





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.



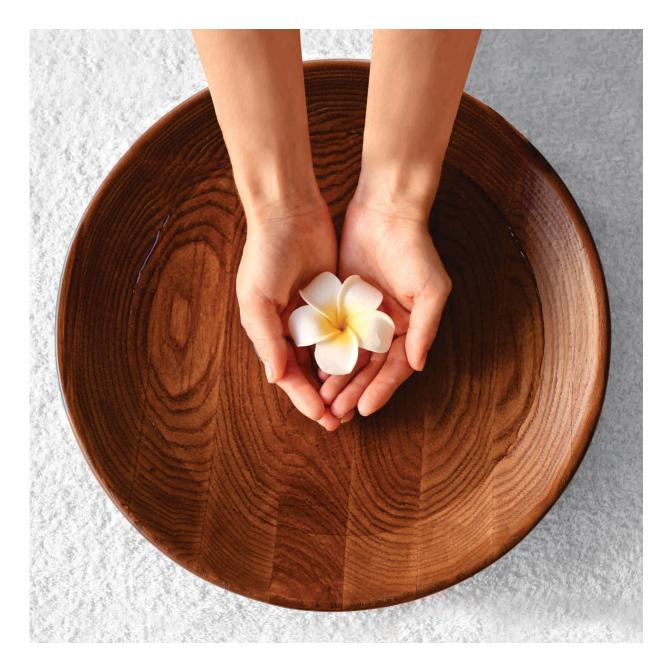
WELCOME TO SERENITY, WELCOME TO TATTVA SPA

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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 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.





60 min

INR 4500

A therapy that cleanses your blocked marma points and provides relief from sinus & recurring frontal headaches. This massage focused around the energy meridiens also makes your facial skin healthy & glowing

- 30 min pressure point activation on the head along with lymphatic face massage to clear blockages
- 30 min focused pressure point therapy on the hands & feet to relieve frontal headache symptoms

^this is a dry therapy without any oil / cream application

^please maintain communication with your healer to specify pressure points causing pain that need to be focused upon

Reduce Tension – fix that hunchback

60 min

INR 4500

* 30 min pressure point activation on the head along with lymphatic face massage to clear blockage

* 30 min focused pressure point therapy on the hands & feet to relieve frontal headache

Reduce Tension – fix that hunchback

30 min

INR 1900

* 30 min herbal ball heat therapy for the neck & shoulder for deep muscular relief

Insomnia De-Addiction – get that good sleep you deserve

60 min

INR 4500

Our skilful masseur works on the upper chakras & energy channels to ease mental tension and move you into a state of relaxation; with specific focus on Brahma Chakra pressure point therapy to enhance blood circulation, and relaxation of the temples and the nape pressure points & solar plexus pressure points on the feet – to increase flow of chi

We are sure you will sleep like a baby!

90 min

INR 6300

An agile back is the secret to a long youthful life. And today's lifestyle literally breaks your backbone with the hectic schedules, deadlines & social commitments. Allow us to contribute and re-channelize your youthful energy ~ a rejuvenating experience that balances your mind & spirit

- 60 min "marma point" massage coupled with yoga stretches to improve flexibility & encourage energy flow
- 30 min warm herbal ball heat therapy on the pressure points of the hand & feet for overall well-being

Un-tech hands free – disconnect with us

60 min

INR 4500

Who doesn't love technology & smartphones? At the same time, excessive usage leads to tennis elbow, frozen shoulders & Carpal Tunnel Syndrome! Tattva is committed to your love for your gadgets & technology, so come and unwind with us!

- 30 min pressure point therapy for the arms & hands coupled with arm & upper shoulder region stretches additional pressure point on the shoulders to restart the flow of energy through the arms & hands
- 30 min oil massage of the hands & arms along with pressure points of the upper shoulder

Yoga Combination Massage -(Indian massage)

90 min

INR 4900

A series of long stretches and yoga positions is used to stimulate the muscles. The massage is done on pressure points on your body and back, using the masseur's own body weight. A truly rejuvenating experience that balances your mind and spirit.

[^]the massage is a combination of oil application & dry stretching

[^]please advise your healer if the temperature of the herbal compress is not comfortable

[^]Highly recommended

60 min

INR 4000

The sacred Ganges is figurative of purification of the body & soul, and its waters are believed to reclaim order from disorder. Evoking Shanti, this wellness therapy treats your body to a traditional rich mishran of Santalam Album powder, honey and natural relaxing Jasmine oil. The rhythmic movements over the body, like the gentle flowing waters will nurture the body and result in soft, blemish free skin.

Kundalini Jagran - (Back Massage)

30 min

INR 1900

This wellness therapy aims at activating "Kundalini" energy which lies at the base of the spine in coiled form. Our masseurs' strokes gently work on the backside of your body giving deep pressure to the points that activate deep lying energy which purifies the human Chakra system. The energy thus released from Kundalini is skillfully channelized by our masseurs to provide you an over whelming mystical experience.



DEEP SLEEP

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) and Leg fatigue reliever (30 min)

NOURISH

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) and Vitamin facial (60 min)

BLISS (COUPLE SPA)

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 abhyanga massage (90 min)

SERENITY (COUPLE SPA)

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) and Vitamin facial (60 min)

REPLENISH **

135 minutes | INR 7300

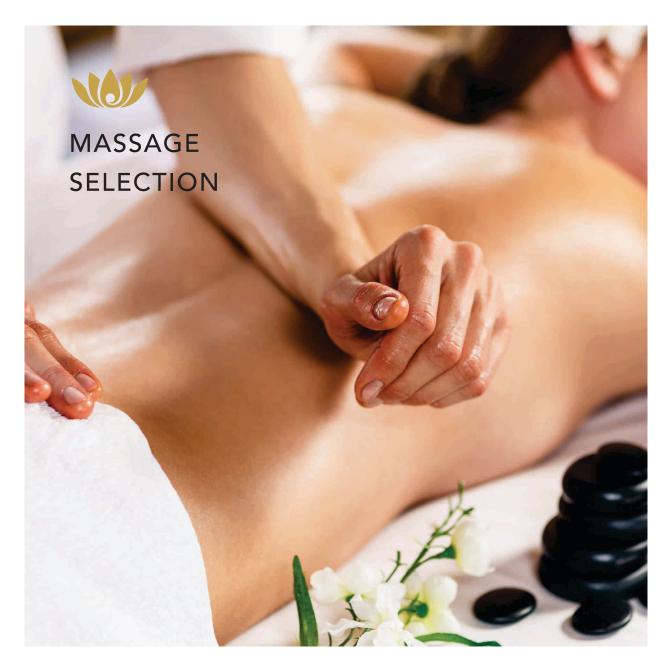
You are initiated into a journey to reconnect with your inner self through traditional Indian massage, followed by a floral body polisher and ending with an energising head massage. A truly rejuvenating experience that balances your body, mind and spirit.

Includes: Abhyanga massage (60 min) I Floral mist body polisher (45 min) I Prithvi wrap (30 min)

UNWIND-REWIND **

300 minutes | INR 12500

Includes: Avail any 5 massages of 60 minutes each over 15 days (Choice of swedish, deep tissue, aromatherapy & abhyanga massage)



VISHRAM

60 minutes | INR 3700 90 minutes | INR 5000

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.

VISHUDDHI

60 minutes | INR 3800 90 minutes | INR 5000

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 THE

60 minutes | INR 3700 90 minutes | INR 5000

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.

SHIRODHARA

30 minutes | INR 2500

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 and attain instant calm with this Ayurvedic oil massage.

*Taxes Extra

AYURVEDIC POTALI MASSAGE

75 minutes | INR 4000

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 | INR 5000

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.



45 minutes | INR 2700

FLORAL MIST (BODY POLISHER)

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 | INR 2700

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 | INR 2000

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 | INR 2700

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.

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.

VITAMIN FACIAL (FOR SKIN BRIGHTENING) TO STATE OF THE STA

60 minutes | INR 3700

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.

YOUNG & RADIANT FACIAL (FOR NEGLECTED SKIN)

60 minutes | INR 4500

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 | INR 5000

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.



WHITE MULBERRY-PEEL OFF MASK (FOR MATURE SKIN)

INR 1500

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)

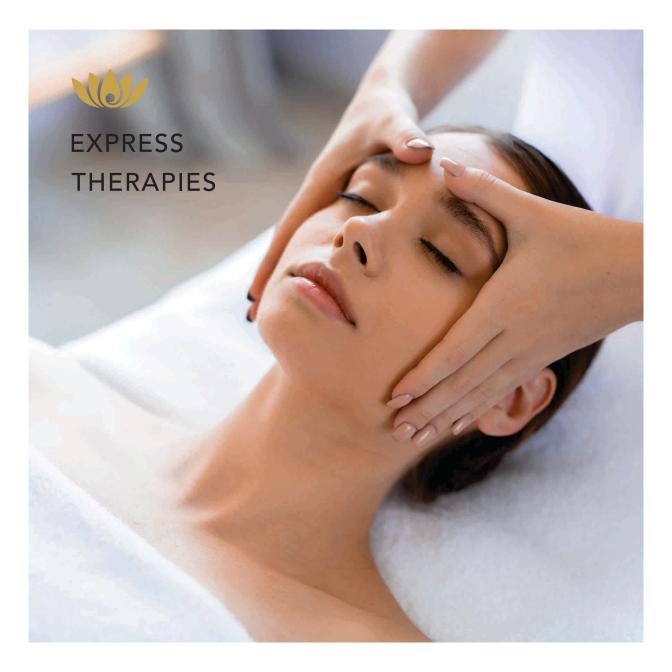
INR1500

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)

INR 1500

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.



INDIAN HEAD MASSAGE

30 minutes | INR 1400

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.

LEG FATIGUE RELIEVER

30 minutes | INR 1700

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.

ORIENTAL BACK MASSAGE

30 minutes | INR 1700

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 ENERGIZER

30 minutes | INR 1700

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 the eastern techniques of reflexology, followed by a destressing massage of the upper back, neck and shoulders is a soothing experience that relaxes you.



DETOXIFYING NEEM BATH IN R 600

Enjoy your therapeutic spa bath with the traditionally blended Neem with milk. The natural goodness of Neem and milk gives you immense relaxation and a feeling of purity.

PURIFYING GANGA JAL BATH

INR 600

Let the holy and pure Ganga water from the Himalayas cleanse away toxins from your body and mind. The added Tulsi and Chandan lepam restores nourishment to your tired skin.

TRADITIONAL UBTAN IN R 500

(Made with simple yet powerful ingredients, Ubtans are India's best known secret for a clear & glowing skin)





Membership with Tattva Spa offers you a wide range of value-added extras, in a luxurious environment to suit your wellness bucket list. We invite you to escape the chaos of daily life and rejuvenate in our private retreat. We understand that everyone's needs are different and hence our assortment will be a delight to your choices.

CATEGORY	PRICE	OPENING BALANCE	EFFECTIVE DISCOUNT	VALIDITY MONTH	BENEFICIARIES
VALUE	INR 15000	INR 18750	20%	3	1
VALUE PREMIUM	INR 17000	INR 20000	15%	3	1
SMILE	INR 25000	INR35714	30%	6	1
SMILE PREMIUM	INR 30000	INR 38462	22%	6	1
CLUB	INR 40000	INR 66667	40%	12	2
CLUB PREMIUM	INR 55000	INR 84615	35%	12	2
ELITE	INR 125000	INR 250000	50%	18	2
ELITE PREMIUM	INR 150000	INR 272727	45%	18	2

^{*}Value, Smile, Club, Elite category memberships are valid for redemption during Happy Hours only | *Taxes Extra Ask for Happy Hours for your specific location. All Premium category memberships are valid for all days and times.

GENERALINFORMATION

RESERVATION AND CANCELLATION

It is recommend 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 mobiles 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, it's 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.

ALOHA ON THE GANGES

National Highway 58, Tapovan Rishikesh, Uttarakhand-249137

Spa reservation: 0135 244 2573 | 9999 835 852