


ambiance  
RESORT • HUNZA

# RESONANCE






**Resonance** at Ambiance Resort Hunza is an exclusive sanctuary where the serene beauty of the Hunza Valley meets the art of holistic wellness. Resonance offers a transformative experience, blending ancient wisdom with modern wellness practices to nurture the mind, body, and spirit.

Located within the luxurious Ambiance Resort in Hunza, this space is designed for those seeking a deep connection with nature and a revitalizing escape, set amidst one of the most spectacular landscapes in the world. Whether you seek to start your wellness journey with healing through massage and customized treatments, an invigorating session in the fitness area, or personalized wellness consultations, Resonance provides a harmonious environment where you can restore balance and find your inner peace.

At Resonance, we are committed to guiding you on a journey towards rejuvenation and lasting wellness.

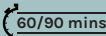

Guests staying at the resort enjoy an exclusive **20% off** on wellness services at Resonance.





## SIGNATURE MESSAGES

Exclusively curated for Resonance at Ambiance Resort Hunza

**Resonance Harmony**  60/90 mins  18000/24000

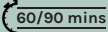

A relaxing massage combining soothing techniques with natural oils to restore balance and harmony. Perfect for relieving stress and revitalizing the body and mind.

**Hunza Vitality**  90 mins  24000

This massage offers the therapeutic power of warm compresses combined with a deep tissue massage, designed to restore vitality and ease tension.

**Serenity Fusion Massage**  60/90 mins  18000/24000



An extended Swedish massage, enhanced with facial and scalp therapy, that leaves you feeling deeply relaxed and refreshed.

**Hunza Revitalize**  60/90 mins  18000/24000

A revitalizing journey combining exfoliation with therapeutic techniques for the ultimate in leisurely wellbeing.

**Gut Harmony Massage**  60 mins  18000

A nurturing therapy focused on gut health, complemented by a rejuvenating scalp massage to promote overall wellbeing.

**Sacred Cleansing**  90 mins  18000

This revitalizing ritual exfoliates the skin, boosts circulation, and supports your body's natural detox process, leaving you refreshed, detoxified, and balanced.

## BODY THERAPIES



Our treatments provide a range of harmonious therapies, varying in duration and intensity, that are designed to rejuvenate and invigorate your mind, body, and spirit according to your specific wellness needs.

**Apricot Kernel Scrub** (60 mins) 15000

Revitalize your skin with an invigorating body scrub that exfoliates and energizes.

**Hunza Body Wrap** (60 mins) 15000

Enjoy the purifying and nourishing effects of a body wrap, designed to detoxify and rejuvenate.



## SPECIALIZED THERAPIES

**Physiotherapy** (60 mins) ● 12000

Restore mobility, alleviate pain, and enhance overall physical function with personalized physiotherapy. Our skilled therapist uses a combination of therapeutic exercises and targeted interventions to address your specific needs.

**Manual Lymphatic Drainage** (60 mins) ● 15000


A gentle, rhythmic massage technique designed to stimulate the lymphatic system, enhancing your body's natural ability to eliminate toxins, reduce fluid retention, and promote overall wellness.

**Foot Reflexology** (60 mins) ● 15000

This treatment focuses on key pressure points in your feet to harmonize energy flow throughout your body, reducing stress and promoting balance.

**Super Stretch**  60 mins ● 15000

A deep tissue massage with assisted stretching to improve flexibility, relieve muscle tension, and enhance mobility, leaving you feeling relaxed and rejuvenated.

**Hot Stone Massage**  90 mins ● 20000

A soothing massage using warm stones to gently relax muscles, melt away stress, and improve circulation, leaving you with a deep sense of tranquility.

**Resonance Massage**  60 mins ● 15000

A classic full-body massage that uses long, flowing strokes to enhance circulation, relieve tension, and promote deep relaxation.

**Deep Tissue Massage**  60 mins ● 15000

A powerful massage that targets chronic muscle tension and stubborn knots, relieving pain, improving mobility, and restoring natural alignment.


**Sound Bath**  60 mins 12000

A meditative experience with soothing, resonant sounds produced by Tibetan Singing Bowls - ancient, handcrafted metal bowls whose harmonious tones and vibrations calm the mind and reduce stress, creating a feeling of being healed, centered and refreshed.

## REVITALIZING FACIALS



Our facials offer an array of treatments featuring premium products from Isov, a Korean brand known for its exceptional skincare solutions.

**Glow Bright Facial**  60 mins 12000


*Suitable for all skin types*

A quick, revitalizing treatment that deeply cleanses and exfoliates, instantly brightening and refreshing your skin.

**Radiant Detox Facial**  60 mins 12000

*Suitable for all skin types*

Thoroughly cleanses and refreshes the skin, visibly reducing the harmful effects of pollution for a clearer, healthier complexion.

**Anti-aging Facial**  60 mins 15000

*Suitable for all skin types*


Helps target fine lines, wrinkles with specialized techniques that promote cell renewal. This treatment leaves your skin firm, smooth, and youthful.

**Resonance MLD Facial**  60 mins 15000


*Suitable for all skin types*

A gentle, rhythmic massage to stimulate lymphatic flow, reduce puffiness, and detoxify the skin. This treatment enhances circulation, leaving your complexion clear and radiant.

## EXPRESS RANGE

**Resonance Massage**  ● 8000


A classic back massage designed to relax muscles, improve circulation, and enhance overall well-being.

**Scalp Massage**  ● 8000


A soothing head massage that promotes relaxation and wellbeing by easing tension in the scalp and neck.

**Head & Shoulder Massage**  ● 8000


A calming treatment that melts away stress and tension with gentle, soothing strokes on the head and shoulders.

**Foot Massage**  ● 8000

A therapeutic massage that targets key pressure points in the feet to harmonize energy flow and reduce stress.


**Warm Compress**  ● 8000

A soothing treatment that uses heated towels to relax muscles, improve circulation, and ease tension.

**Resonance Reconnect Facial**  8000

*Suitable for all skin types*

A quick remedy to soothe sunburn, even out skin tone, and calm the skin—ideal for post-sun exposure.

**Age Perfect Facial**  8000

*Suitable for all skin types*

A rejuvenating treatment that brightens and firms skin, using anti-aging products to boost radiance.



## WELLNESS WORKOUTS

### Personal Sessions

**HIIT** (45 mins)

10000

High-Intensity Interval Training (HIIT) involves short bursts of intense exercise followed by brief rest periods, designed to maximize cardiovascular fitness and burn calories efficiently.

**Strength Training** (60 mins)

12000

A customized exercise program focusing on building muscle strength and endurance through weight training and resistance exercises, tailored to individual fitness levels and goals.

**Yoga** (60 mins)

10000

A practice that combines physical postures, breathing exercises, and meditation to improve flexibility, strength, and mental clarity, customized to suit individual needs.

**Aqua Aerobics** (45 mins)

10000

A water-based fitness class that incorporates aerobic exercises performed in the pool, offering a low-impact way to improve cardiovascular health and muscle tone.



## WELLNESS DISCOVERY



### Holistic Wellness & Spa - Up to 4 hours

Wellness Discovery is a curated half-day holistic wellness experience designed as a perfect introduction to the rejuvenating world of Resonance. Offering a blend of therapies that refresh the mind, body, and spirit, it is an ideal choice for those seeking a mini restorative escape during their stay in Hunza.

#### Your wellness discovery offers the following:

##### Welcome Ritual & Consultation (15 mins)

Start your experience with a soothing herbal tea or infused water, followed by a brief consultation to tailor your session to your needs.

##### Aromatherapy Foot Soak & (30 mins) Resonance MLD Facial

Indulge in a calming foot soak enhanced with aromatherapy, followed by a gentle manual lymphatic drainage facial to promote relaxation.

##### Choice of Body Treatment or Massage (60 mins)

Select from our range of body treatments or massages, each designed to soothe and revitalize.

The package also includes access to the following spa facilities:

- Sauna and steam room to detoxify and relax
- Relaxation lounge to unwind and reflect

Complete your experience with a nourishing lunch, thoughtfully prepared to complement your wellness journey. **Wellness Discovery** is the perfect way to sample the essence of Resonance and leave feeling refreshed, balanced, and rejuvenated.

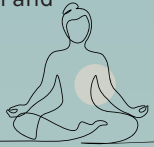
## WELLNESS IMMERSION



### Holistic Wellness & Spa - 6 to 8 hours

Wellness Immersion offers a carefully curated selection of therapies and activities designed to rejuvenate your mind, body, and spirit. This full-day retreat allows you to experience the restorative environment of Resonance at your own pace, making it the perfect choice for those seeking a day of deep relaxation and renewal during their time in Hunza.




### Your wellness immersion begins:



#### Welcome Ritual

Begin your day with a calming herbal tea or infused water, followed by a detailed consultation to personalize your wellness journey.

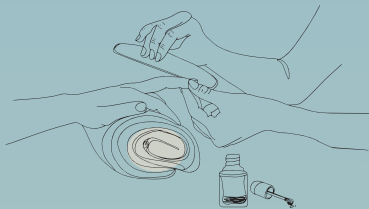
The following are offered as part of your day:

- **Aromatherapy Foot Soak &  60 mins**  
**Resonance MLD Facial**
- **Yoga Session  60 mins**
- **Choice of Hunza Vitality or  90 mins**  
**Hot Stone Massage**
- **Lunch**

Throughout the day, you will also have access to our luxurious spa facilities:

- **Sauna and Steam Room**
- **Hydrotherapy Pool**
- **Relaxation Lounge**

**Wellness Immersion** provides a flexible and indulgent approach to wellbeing, allowing you to craft a day that perfectly suits your needs.



## SIGNATURE SALON SERVICES

### Hair

Wash & Blow Dry	2500
Hair Straightening/Curls	3000
Hairstyling	4200

### Hands and Feet

Manicure	3000
Pedicure	3500
Nail Color (Hands)	1800
Nail Color (Feet)	1800



## ELIXIRS & TONICS

### **Hunza Apricot Kernel Elixir**

950

A nutrient-rich drink made from Hunza apricot kernels, known for their high amygdalin (Vitamin B17) content. Supports detoxification and cellular health.

### **Sea Buckthorn Vitality Tonic (seasonal)**

950

A revitalizing tonic made from locally sourced sea buckthorn berries, rich in Vitamin C, Omega-7, and antioxidants. It helps to boost immunity, enhance skin health, and promote overall detoxification.

### **Hunza Berry Tonic (seasonal)**

1650

A refreshing drink made with mulberries, raspberries, and cherries grown in Hunza. Packed with antioxidants, it helps neutralize free radicals and supports immune health.

## INFUSIONS & TEAS

### **Hunza Mountain Herbal Tea**

750

A cleansing tea made with indigenous herbs like sea buckthorn leaves, wild mint, and dandelion. This tea aids liver function, reduces inflammation, and promotes natural detoxification, reflecting the herbal wisdom of the Hunza region.

### **Tumoro Tea**

575

A calming tea made from Tumoro leaves, known for respiratory and digestive support.

### **Thyme Tea**

650

A fragrant tea brewed with locally grown thyme, offering anti-inflammatory and digestive benefits.

## **FRESH JUICES** (Seasonal)

### **Cherry Juice** 1050

Made from freshly picked Hunza cherries, rich in antioxidants and vitamins. Helps to fight inflammation and promote healthy skin.

### **Apricot Juice** 1050

A refreshing juice made from ripe Hunza apricots, providing a rich source of Vitamin A, potassium, and dietary fiber to aid digestion and support skin health.

### **Mulberry Pear Juice** 925

A seasonal blend of Hunza mulberries and pears, rich in Vitamin C, iron, and antioxidants. Supports immune function and detoxification.

## **SMOOTHIES**

### **Hunza Apricot Kernel Smoothie** 1650

A nourishing blend of Hunza apricot kernels, bananas, dates, and almond milk. This smoothie provides a healthy mix of vitamins, minerals, and antioxidants to support overall wellness.

### **Sea Buckthorn Berry Smoothie** 1650

A creamy smoothie made with sea buckthorn berries, local apples, honey, and almond milk. This drink is rich in antioxidants, vitamins, and healthy fats to promote vitality and skin health.

## **SPA SHOTS**

### **Healthy Heart Shot** 525

A blend of local apples, cherries, lemon, and baby spinach to support cardiovascular health.

### **Hunza Ginger Immunity Shot** 525

A mix of fresh Hunza ginger root, sea buckthorn juice, lemon, and black pepper to boost immunity.

### **Healthy Gut Shot** 525

Combining local turmeric, sea salt, cherry vinegar, and fresh Hunza apples to support gut health.

## **Hunza Shilajit Shot** 1050

A mineral-rich shot of locally-sourced shilajit, blended with warm water, honey, and lemon. Known for its rejuvenating properties, it enhances energy, metabolism, and overall vitality.

## **PROBIOTIC**

## **Qurroot** 575

A traditional probiotic made from dried yogurt, mint, and lemon to support digestive health.

## **PROTEIN SHAKE**

## **Whey Protein Shake** 1600

A nutritious shake that supports muscle recovery and growth. Packed with high-quality protein, it helps boost fuel your body for energy throughout the day.

## **INFUSED WATER** *(Complimentary)*

Cucumber Apple Water

Apricot Ginger Water

Fresh Fig Water (seasonal)

Lemon Wild Thyme Water

Mulberry Lime Water (seasonal)

# RESONANCE

the spa and wellness space at

**ambiance**  
RESORT • HUNZA



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