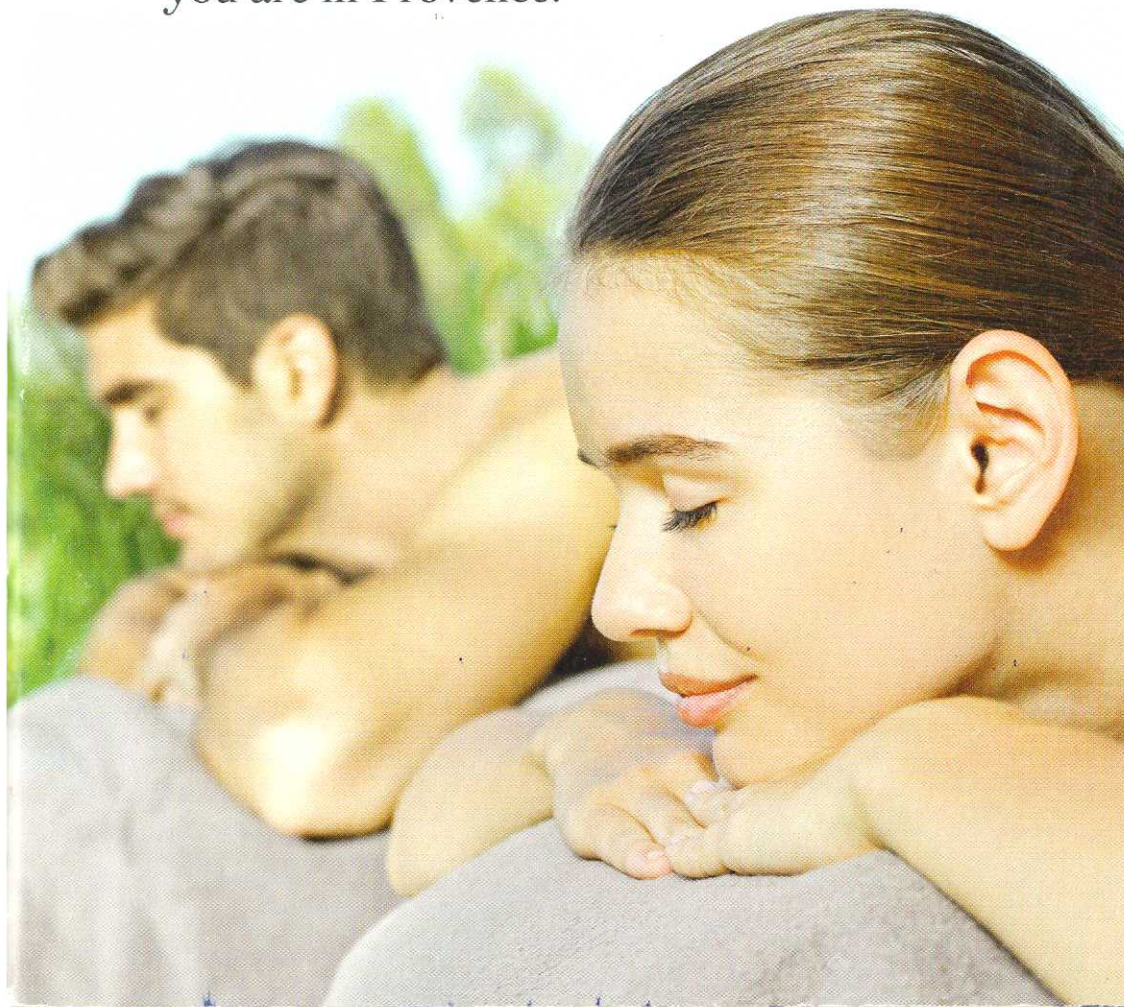


Close your eyes,  
you are in Provence.



THE KHYBER SPA  
by L'OCCITANE

*"In L'OCCITANE's Spas, simply close your eyes to travel to the lands of Provence, a sunny soil that never stops inventing beauty"*

*Olivier Baussan*  
Founder of L'OCCITANE





## A glimpse of THE KHYBER SPA by L'OCCITANE

Nestled in the Himalayas, 8,825 feet above sea level and ensconced amidst unspoiled acres of meadows and pristine nature, lies THE KHYBER SPA by L'OCCITANE, one of India's most luxurious and holistic well-being experiences.

Soak in stunning views from your treatment room, indulge in Provencal inspired rituals with our Shea from Burkina Faso and Immortelle from Corsica, feel the gentle warmth of your private steam chamber, spend soulful moments in the oversized Couple's Suites, embark on a journey of sensorial delights and pamper yourself with treatment protocols that incorporate the best of the west and the east; with Swedish, Hawaiian Lomi-Lomi, Balinese & Shiatsu combined in exclusive L'OCCITANE sequences.

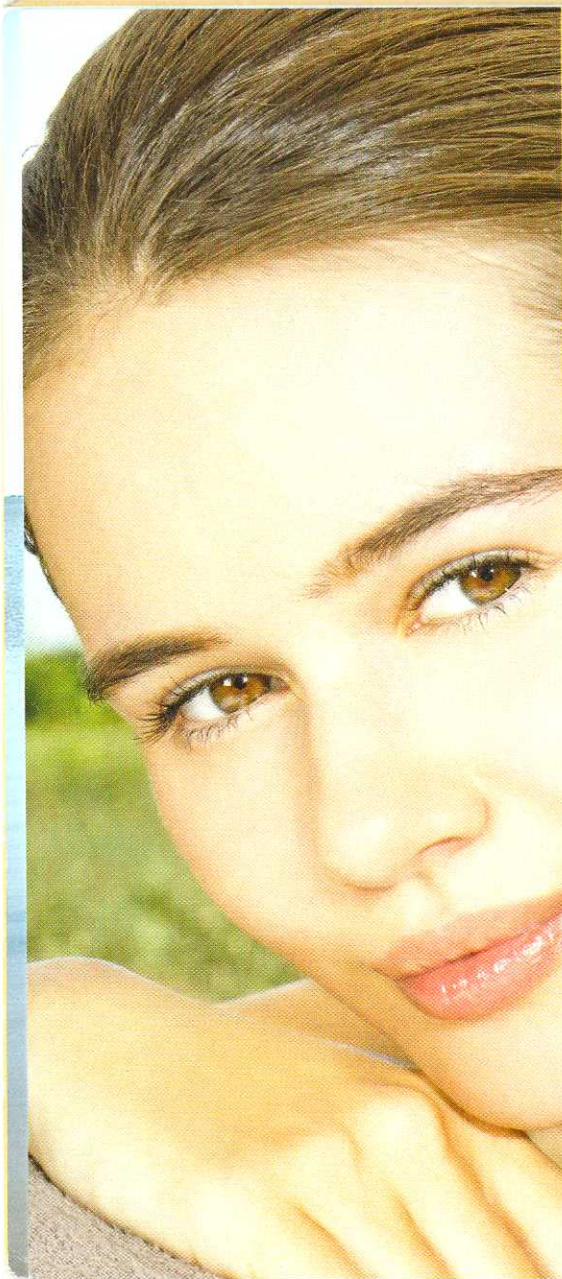
The Spa brings to life the changing seasons of Gulmarg with signature treatments where guests are encouraged to choose from a repertoire of home grown seasonal flora, which are mixed with natural L'OCCITANE products and fresh Himalayan water to create fusion recipes, a-la minute for the treatment.

## An extension of the L'OCCITANE brand

Every gesture, every ingredient, every ritual is drawn from a page of the L'OCCITANE grand herbarium, a resource of hundreds of essential oils and natural ingredients. The escape begins with scent. From the moment you enter a L'OCCITANE Spa, the fragrances transport you to Provence.

Prior to your treatment, you are greeted with a "Welcome Ritual". Your experience then takes you on a true olfactory journey, sequenced at every step by soothing or energizing aromas. The voyage of the senses continues through gestures, sensorial textures, relaxing music and the herbal teas inspired by Provencal traditions. The Spa is a natural extension of our brand. In respect for authenticity, we always prefer hand-performed treatments over machines and traditional massage techniques over technologies.

Just as Provence is a unique resting place, THE KHYBER SPA by L'OCCITANE is a sanctuary of tranquillity, rejuvenating your body and soul.



## FACIALS

From one land of the South to another, beauty secrets grow in the fields: Almond from Haute-Provence, Immortelle from Corsica, Shea butter from Burkina Faso, all come together in glowing facials, aromachologie massages and delicious scrubs at the Spa. The lands and rituals of the South nurture the L'OCCITANE treatments.

### Anti - Ageing

#### IMMORTELLE

##### IMMORTELLE SECRET TO BRIGHTNESS

A high-precision treatment to combat the effects of time and sun exposure and reveal a bright, luminous complexion. To correct and prevent the appearance of dark spots, the lifting treatment with Immortelle is combined with a formula enriched with Vitamin C derivative and Bellis Perennis.

#### ANGELICA

##### ANGELICA FOUNTAIN OF GLOW

To deliver ideal moisturization, this refreshing facial incorporates two organic angelica extract – water and essential oil. Their patented complex helps the skin regain its natural vitality and suppleness. Featuring our signature drainage face massage sequence, it leaves the skin smoother, re-plumped and more radiant ... purely glowing with beauty!

### Drainage

#### SHEA BUTTER

##### SHEA NOURISHING COMFORT

Produced by the women of Burkina Faso using traditional methods, Shea butter repairs, moisturizes and restores balance to dry or overworked skin. Massage further heightens these properties and stimulates microcirculation.

#### VERDON FOR MEN

##### VERDONVIVIFYING SKINCARE

A targeted treatment for men's skin; with fresh spring water, organic sea-buckhorn, peppermint and Genepi. A draining massage helps eliminate toxins and excess sebum, to leave skin purified, invigorated and glowing with health.



# BODY MASSAGES

## AROMACHOLOGIE

### RELAXING AROMACHOLOGIE MASSAGE

Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and ease tensions. Aromachologie essential oils – Lavender, Tea tree and Geranium – ensure complete relaxation. The body and mind feel truly calm; sleep can come more easily.

### REVITALIZING AROMACHOLOGIE MASSAGE

The Revitalizing Body Massage combines gentle Swedish effleurages, deeper-pressure Lomi Lomi and Balinese movements with the invigorating blend of Mint, Pine and Rosemary essential oils. First, the massage focuses on the left side of the body, the side of the heart, to gently stimulate the acupuncture meridians from head to toe. Then the right side is treated to ultimately release all the energy from the body. Feelings of fatigue or weakness simply disappear!

### DEEP TISSUE INTENSE RELIEF

This treatment combines the Hawaiian Lomi Lomi massage, acupressure and gentle stretching. A deep-tissue massage and soothing essential oils ease muscular tension, with a focus on the back, shoulders and nape of the neck. Perfect for recuperating after a long journey.

### RE-ENERGIZING SUN STONES

To dispel stress and tension and restore the body's balance, Swedish effleurage strokes are used in combination with the penetrating warmth of basalt stones and L'OCCITANE revitalizing essential oils. Warm stones are placed on the seven chakras, which, according to Oriental tradition, are key centers of energy. The perfect ritual for sports enthusiasts or those with a hyperactive streak.

### THE SIGNATURE LEMON BALM BODY MASSAGE

Strengthen your skin with Signature blend of Lemon Balm essential oil and L'OCCITANE Neutral Oil, blended with Signature massage technique based on Swedish, Balinese and Acupressure, to invigorate and revive the inner energy through the senses.





## BODY SCRUBS

### SIGNATURE LEMON BALM-APRICOT SCRUB

Feel the textures of apricot powder, Himalayan mineral rich spring water and gentle touch of Lemon Balm essential oil in this unique scrub. This refreshing formula exfoliates, softens, smoothens and is then followed by our award winning Shea body lotion to moisturize and nourish the skin. As a result skin is instantly revived and left smooth and glowing.

### SHEA NOURISHING SCRUB

This delicious texture enriched in nourishing Shea butter eliminates dead cells, leaving skin satin soft and perfectly prepared for a treatment or massage.

### ALMOND FIRMING PASTE SCRUB

A firming scrub which exfoliates and stimulates micro-circulation using a Almond Delicious Paste that contains crushed almond shells mixed with sugar crystals. It is then followed by the application of Almond Milk Concentrate enriched with almond oil, almond milk and almond proteins, leaving the skin satin soft.

## WRAPS

### THE SIGNATURE LEMON BALM-SANDAL WRAP

Indulge in the bliss with the pampering touch of Sandalwood, Himalayan clay and reviving Lemon Balm essential oil. Award winning Shea butter nourishes, natural spring water of the Himalayas replenishes the minerals and Lemon Balm purifies. The foot and scalp massage during the wrap ensures deeper relaxation followed by a treat with L'OCCITANE Shea body lotion that nourishes and moisturizes better and deeper.

### SHEA ULTRA RICH SOFTENING BODY WRAP

Repairing care for very dry, sun-damaged or overworked skin. While the entire body soaks up active ingredients that nourish (Shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.

### ALMOND RESHAPING BODY WRAP

An expert body wrap to tone the skin, stimulate fat release and promote toxin elimination. Almond tree bud extract rich in flavonoids to drain excess fluids is associated to a plant-based complex and Almond proteins to firm and redefine body contours. While the wrap is on, a relaxing foot and scalp massage promotes a feeling of complete well-being.



## BODY TECHNICAL TREATMENTS

### ALMOND

#### DETOXIFYING BALANCE

Inspired by lymphatic-drainage massage techniques, this treatment boosts circulation and helps rid the body of toxins. The Supple Skin Oil and its unique association of powerful almond proteins and oil and essential oils of Peppermint, Palmarosa and Immortelle, heighten and prolong the effects of the massage for a firmer and smoother skin.

### ALMOND

#### SILHOUETTE RESHAPE

A treatment that's ideal before summer and after pregnancy, to treat cellulite and restore firmness to the body. It begins with a draining massage focused on the thighs, stomach and buttocks. The Almond Supple Skin Oil acts on skin elasticity and helps to prevent the appearance of stretch marks. Then the patented complex in shaping delight combines the contouring, anti water retention and anti fat storage properties of almond proteins, essential oils and caffeine.



# AREA-FOCUSED TREATMENTS

Before, after or during a treatment, discover a few additional pleasures created by THE KHYBER SPA by L'OCCITANE for her and him.

## IMMORTELLE YOUTHFUL EYES

To fight fine lines, dark circles and puffiness and give an instant radiance boost, this treatment features a lifting massage and an Immortelle formula specifically designed for the eye area. Perfect after a journey, a night of festivities or even a long, hard week...

## SHEA ULTRA-RICH SOFTENING HAND CARE

A softening hand mask and massage using pure Shea butter. An extra 45 minutes of your time is all it takes for nourished, protected, soft and beautiful hands.

## RELAXING AROMACHOLOGIE MASSAGE FOR THE BACK

Using Aromachologie Essential Oils, this relaxing massage specifically targets the back, shoulder and back of the neck to help release tension and stress.

## PURIFYING TREATMENT FOR THE BACK

An exfoliating and purifying back treatment, ideal before a special occasion. Exfoliation is followed by a clarifying treatment or a relaxing massage and a hydrating or moisturizing mask.

## NECK, SHOULDER AND HEAD MASSAGE

Using Aromachologie Essential Oils, this relaxing massage specifically targets the neck, shoulder and head to help release tension and stress.

## LEG REFRESHER WITH ESSENTIAL OILS

The ideal treatment for travelers, rough feet and heavy or restless legs. For the legs, a massage that stimulates drainage. For the feet, a massage with Shea butter to nourish the skin.

## FOOT REFLEXOLOGY

A quick pamper to relax those tired legs using the Revitalizing Aromachologie Oil.



# AYURVEDA TREATMENTS

## INDIAN HEAD MASSAGE

A traditional head massage to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. A range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, leaving you energised and revitalized.

## ABHYANGAM

A massage performed with warm medicated oil for the entire body. Elongated sweeping movements spread the oils along the whole body, as deeply relaxing, flowing massage techniques soothe and de-stress. The medicinal effect of the oil helps to revitalize and refresh the nervous system.

# WET TREATMENTS

## SOOTHING PROVENCAL STEAM BATH

A moment of gentle warmth in your private steam chamber during which pure essential oils (chosen according to your mood and skin's need) are diffused into the atmosphere in your private steam chamber. The emollient properties to the steam allows the skin to perfectly enjoy the benefits of a treatment.

## BATHS

The well-being bath provides a delicious and relaxing prelude or finale that leaves the skin and the mind perfectly prepared and truly receptive to the benefits of a treatment.

- Aroma Bath
- Royal Pamper Bath
- Ultimate Romance Bath (only for couples)





## SOCIALLY RESPONSIBLE SPA

Every new project is an opportunity for L'OCCITANE to go a step beyond in the commitment for social responsibility. A spa, because it is heavily water oriented, has to limit waste through constant controls and continuous consciousness. We strive to maintain a green environment. For this reason we select natural materials with traceable origin (and eco-friendly whenever possible) and save energy through controlled use of utilities. We ensure you only get the purest linen and a most hygienic experience. This way, L'OCCITANE Spas curbs our impact on the environment.

## L'OCCITANE SPAS IN INDIA

Whether nestled in an 18th century palace in Rajasthan or whether overlooking the magnificent Qutub Minar or whether hidden in the midst of buzzing South Mumbai as a sanctuary of tranquillity, L'OCCITANE Spas in India can be found at:

UDAIPUR  
Devi Garh by lebua  
T: 0295 3304 211

JAIPUR  
lebua Resort  
T: 0141 3050 211

AMER  
lebua Lodge  
T: 0141 3057 211

MUMBAI  
Lower Parel  
T: 022 2305 9055

HYDERABAD  
Jubilee Hills  
T: 040 2355 9060

KASHMIR  
The Khyber Himalayan  
Resort & Spa, Gulmarg  
T: 0195 4254 666

GURGAON  
Anya Hotels &  
Resorts  
T: 0124 4901111

KOLKATA  
Anaya Kutir  
T: 031 7427 5454

MANALI  
Span Resort and Spa  
T: 01902 240138

MUSSOORIE  
JW Marriott  
T: 0135 2635 700

NEW DELHI  
The Crescent at  
the Qutub, Lado Sarai  
Opening Shortly

PUNE  
Yoo by  
Philippe Starck  
Opening Shortly

BENGALURU  
VR Bengaluru  
Whitefield  
Opening Shortly

## SANGHVI BRANDS

Sanghvi Brands is L'OCCITANE's exclusive Spa partner in India and has created one of India's largest integrated portfolio international wellness brands. Focused on the luxury segment, Sanghvi Brands has more than 50 locations either operational or underdevelopment across 15 cities in India.

[www.sanghvibrands.com](http://www.sanghvibrands.com)



THE KHYBER SPA  
by L'OCCITANE

THE KHYBER HIMALAYAN RESORT & SPA

Gulmarg Road  
Gulmarg  
Kashmir, J&K, India - 193403  
Phone - 0195 4254 666

[www.khyberhotels.com](http://www.khyberhotels.com)  
[spa@khyberhotels.com](mailto:spa@khyberhotels.com)

[www.LoveOfSpa.com](http://www.LoveOfSpa.com)  
[f /LoveOfSpa](https://www.facebook.com/LoveOfSpa)  
[@LoveOfSpa](https://www.instagram.com/LoveOfSpa)

