is used to give you a deep calm followed by a stress relieving scalp massage working on the pressure points to ease tension and aid sleep, leaving you truly relaxed.

Complete your experience with the Relax Bathing Ritual.

All treatments in The HVN Suite conclude with soothing therapeutic chimes to gently awaken you, followed by our unique private outdoor bathing experience, carefully curated to complement your chosen ritual and cleanse your skin following your treatment. After your treatment we invite you to indulge in a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN SUITE EXPERIENCES

REBALANCE

Duration: 120 minutes

Break Up: Massage, Facial, Bathing Ritual

A fabulous full body therapy to alleviate congestion in the airways with rosemary, eucalyptus, lavender, and mint essential oils. This body massage aids in detoxification and elimination— excellent for sinus blockages, colds, headaches, and elimination of stale air in the lungs. This is then followed by a facial which includes exfoliation, lymphatic drainage, cold quartz rollers, and a mask — to relieve tension.

Complete your experience with the Rebalance Bathing Ritual.

All treatments in The HVN Suite conclude with soothing therapeutic chimes to gently awaken you, followed by our unique private outdoor bathing experience, carefully curated to complement your chosen ritual and cleanse your skin following your treatment. After your treatment we invite you to indulge in a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN SUITE EXPERIENCES

REVITALISE

Duration: 120 minutes

Break Up: Massage, Eye Zone Treatment, Scalp Massage, Bathing Ritual

Emerge feeling positive and energised after an invigorating full body massage which stimulates lymph and blood flow. A deep tissue massage focuses on areas of tension eliminating knots, and finally, concludes with a revitalising eye zone treatment and scalp massage— leaving you refreshed and revitalised.

Complete your experience with the Revitalise Bathing Ritual.

All treatments in The HVN Suite conclude with soothing therapeutic chimes to gently awaken you, followed by our unique private outdoor bathing experience, carefully curated to complement your chosen ritual and cleanse your skin following your treatment. After your treatment we invite you to indulge in a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN HYDRO SPA SUITE EXPERIENCES

Unique to the HVN, our hydro suite offers a truly one-of-a-kind wet spa bed experience. All treatments take place on our specially crafted Hydrobed ensuring the most unforgettable experience where guests can enjoy their treatments whilst laying face up. A warm water mattress cradles your body at the optimum temperature of 38°C enabling massages, scrubs, wraps to be carried out as well as full body steaming and shower without ever leaving the bed. This ensures the ultimate in restorative relaxation and is a must-try experience during your stay at Amaraanth.

All treatments in The HVN Hydro Spa Suite conclude with soothing therapeutic chimes to gently awaken you, followed by a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.



THE
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THE HVN HYDRO SPA SUITE EXPERIENCES

SERENITY

Duration: 90 minutes

Break Up: Massage, Steam

Experience the ultimate form of luxury and decadence with our hydrobed which allows clients to enjoy their treatments laying face up. Cradled and weightless on a 38°C warm water mattress, we invite you to relax and unwind as your therapist performs a classic massage followed by body steaming to allow nourishing oil to deeply infuse into the skin. The Serenity massage is truly the perfect antidote to a busy week or times of stress or hardship. Simply lie back, drift away—and leave feeling utterly refreshed and ready to face the world once more.

All treatments in The HVN Hydro Spa Suite conclude with soothing therapeutic chimes to gently awaken you, followed by a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN HYDRO SPA SUITE EXPERIENCES

PURE

Duration: 90 minutes

Break Up: Massage, Facial, Steam

You are initiated into a journey to restore dull skin with a therapeutic full body massage. Your face will then be deeply cleansed, where you will receive a lymphatic massage to balance yin and yang energies in your skin and help relieve facial tension. Facial quartz rollers will help to flush toxins, exfoliation will remove dry skin, followed by our signature eye zone treatment, calming face mask, and gentle steaming to seal in the essential oil, nourishing and leaving the skin pure, soft, and smooth.

All treatments in The HVN Hydro Spa Suite conclude with soothing therapeutic chimes to gently awaken you, followed by a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN HYDRO SPA SUITE EXPERIENCES

PEACE

Duration: 90 minutes

Break Up: Massage, Exfoliation, Eye Zone Treatment, Steam

The ultimate in body treatments - a full body massage and exfoliation which incorporates techniques to help balance. You will be exfoliated to remove dry skin cells and increase circulation, which improves skin tone and texture - to smoothen and soften your skin. After which you are infused in a steam bath before being rinsed with warm water. A relaxing body massage will give you deep peace and relaxation, whilst gently cushioned on heated water pillows along with our signature eye zone treatment.

All treatments in The HVN Hydro Spa Suite conclude with soothing therapeutic chimes to gently awaken you, followed by a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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THE HVN HYDRO SPA SUITE EXPERIENCES

THE SIGNATURE EXPERIENCE

Duration: 90 minutes

Break Up: Indian-inspired Massage, Exfoliation, Body Wrap, Facial, Steam
(Steam is used during the exfoliation and wrap process)

Full body exfoliation followed by either a hydrating or detoxifying body wrap on warm water pillows. Stay cocooned whilst we gently steam you to allow the infusing of all the essential oil to your skin and as our signature facial's exfoliation, drainage, cooling quartz rollers, massage, and mask renew your skin. A traditional Indian inspired massage follows to complete this treatment. The HVN Signature experience is a must whilst staying at Amaraanth.

All treatments in The HVN Hydro Spa Suite conclude with soothing therapeutic chimes to gently awaken you, followed by a complementary refreshment and our signature HVN Tea for you to enjoy at your leisure.

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IN ROOM BATHING RITUALS

Within Guest Suites

Break Up: Neck, back, and shoulder massage on our massage chair, and a specially infused bath. Our recommended soaking time is 30 minutes.

Proven to reduce stress levels, improve sleep quality, and soothe the mind and body, The HVN bathing menu offers guests four unique soaking experiences to indulge in. A stress relieving neck, shoulder, and back massage precedes your chosen bathing ritual. Sit back and relax while your therapist draws you a perfectly temperate bath using your chosen infusion and enjoy a complementary refreshment to perfectly match your ritual. Please be advised to be ready in your bathrobe for your treatment.

RELAX

De-stress, and sleep well with lavender oil. The Relax Ritual reduces tension in muscles and joints and soothes the mind. Accompanied by a soothing chamomile tea.

REVITALISE

Awaken and energise with rosemary oil. The Revitalise Ritual rejuvenates poor, sluggish circulation and dull skin lacking vitality. Accompanied by an invigorating ginger tea.

REBALANCE

Detox and eliminate with jasmine oil. The Rebalance Ritual helps eliminate fluid retention and body toxins. Accompanied by a calming green tea.

RENEW

Nourish and soften with bergamot oil. The Renew Ritual restores dry irritated skin in need of repair and hydration. Accompanied by a refreshing lemongrass tea.

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POOLSIDE TREATMENTS

Duration: 30 minutes

NECK AND SHOULDER MASSAGE

No need to undress. Reduce tension, improve circulation. This massage works on the back, scalp, neck and hands carried out on a specially crafted forward-facing chair; it enables you to be fully at ease. This treatment is carried out over the clothes.

PURE FOOT AND LOWER LEG MASSAGE

A pampering massage to rejuvenate tired feet, this treatment improves blood circulation in the legs and is best for relieving post flight stress, tension, and lethargy in the lower legs. It alleviates tension in the feet and improves microcirculation promoting a feeling of wellbeing of the foot, lower leg and ankle using oil.

REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with the thumb and fingers to unblock energy flow and promote the body's natural healing from within.

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WE LOOK FORWARD TO WELCOMING
YOU TO YOUR HVN [HAY.VN]

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the-hvn.com



a m a r a a n t h
rooted in the real

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