

*Spa
at
Mihir Garh*

A prelude



Theme – ‘*Tulsi*’

- *Tulsi* is an India herb - found everywhere in India
- Biological name of tulsi is **Ocimum sanctum**
- In common English language it is called **holy basil**
- Plant height varies from 2 - 4 ft
- It flowers in winter season i.e. about December to February
- Herb has katu and tickt rasa predominance
- It is ushan (hot) virya in potency
- It has laghu (light) and ruksh (dry) properties
- Its major act is of as krimighan (anti bacterial and anti parasitic)
- Plant parts used are leaves, flower, seeds and root.



Facilities

- One Reception Area
- Two Therapy Suites with single bed each
- Attached Bathrooms
- Steam in each bathroom
- Separate Sauna Facility
- Open Air Therapy (During comfortable weather)



Menu

- Ayurvedic Treatments

- ✓ Therapeutic

- ✓ Beauty

- Indian Treatments will be dominantly Tulsi based

- Thai and Balinese Favorites

- ✓ Therapeutic

- Reflexology

- Pedicure

- Manicure



Special Offers

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| <ul style="list-style-type: none">•Mihir Garh Signature Therapies•Aromatherapy•Healing & Meditation•Body Wraps•Detox Cleansing•Fitness & Recreation•Yoga Practice•Weight Loss Programs | <ul style="list-style-type: none">•Couple's Spa Retreat• Romantic Getaway• Wedding at the spa•Spa therapeutic gifts•Day Spa Retreat•In Suite Treatments•Retailing of Spa Products•Special Spa Cuisines |
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