Aame

Aame, the Kodava word for tortoise, lends its name to the spa at Greenpark Madikeri. Here, time, knowledge, and nature come together to rejuvenate you - gently and unhurriedly.

OUR WELLNESS PHILOSOPHY

A Journey Through Four Stages

Every therapy guides guests through four stages of holistic well-being, inspired by timeless wellness wisdom.

A tortoise carries its own shelter, and moves only at the pace that keeps it steady. **Aame** borrows that same unhurried rhythm - nothing here is rushed toward you. Each of the four stages below takes its name from that idea of patient, deliberate progress.

01

Tula

Balance

STAY IN BALANCE

Sanskrit for "scale" or "balance." A tortoise's steady gait keeps it level rather than rushed - this stage restores the same quiet equilibrium.

02

Laya

Recovery

STAY REVIVED

Sanskrit for “rhythm.” As energy gradually returns, this stage helps body and mind find their natural rhythm.

03

Ojas

Rejuvenation

STAY RADIANT WITH VITALITY

A term for vital essence, built up over time rather than spent quickly - vitality conserved, the way a tortoise lives long.

04

Navya

Transformation

STAY TRANSFORMED

Navya signifies “new” or “fresh.” The journey culminates in a renewed state of body and mind, with a lasting sense of well-being.

Every journey at Aame moves through all four, in order - balance before recovery, vitality before transformation.

STAGE 01

The Tula Collection

Stay in Balance

Therapies that quiet the mind and restore the body's natural equilibrium

Nirav	**Deep Relaxation Inspired by Nordic Techniques** *Long, gliding strokes to boost circulation*	**INR 4,200 / 5,600** 60 / 90 min
Chandrika	**De-Tan Face Therapy** *Marine minerals for radiant skin*	**INR 3,800** 60 min
Sugandha	**Aroma Massage + Yogic Stretches** *Essential oils with light, rhythmic strokes to soothe the senses and restore flexibility*	**INR 5,600** 90 min
Tarang	**Aroma Massage Inspired by Islandic Techniques** *Wave-like strokes to restore energy to body and calm the mind*	**INR 5,600** 90 min
Shiro Shanti	**Traditional Head Massage** *Calms the mind, soothes the senses*	**INR 2,200** 30 min
Tala Kriya	**Foot Reflexology** *Restorative therapy to relieve stress via pressure points*	**INR 2,400** 30 min

Tula - balance restored at an unhurried pace.

STAGE 02

The Laya Collection

Stay Revived

Restorative therapies that renew tired muscles and revive energy

Vajra	**Deep Tissue Massage** *Slow, deliberate strokes to relieve persistent muscle tension*	**INR 4,200 / 5,600** 60 / 90 min
Alok	**Skin Repair Face Therapy** *Hydrates and brightens complexion*	**INR 4,200** 60 min
Sanjeevani	**Traditional Massage + Scrub** *Warm botanical oils and rhythmic full-body strokes for complete physical renewal*	**INR 5,600** 90 min
Skandha	**Neck & Back Massage** *Focused muscle kneading across back and shoulder to melt away tension*	**INR 3,300** 45 min

Laya - a return to the body's natural rhythm.

STAGE 03

The Ojas Collection

Stay Radiant with Vitality

Nourishing rituals designed to restore radiance, replenish energy and revitalize the body

Snehana	**Traditional Restorative Massage** *Dynamic, synchronized strokes to harmonize internal balance and revitalize the entire body*	**INR 4,200 / 5,600** 60 / 90 min
Tejas	**Nourishing Face Therapy** *Sea minerals for a youthful glow*	**INR 5,200** 75 min
Mithuna	**Couple Massage + Scrub or Facial** *A shared wellness journey for two*	**INR 11,000** 120 min
Arohana	**Massage, Scrub, Wrap & Facial** *A head-to-toe wellness ritual*	**INR 10,000** 150 min

Ojas - renewed vitality, felt within and reflected outward.

STAGE 04

The Navya Collection

Stay Transformed

Immersive rituals designed for lasting, transformative renewal

Bhoomi	**Scrub, Massage & Mud Pack** *Detoxifying, full-body renewal*	**INR 7,900** 120 min
Prabha	**Aroma Massage with Cream** *Soft, radiant, nourished skin*	**INR 5,600** 90 min

Wellness Boosters

Enhancements designed to enrich and complete your primary therapy

Toya	**Body Scrub** *Gentle aquatic exfoliation*	**INR 2,300** 30 min
Parishkar	**Body Scrub** *Deep-cleansing for soft, radiant skin*	**INR 2,300** 30 min
Divya Kanthi	**Face Therapy** *Restorative ritual using natural bio-actives*	**INR 2,500** 30 min

Navya - a lasting sense of renewal that follows metamorphosis.

A POINT OF DIFFERENCE

Curated Essential Oil Blends

Every journey is enhanced with a blend chosen to match the guest's intention.

Sensual Wellness
PEPPERMINT + BASIL

Mental Wellness
LAVENDER + ROSE

Emotional Wellness
ROSEWOOD + AMYRIS

Ayu Relief
SIDA & CAMPHOR

GUEST EXPERIENCE

A Few Thoughtful Details

Wellness Hours

Open daily, 8:30 AM – 8:30 PM.

Book Ahead

Reservations recommended 24 hours in advance.

Personal Consultation

Every journey tailored by our Wellness Expert.

Arrive Early

20 minutes prior; steam & shower recommended.

Preserve Tranquility

Phones on silent throughout the sanctuary.

Wellness First

A non-smoking sanctuary.

"Your wellness is in good hands."

TULA • LAYA • OJAS • NAVYA