


TATTVA[®]
SPA





PLEASE LEAVE THIS MENU BEHIND AT THE
SPA FOR THE CONVENIENCE OF OTHER GUESTS.
OUR TEAM WOULD BE HAPPY TO SHARE A SOFT
COPY OF THIS MENU INCASE YOU SHOULD REQUIRE.
THANK YOU FOR YOUR CONSIDERATION.



WELCOME TO SERENITY,
WELCOME TO TATTVA SPA



Tattva Spa invites you to experience the rich mystic fusion of 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), Aakash (Sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our a 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.





SPA
SOJOURNS



DEEP SLEEP

120 minutes

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

Includes: Deep tissue massage (60 min) | Indian head massage (30 min) | Leg fatigue reliever (30 min)

NOURISH

120 minutes

Give in to two hours of nourishment for your mind, body and soul. Tattva healer will begin with a deep tissue massage for your tired muscles that uses thumb pressures and deep pressures followed by a revitalising spa facial therapy to detoxify and enliven your facial skin. Be nourished.

Includes: Choice of Swedish or Deep tissue massage (60 min) | Shine facial (60 min)

BLISS (COUPLE SPA)

90 minutes each

Our therapists treat you like royalty in a tranquil natural setting and lead you and your love to a state of bliss with the perfect combination of our luxurious therapies of rejuvenation.

Includes: Choice of full body Swedish or Deep tissue & Abhyanga massage (90 min)

SERENITY (COUPLE SPA)

120 minutes each

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

Includes: Choice of full body Swedish or Deep tissue massage (60 min) | Shine facial (60 min)

*Taxes Extra

REPLENISH

135 minutes

You are initiated into a journey to reconnect with your inner self through traditional Indian massage, followed by a floral body polisher and ending with an energising clay wrap. A truly rejuvenating experience that balances your body, mind and spirit.

Includes: Abhyanga massage (60 min) | Floral mist body polisher (45 min) | Prithvi Wrap (30 min)

UNWIND-REWIND

300 minutes

Avail any 5 massages of 60 minutes each over 15 days.*

(Choice of Swedish, Deep tissue & Abhyanga massage)

*Valid for 15 days only.

Promotional offers are not applicable on spa sojourns packages | *Taxes Extra



MASSAGE SELECTION



SWEDISH MASSAGE

60 minutes

90 minutes

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 minutes

90 minutes

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

INDIAN ABHYANGA

60 minutes

90 minutes

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.

JETLAG RECOVERY

90 minutes

The ideal massage to banish the dehydration, fatigue and sluggishness associated with jetlag. These movements are designed to stimulate and invigorate you. Surrender your weary self to our expert healers to leave you feeling renewed.

* Taxes Extra

POTALI MASSAGE

75 minutes

Our unique therapy based on the Ayurvedic principles of therapeutic application of warmth. The body is massaged with linen potalis stuffed with essential herbs and oils, resulting in relaxation and detoxification. This also helps with harmonising the chi.

SIGNATURE TATTVA THERAPY

90 minutes

This is a signature wellness service at Tattva, incorporating yoga stretches along with a massage. This unique technique involves dry and oil based massage, eases muscle tension and energises the body with acupressure movements and stretching. The deep pressure applied during this massage works effectively on muscles and balances the energy levels of the body.

*Taxes Extra



BEAUTY ELIXIRS



FLORAL MIST (BODY POLISHER)**45 minutes**

Tattva brings to you a misty fusion of aromatic oils - including palash, saffron and special 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.

KALP VRIKSHA (BODY SCRUB)**45 minutes**

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.

PRITHVI (EARTH'S NECTAR - BODY WRAP)**30 minutes**

This rich, detoxifying and firming wrap draws its goodness from exotic indian herbs and clay. Its therapeutic properties drain out the toxins tighten the skin and leave it with a radiant, youthful glow. Good for all skin types. Recommended with massage or scrub.

VANILLA & NUTMEG SMOOTHIE (BODY POLISHER)**45 minutes**

A luxurious creamy treatment that leaves your skin soft and supple, this aromatic mixture provides essential hydration and conditions damaged skin, leaving your body with a delicate sweet fragrance.

*Taxes Extra

CLEANSING FACIAL

30 minutes

A simple yet effective deep cleansing treatment that helps exfoliate dead skin and blackheads and unclog pores. This treatment refines skin clarity and reduces acne blemishes to leave you with a fresh skin that breathes and glows.

SHINE FACIAL (FOR SKIN BRIGHTENING)

60 minutes

With Tattva's Shine facial treatment, indulge your skin with a vivacious experience. Tattva's gentle facial massage, with well-crafted, detoxifying ingredients, revitalizes the skin-Cells, rehabilitating the natural texture of your skin. Don't just glow, get your shine back.

YOUNG & RADIANT FACIAL (FOR NEGLECTED SKIN)

60 minutes

Tattva's professional facial for mature or neglected skin infuses the skin with scientific ingredients proven to slow the ageing process, helps repair damage and restores freshness back into your skin. The result? Younger-looking radiant skin.

HYDRA FACIAL (FOR DRY & PATCHY SKIN)

60 minutes

This facial offers deep hydration & nourishment to your skin. It improves skin elasticity and boosts natural skin cell regeneration thereby giving you that flawless smooth skin.

*Taxes Extra



FACE MASK SELECTION



WHITE MULBERRY-PEEL OFF MASK (FOR MATURE SKIN)

The antioxidant & skin smoothening properties of pure white mulberry enriched facial peel off mask is a perfect quick fix for your skin. This whitening & firming marine algae mask, gives a cool, & firm feel to the skin while lightening the skin and delivering a uniform glow across leaving you with a smooth, fresh, youthful & radiant skin.

GREEN TEA TREE-PEEL OFF MASK (FOR OILY / ACNE PRONE SKIN)

This Green Tea Tree peel off mask is rich in anti-oxidants, anti-fungal ingredients that encourage healing and rejuvenation of the skin. It gives a natural glow to tired, dull skin & soothes inflamed, acne prone skin by balancing excessive oil production. Get that natural glow back!

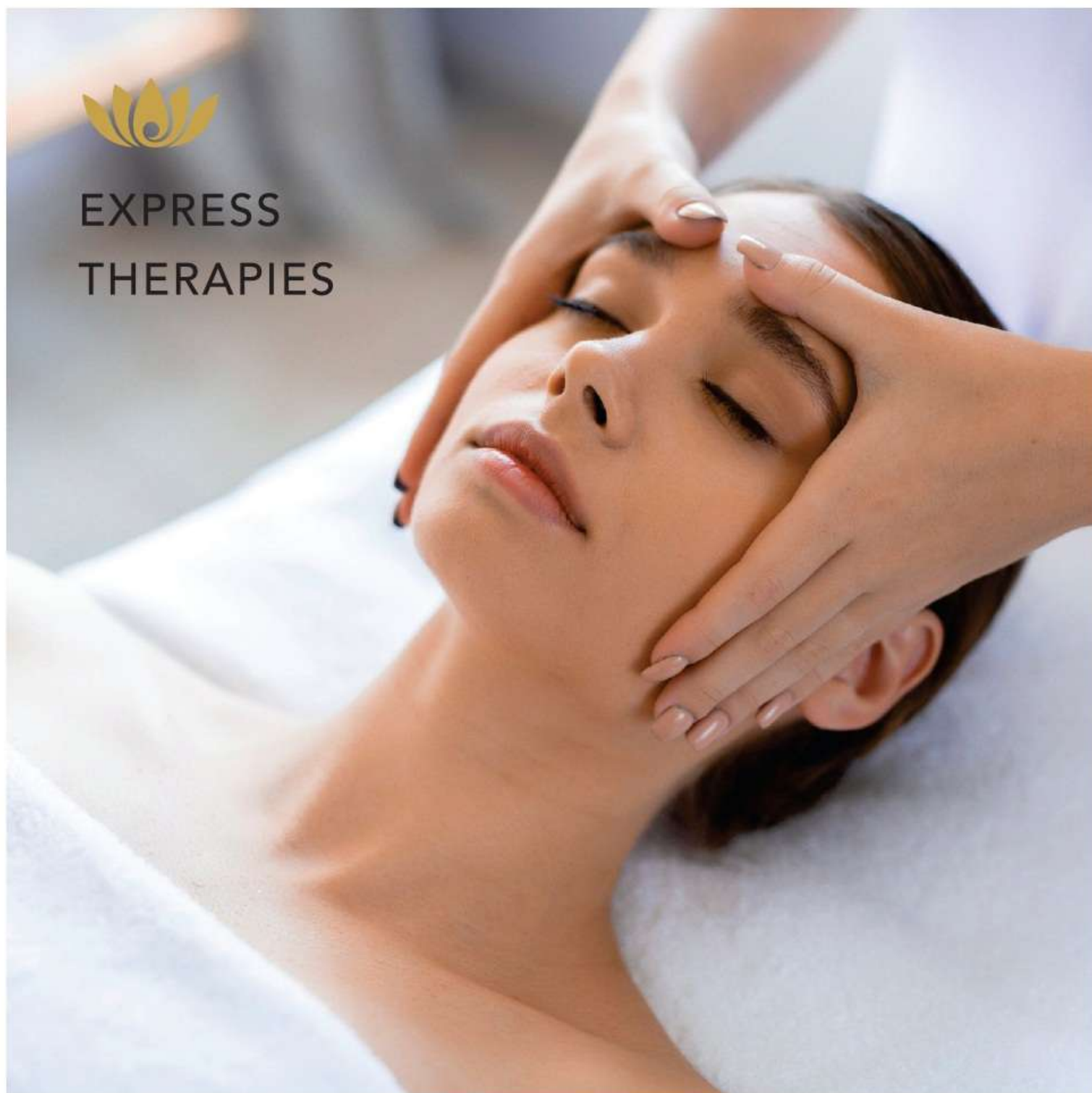
ACTIVATED CHARCOAL-PEEL OFF MASK (FOR CLEANSING & PURIFYING)

A deep cleansing mask that helps to detoxify & purify the skin, activated charcoal acts like a magnet to draw out the most deeply rooted impurities, unblocking the clogged pores while naturally derived ingredients calendula and rosemary help to rebalance and restore a glowing complexion.

*Taxes Extra



EXPRESS
THERAPIES



INDIAN HEAD MASSAGE

30 minutes

This invigorating therapy helps restore the natge, which uses one of the most effective proven massage techniques. The masseur will use various traditional, lonound sense of joy and relaxation.

LEG FATIGUE RELIEVER

30 minutes

Based on ancient eastern techniquege, which uses one of the most effective proven massage techniques. The masseur will use various traditional, lonn the body and eases swollen legs and ankles, using a hand-picked combination of soothing natural oils.

ORIENTAL BACK MASSAGE

30 minutes

Originating from the island of Bali, tge, which uses one of the most effective proven massage techniques. The masseur will use various traditional, lonn aromatic oils during the massage to calm the nervous system, making this a serene experience indeed.

TRAVEL ENERGIZER

30 minutes

The perfect combination of a foot masge, which uses one of the most effective proven massage techniques. The masseur will use various traditional, lone eastern techniques of reflexology, followed by a de-stressing massage of the upper back, neck and shoulders is a soothing experience that relaxes you.

*Taxes Extra



TATTVA REVIBE

SPA Memberships from Tattva

Tattva Revibe is the perfect solution for making wellness a part of your routine. A membership with Tattva offers you a wide range of value-added extras, in a luxurious environment. A good spa therapy will no longer be a drain on your pocket. We invite you to escape the chaos of your daily life and rejuvenate in an oasis of calm.

Commit to wellness with Tattva Revibe!

MEMBERSHIP CATEGORY	PAY	OPENING BALANCE	EFFECTIVE DISCOUNT***	EXPECTED NO. OF SERVICES***	VALIDITY (IN MONTHS)	SHARING WITH FRIENDS & FAMILY
PEACE	INR 18000*	INR 24000	25%	8	8	YES
SERENITY	INR 24000*	INR 36000	33%	12	12	YES
TRANQUILITY	INR 39600*	INR 72000	45%	24	18	YES

Tattva Revibe is a prepaid spa membership plan from Tattva.

The membership can be redeemed only at your home centre.**

Pay in advance and go cashless for every booking under membership.

Memberships can be availed during Spa operational hours.

Avail 25% discount through Tranquility Membership for other Tattva locations.

24-hours prior appointment required.

Membership plans are not applicable on spa packages.

* Taxes extra

** Centre where membership is purchased

*** Example referring to 60 minutes Swedish Massage

Number of services will change upon choosing different services

(Calculated assuming only 60 minutes Swedish massage at MRP 3000)

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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