A photograph of spa treatment ingredients on a dark wooden table. In the center is a dark wooden bowl filled with a green leaf, which contains a white powdery substance with small red flecks. To the right is a glowing lotus-shaped candle. In the foreground, there are two small glass bowls: one on the left containing a pinkish-red granular substance, and one on the right containing a clear yellow liquid. The background is a blurred view of a body of water under a blue sky.

**Please leave this menu  
at the spa for the convenience  
of other guests.**

Our team would be happy  
to share a soft copy of this  
menu in case you would  
like one. Thank you for  
your consideration.



# Introduction

Tattva Spa invites you to experience the rich mystic fusion of the ancient Indian philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements - Prithvi (Earth), Vayu (Air), Agni (Fire), Jal (Water), and Aakash (Sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambience. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and International massages, express therapies and beauty elixirs, to our traditional spa baths with salt therapy, and signature spa rituals.

Welcome to Serenity,  
Welcome to Tattva Spa.

Own the beauty that lies within  
and don't be afraid to share it  
with the world around you!



## Express Massages

### Champi

30 min

INR 1200

This invigorating therapy helps restore the natural sheen of the hair fibre. This massage helps relieve stress from the head, neck and shoulders, creating a profound sense of joy and relaxation.

### Foot Reflexology

30 min

INR 1200

Based on ancient eastern techniques, reflex zones on the feet and calf muscles are worked on. This is a treatment that balances the energy flow in the body and eases swollen legs and ankles, using a hand-picked combination of soothing natural oils.

\*Taxes extra



### **Back Massage**

**30 min**

**INR 1500**

Originating from the island of Bali, this therapy will soothe internal tissues, and relieve strained muscles and joint pain. We use carefully chosen aromatic oils during the massage to calm the nervous system, making this a serene experience indeed.

### **Travel Energiser**

**30 min**

**INR 1800**

The perfect combination of a foot massage and a back massage that is a quick-fix relaxation for your body. Our traditional foot massage based on eastern techniques of reflexology, followed by a de-stressing massage of the upper back, neck and shoulders is a soothing experience that thoroughly relaxes you.

\*Taxes extra





# Massage Selection

## Swedish Massage

60 min | 90 min

INR 3500 | 5200

A medium pressure body massage, which uses one of the most effective proven massage techniques. The masseur will use various traditional, long kneading strokes to energise your body. The Swedish massage targets tired muscles and enhances blood circulation.

## Deep Tissue Massage

60 min | 90 min

INR 3600 | 5400

Feel all your tension melt away as this therapy helps reduce adhesions and loosens muscles. Highly customised for your needs, our masseur will focus on relieving muscle tension and pain from your tired body.

\*Taxes extra

### **Indian Abhyanga Massage**

**60 min | 90 min**

**INR 3500 | 5200**

In this traditional Indian technique, your body is massaged with the finest herbal oils inspired by ancient Indian Ayurveda. This helps reduce the knots in your muscles and overall body fatigue. Sit back and let our healers bring time-honoured healing arts back to life by relaxing your mind and body.

### **Aromatherapy Massage**

**60 min | 90 min**

**INR 3500 | 5200**

A unique blend of aroma oils that works from within, eliminating toxins and refining the whole body system. Cleansed anew, you will face the world again revived and re-energized.

### **Shirodhara**

**60 min**

**INR 3800**

A therapy that involves a consistent flow of warm oil over the forehead, specifically on the 'third eye'. This is the chakra point just above and between the eyebrows and is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair. Experience a blissful sensation with this Ayurvedic oil massage.

“Own the beauty that lies within and don’t be  
afraid to share it with the world around you”

A close-up photograph of a woman lying down, receiving a facial massage. Her eyes are closed, and she has a peaceful expression. Two hands with light-colored nail polish are gently massaging her face, one near her forehead and the other near her cheek. She is resting on a white, textured towel or pillow. The lighting is soft and warm, creating a relaxing atmosphere.

Relaxation is  
the stepping stone  
to Tranquility





# Beauty Elixirs

## **Floral Mist** *(Body polisher)*

**45 min**

**INR 3500**

Tattva brings to you a misty fusion of aromatic oils - including palash, saffron and specialty floral extracts from the Himalayan valley. The gentle exfoliating polisher evens out the skin tone leaving your skin soft and supple and giving you that dewy glow.

## **Kalpa Vriksha** *(Body scrub)*

**45 min**

**INR 3500**

Kalp Vriksha is an exceptional coconut-based herbal body scrub that helps hydrate your body and gives you an everlasting effect. This exceptional body tonic cleanses and hydrates the uneven and patchy skin from within

## **Vitamin Facial** *(For skin brightening)*

**60 min**

**INR 3500**

Brighten up your day with Tattva's active detoxifying facial treatment enriched with essential skin vitamins. Our healer will softly relax your facial muscles and gently enhance blood circulation, leaving you with supple skin for that everlastingly youthful look.

# Wellness Experiences

## For Men

120 min

INR 5200

Hours hunched over a computer, seated in meetings or crammed into an aeroplane seat lead to stress and strain in the lower back, shoulders, neck, hands, and eyes. This spa session is your much-needed stress buster.

**Inclusive of:** Deep tissue massage (60 min) | Head massage (30 min) | Foot reflexology (30 min)

## Ladies Love

120 min

INR 5200

Allow the superwoman in you restore her super-powers to take on the world refreshed and renewed. Give into this me-time for you.

**Inclusive of:** Choice of full body swedish or deep tissue massage (60 min) | Vitamin facial with detoxifying elements for younger looking skin (60 min)

## Bespoke Couple Ritual (*Couple spa*)

120 min each

INR 9000

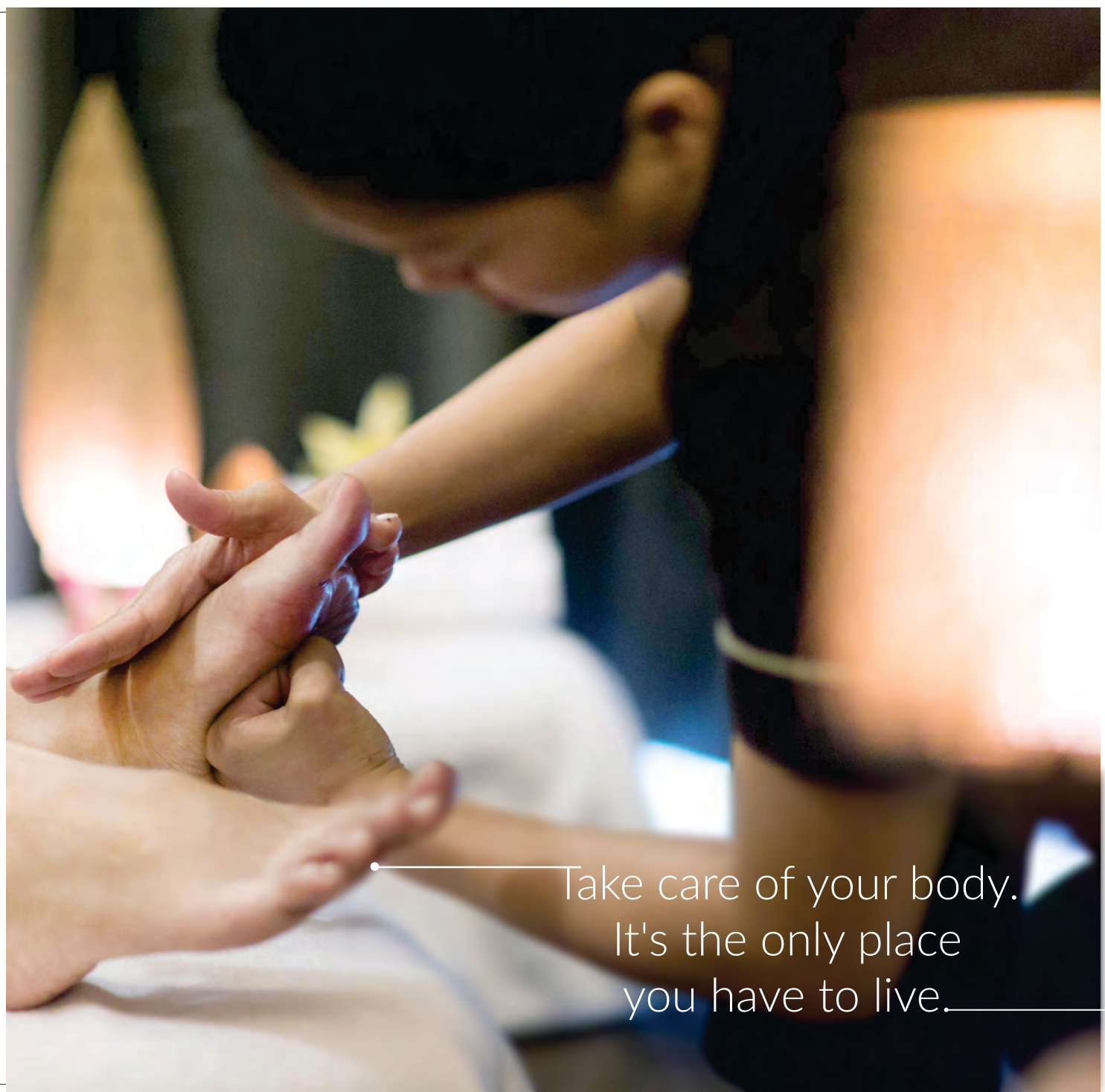
Luxuriate in the candlelight of the couple's treatment suite (as per availability) as you both relax and rejuvenate. Why wait for an anniversary to celebrate togetherness?

**Inclusive of:** Choice of full body swedish or deep tissue massage (60 min) | Vitamin facial with detoxifying elements for younger looking skin (60 min)



Health is a state of  
body  
Wellness is a state of  
being\_\_\_\_\_.





Take care of your body.  
It's the only place  
you have to live.





# General Information

## Reservation and Cancellation

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

## Spa Etiquette

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult
- Smoking and consumption of alcohol are prohibited within the spa area. The spa management has the discretion of not serving guests under the influence of alcohol
- Gentlemen are advised to shave at least 3 hours prior to a facial session
- What should guests wear during a treatment?  
Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

## Considerations

- Membership packages are non-refundable and can be availed against a valid membership card / booklet
- Pregnant lady guests and other guests with any medical condition, are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Tattva Spa, its employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature. Any illicit or sexually suggestive behavior, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges for the scheduled service





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