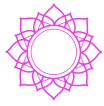




— WELLNESS MENU —





AWAKEN YOUR SENSES

Wellness ethos at R3 Spa are sublime spa experiences specially curated for relaxation, rejuvenation and mindful well-being.

WELLNESS AT R3 SPA

R3 Spa at Country Inn & Suites by Radisson Jammu is located in the city centre; the luxury hotel offers guests a unique vantage point allowing them to experience the colourful culture and unrivalled energy of the city.

At R3 Spa rejuvenating spa therapies, serene ambience and our personalised approach to well-being, all unify to create an elevated state of relaxation and renewal. Each experience is tailored to your needs. From an indulgent body wrap to a therapeutic massage or a hydrating facial, our healers and specialists provide you with an assessment and recommend the most beneficial treatments and services for you.

R3 Spa has been designed to perfection to ensure that guests truly enjoy the serenity of the wonderful urban wellness oasis. R3 Spa is an endeavour to create the perfect Spa experience with exquisite fragrances, soothing music, soft lighting, tastefully done Spa suites, and relaxation areas to provide our guests with a relaxing experience.

R3 Spa at Country Inn & Suites by Radisson Jammu, features three well-appointed treatment rooms, complete with steam and showers experience. We offer an assortment of spa services, including body scrubs and wraps, therapies, facials, and skincare services. We also offer customized wedding packages, group packages, and gift cards to suit the need of the guests.

Whatever your preference is, each R3 experience promises an intimate journey of self-discovery and extreme rejuvenation. Our aim is for guests to leave empowered and renewed, with the healing tools to continue their wellness journey, and the resilience to put them into action.



R3 EXPERIENCE - SPA PACKAGES

We will be delighted to assist you with our custom made spa packages specially curated to suit your specific needs.



Blissful Connect (Couples Ritual)

Duration: 105 Minutes - INR 12,000

Share a unique Spa experience with your partner. Enjoy this romantic encounter with a relaxing massage at the side of your mate in a private setting. It's the perfect way to celebrate a special occasion or to simply share love in pure bliss.

Inclusive of: Choice of any International Therapy for Two (60 Min) | Choice of Body Scrub for Two | Steam and Shower | Herbal Infusion Beverage.

Pour Homme (Ritual For Him)

Duration: 195 Minutes - INR 10,000

Dedicated to men. A ritual in reverence of all things masculine. This specially tailored package for men is designed for ultimate relaxation while catering to the grooming needs of men.

Inclusive of: Choice of any International Therapy (90 Min) | Hydrating Regenerative Facial | Choice of Body Scrub | Steam and Shower | Herbal Infusion Beverage.

Pour Femme (Ritual For Her)

Duration: 165 Minutes - INR 9,500

Tailored made for ladies. Venture into a world of peace and harmony with aroma oils of your choice to transcend into a state of equilibrium for deep rejuvenation. Start your blissful relaxation journey with a divine smelling body scrub, followed by a massage therapy; complete the wellness ritual with our indulging signature multi-vitamin facial for the perfect cream and peach glow.

Inclusive of: Choice of Any International Therapy (60 Min) | Signature Multi Vitamin, Anti-Ageing Facial | Choice of Body Scrub | Steam and Shower | Herbal Infusion Beverage.

Indulgence (Complete Spa Ritual)

Duration: 150 Minutes - INR 8,600

Start your transformative journey, with the healing scent and effect of aromatherapy oils, therapeutic benefits of intuitive touch and the soft murmur of tranquil music. The signature ritual starts with divine smelling scrub followed by a body wrap for smoothening the skin and a relaxing therapy for ultimate bliss.

Inclusive of: Choice of Any International Therapy (60 Min) | Choice of Body Scrub | Choice of Body Wrap | Steam And Shower | Herbal Infusion Beverage.

Replenish (Indian Ritual)

Duration: 135 Minutes - INR 7,100

Experience our specially crafted ritual to give you the ultimate authentic Indian therapy experience. Done using age-old recipes to soothe out all the tensed up muscles and nourish the skin for a glowing soft and polished skin.

Inclusive of: Marma Abhayangam (60 Min) | Oshadi Tan Lepamam | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.

Harmony (Stress Relieving Ritual)

Duration: 120 Minutes - INR 6,000

Sometimes travel and excessive workload can take its toll on you. Escape from the pressures of life by experiencing total pampering and indulging yourself without guilt. Harmony-stress relieving ritual focuses on emotions and vitality, rejuvenating and re-energizing the body at the same time.

Inclusive of: R3 Fusion Therapy | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.





R3 SPA SIGNATURE THERAPIES

Get the most from our healing touch. We use 100% natural and organic oils infused with pure essential oils for instant rejuvenation.





Couple Rejuvenation Therapy

Duration: 60 | 90 Minutes - INR 6,000 | 7,000

Share a relaxing massage with your partner in our couple's suite. Each partner can select from Swedish, deep tissue, aromatherapy or customize your massage with a combination of strokes.

Four Hands Restoration Therapy

Duration: 60 | 90 Minutes - INR 5,200 | 6,200

A synchronized therapy where two masseuses work with simultaneous and mirrored movements to relieve cramps, knots, and stresses in the body. It is an excellent option for someone who has trouble relaxing during treatment. Skilled masseuses familiar with four hand massage not only mirror one another's hand movements, but also exert an equal amount of pressure on each side in order to produce a balanced, relaxing experience.

Stress Relief Therapy

Duration: 60 | 90 Minutes - INR 3,200 | 4,200

An intensive and restorative massage that works deep into stiff, tight and aching muscles. This massage purposefully enhances oxygen flow in blood and helps muscle relaxation and detoxification. The deep manipulations relieve aches, tiredness and discomfort, thus aiding the natural healing process.

Marma Abhayangam

Duration: 60 | 90 Minutes - INR 3,000 | 4,000

The traditional Indian massage done by an expert therapist using herb infused oils. The massage is followed by a herbal steam bath and a hot shower. effective for improving eyesight, longevity, sound sleep, rheumatism, removal of toxins and induces relaxation whilst normalizing blood pressure and eliminating impurities and thus resulting in glowing skin.

R3 Fusion Therapy

Duration: 90 Minutes - INR 4,500

The ideal massage technique to banish fatigue and sluggishness. Drawing on the best of eastern and western techniques, this oil massage combines soothing strokes and stretching to loosen muscular tension, encourage lymphatic flow to balance the internal system and coax your body to respond positively to the caring language of touch.

SELECTION OF MASSAGE OILS

Kama	Grounding Sensual Blend
Moksha	Pain Relief Blend
Oorja	Energizing Blend
Divyam	Rejuvenating Blend
Ananda	Relaxing Blend



INTERNATIONAL THERAPIES

Experience the most popular therapies from around the globe in their most authentic form.





Deep Tissue Repair Therapy

Duration: 60 | 90 Minutes - INR 3,400 | 4,400

Deep tissue massage is designed to relieve pain and muscle tension throughout the body. This type of massage is extremely beneficial because it reaches the deepest layer of muscles, fascia and tendons through slow strokes and deep finger pressure on the contracted areas releasing deeply held patterns of tension, removing toxins, while relaxing and soothing the muscle.

Sensory Rejuvenate Aromatherapy

Duration: 60 | 90 Minutes - INR 3,200 | 4,200

A specially curated alternative therapeutic technique which combines the natural therapeutic properties of essential oils and the healing power of massage therapy. The inhaled aroma from these essential oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin and travel through bloodstream thus promoting whole-body healing, pain relief, mood enhancement and increased cognitive function.

Balinese Massage Therapy

Duration: 60 | 90 Minutes - INR 3,000 | 4,000

A traditional Indonesian deep tissue massage that combines the techniques of ayurveda, accupressure, aromatherapy and reflexology. The practitioner uses deep pressure to release areas of tense, knotted tissue as well as long massage strokes and skin rolling techniques to relieve stress and tension and improve circulation. Promotes harmony of the mind, body and soul.

Traditional Swedish Relaxation Therapy

Duration: 60 | 90 Minutes - INR 2,800 | 3,800

A timeless full body massage style that uses long, flowing strokes to encourage relaxation, lymphatic drainage and detoxification. The different manoeuvres of this massage are designed to ease tension caused by stress, injuries or poor posture. along with stimulating blood circulation and restoring flexibility to body movements, it procures an overall sensation of blissful relaxation.



R3 TOUCHE

Efficient yet deeply nourishing experiences designed to restore balance and vitality amidst your fast-paced life.





Leg Energiser (Feet Calves & Knees)

Duration: 30 Minutes - INR 2,200

Restore your lost energy with a therapeutic session of Leg Energiser Massage that effectively relaxes and strengthens muscles and ligaments, eliminates pain, fatigue, swelling and improves flexibility. This massage improves lymph and blood circulation, stiffness of knees and firmness of the skin of the legs while also effectively improving mood and sleep quality.

Indian Head, Neck and Shoulder Massage

Duration: 45 Minutes - INR 2,000

A deep penetrating technique for releasing muscular tension from the scalp, neck and shoulders. This traditional massage begins with a gentle head and neck massage for balancing the body and a pressure point shoulder massage for deep relaxation. Helps to resort the natural equilibrium of the body.

Kundalini Back Massage

Duration: 30 Minutes - INR 2,000

Invigorating bodywork specifically designed to relax muscles of your back by applying deep pressure to muscles, bones and rubbing concurrently with pressure towards the heart. This massage purposefully enhances oxygen flow in blood and helps muscles detoxification.

Thai Foot Reflexology

Duration: 30 Minutes - INR 1,800

Based on the belief that there are reflex areas on the feet corresponding to all body parts including the major organs. Pressure is applied to accupoints, which are interrelated to the organs in the body. Beneficial in relieving pain and alleviating the source of pain.

Chakra Head Massage

Duration: 30 Minutes - INR 1,500

A relaxing massage technique for head and scalp, which loosens the thin layer of muscles covering the skull. This treatment helps to increase the constant supply of blood and can promote deep relaxation.



BODY RITUALS

BODY SCRUBS | BODY WRAPS

Discover synergy through our recommended therapies, harmonizing scrubs, wraps, and masks with luxurious treatments to rejuvenate, detoxify, firm, and rehydrate your skin.





African Cocoa Butter And Almond Scrub

Duration: 45 Minutes - INR 2,800

Brighten lacklustre skin with this luxurious exfoliating delicacy that gently sloughs away dry, flaky skin, leaving you delectably soft and smooth. This gentle exfoliating scrub with african cocoa butter helps remove dead skin cells, leaving skin feeling soft, smooth and delicately scented with the sweet, creamy smell of almonds.

Exotic Indian Herbs And Spices Scrub

Duration: 45 Minutes - INR 2,800

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. This sculpting spice scrub is packed with refreshing, and antiseptic ingredients like neem, tulsi and local spices that help to detoxify, remove dead skin.

Rich Mineral And Mud Detox Wrap

Duration: 45 Minutes - INR 2,600

This luxurious mud wrap glides in a velvety layer. As it dries, it cleanses, exfoliates, draws out toxins, hydrates and improves the flow of nutrients to the skin's surface, while our experienced therapists pamper you to a relaxing head massage. This wrap is a rare blend of minerals and natural salts. It contains calcium to balance, iron to strengthen and sulphate to beautify the skin.

Oshadi Tan Lepamam

Duration: 45 Minutes - INR 2,600

A signature R3 Spa body wrap with our customized blend of turmeric, fuller's earth and exotic Indian spices blended in a oils to purify and deep cleanse your skin for a lustrous glow. This anti-oxidant, detoxifying and anti-aging body wrap repairs your skin and leaves you radiant and relaxed.



RESTORATIVE FACIALS

Transform the way you feel about skin-care with our organic advance facials.





SMALL BATCH FACIALS
JAPANESE PROFESSIONAL RANGE



Signature Multi Vitamin, Anti-Ageing Facial

Duration: 60 Minutes - INR 3,500

Formulated with plant-based, nutrient-dense ingredients, this vitamin rich facial helps to replenish skin with vital hydrating nourishment, for a healthy, firmer outdoor-fresh glow. This treatment is suitable for all skin types, but in particular those in search of anti-aging results. This restorative facial is a mix of botanical ingredients, essential oils and anti oxidants that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firm and tightened skin with a natural and more radiant glow. Stimulates the epidermis, helping to keep the skin young and supple.

Hydrating Regenerative Facial - For Men

Duration: 60 Minutes - INR 3,000

This hydrating regenerative facial provides a unique solution for male skin, designed to reduce the depth of fine line and wrinkles, ingrown hair and dullness. It activates deep cellular regeneration and visibly softens existing fine lines and antioxidants that counteract premature ageing and slow down the ageing process by hydrating and moisturising the skin. The facial calms and soothes the skin, especially sensitive or irritated masculine skin.

Ultra Radiance Facial

Duration: 60 Minutes - INR 3,000

This recipe restores a radiant complexion suitable for tired, dull looking skin and helps restore your skin's natural radiance and stimulates cellular regeneration for healthy looking, glowing skin. It starts with cleansing, followed by aha based exfoliation that gives a boost to your complexion. Next, enjoy a gentle massage with aloe vera based gel to target brown spots. then, a specific facial massage with correction complex cream that provides complete relaxation. A scrap off mask, infused with antioxidants is applied to enhance the treatment.

Signature Brightening Clean-up

Duration: 45 Minutes - INR 2,500

Specially crafted skin care regime that involves deep cleansing , gentle exfoliation, skin detox and rejuvenation. the clean-up is designed to repair stressed and dehydrated skin and its essential moisture boost treatment balances and restores skin's natural moisturizing factor. Features vitamin moisturising complex to visibly nourish skin and maintain skin's hydration levels.

Express Facial

Duration: 30 Minutes - INR 2,000

Includes a skin analyzation, deep cleanse, exfoliation, face and neck décolleté massage, a mask appropriate for your skin, followed by application of serum and moisturizer or sunscreen.



WELLNESS OFFERINGS

The R3 Spa Team Is Delighted To Recommend You The Best Treatments Suited For Your Body And Skin Condition.





R3 EXPERIENCE - SPA PACKAGES

Blissful Connect (Couples Ritual)	105 Minutes	INR 12,000
Pour Homme (Ritual for Him)	195 Minutes	INR 10,000
Pour Femme (Ritual for Her)	165 Minutes	INR 9,500
Indulgence (Complete Spa Ritual)	150 Minutes	INR 8,600
Replenish (Indian Ritual)	135 Minutes	INR 7,100
Harmony (Stress Relieving Ritual)	120 Minutes	INR 6,000

SIGNATURE THERAPIES

Couple Rejuvenation Therapy	60 90 Minutes	INR 6,000 7,000
Four Hands Restoration Therapy	60 90 Minutes	INR 5,200 6,200
Stress Relief Therapy	60 90 Minutes	INR 3,200 4,200
Marma Abhayangam	60 90 Minutes	INR 3,000 4,000
R3 Fusion Therapy	90 Minutes	INR 4,500

INTERNATIONAL THERAPIES

Deep Tissue Repair Therapy	60 90 Minutes	INR 3,400 4,400
Sensory Rejuvenation Aromatherapy	60 90 Minutes	INR 3,200 4,200
Balinese Massage Therapy	60 90 Minutes	INR 3,000 4,000
Traditional Swedish Relaxation Therapy	60 90 Minutes	INR 2,800 3,800

R3 TOUCHE

Leg Energiser (Feet Calves & Knees)	30 Minutes	INR 2,200
Kundalini Back Massage Therapy	30 Minutes	INR 2,000
Indian Head, Neck and Shoulder Massage	45 Minutes	INR 2,000
Thai Foot Reflexology	30 Minutes	INR 1,800
Chakra Head Massage	30 Minutes	INR 1,500

BODY RITUAL

African Cocoa Butter and Almond Scrub	45 Minutes	INR 2,800
Exotic Indian Herbs And Spices Scrub	45 Minutes	INR 2,800
Rich Mineral and Mud Detox Wrap	45 Minutes	INR 2,600
Oshadi Tan Lepanam	45 Minutes	INR 2,600

RESTORATIVE FACIALS

Signature Multi Vitamin, Anti-Ageing Facial	60 Minutes	INR 3,500
Hydrating Regenerative Facial - For Men	60 Minutes	INR 3,000
Ultra Radiance Facial	60 Minutes	INR 3,000
Signature Brightening Clean-up	45 Minutes	INR 2,500
Express Facial	30 Minutes	INR 2,000



PRIVILEGE MEMBERSHIPS

Members Enjoy Additional Benefits And Free Services With Compliments of R3 Spa, A Place Where Your Wellness Is Nurtured To Harmonise With Your Inner Self.

CATEGORY	AMOUNT	NO. OF THERAPIES (60 MINUTES)	VALIDITY (MONTHS)
PALLADIUM	₹ 100000	67	2 Years
PLATINUM	₹ 75000	48	12
DIAMOND	₹ 55000	33	9
GOLD	₹ 28000	15	6
SILVER	₹ 12000	5	3



YOU PAY LESS
AND GET MORE



GET ACCESS TO
PRIORITY SLOTS



EXTEND THE JOY TO
YOUR LOVED ONES
SHARED MEMBERSHIPS



EXCLUSIVE DISCOUNTS
AVAIL 20% OFF AT 60+
SPA OUTLETS

T&C Apply: | Above Quoted Prices Are Exclusive Of Applicable Government Taxes | The Memberships are Non-Refundable / Non-Transferable. Membership Discount Cannot Be Clubbed With Any Other Offer/ Package. | Prices Are Subjected To Change Without Prior Information. Couple Therapy=2 Massages | 90 Min Therapy= 1.5 Massage | Four Hands Massage=2 Massages | Memberships are valid at your chosen Spa location only. | Prior appointment mandatory. | Membership benefits are subject to spa operational hours.

SPA GUIDELINES

R3 Spa at Country Inn & Suites by Radisson Jammu welcomes hotel guests, spa members, and day spa visitors.

SPECIAL CONCERN

Your personal needs are important to us. We kindly request that at the time of reservation, please inform our spa staff of any special needs or specific medical conditions such as pregnancy or product sensitivity.

AGE RESTRICTION

Spa services are available only to guests who are 16 years of age or older.

RESERVATIONS

To ensure your preferred treatments are available, we recommend booking your spa appointments in advance. Same-day reservations and walk-in appointments are welcome, depending on availability.

CANCELLATION POLICY

We value your business and appreciate your cooperation with the spa cancellation policy: Should you wish to cancel or reschedule your spa appointment, kindly provide us 03 hours' notice, if you are unable to let us know in advance, a 50% cancellation fee will be applied.

LATE ARRIVAL

To ensure a seamless experience for all our guests, arriving late for your scheduled spa treatment may result in a shortened session, while the full service fee will still apply.

ARRIVAL AND CHECK IN PROCEDURES

For all massage, body, and facial services we require that you arrive at least 30 minutes prior to your scheduled appointment time. This will allow you ample time to be acquainted with our spa as well as to enjoy the facilities such as the steam room.

ATTIRE

Guests will be provided with disposable undergarments. You are required to wear the same. Our therapists will always use draping techniques to respect your privacy.

MOBILE PHONE USAGE

For the courtesy of all guests, we kindly request that all calls are concluded and cellular devices are on silent mode prior to entering the locker room and treatment areas.

HEALTH CONCERNS

We encourage you to share any health concerns or preferences in advance so that your therapy may be tailored to your individual needs.

INFORMATION ACCURACY

Spa services, content and pricing are subjected to change without prior notice. In the event of any dispute R3 Spa reserves the right for final decision.

Reservation/Helpline : +91 7678578191
Reservation mail: info@r3naturals.com

HOURS OF OPERATION

Spa reservations office -10: AM to 09: PM





Email: Info@r3naturals.com
Call Us: +91 7678578191

Dedicated To Wellness In Over 60+ Hotels In India
A Unit of R3 Naturals Pvt Ltd - A Luxury Hotel Spa Chain

Ahmedabad | Agra | Amritsar | Bangalore | Chandigarh | Darjeeling | Daman | Delhi | Faridabad | Gorakhpur | Greater Noida | Gurugram |
Haldwani | Indore | Jammu | Jim Corbett | Jodhpur | Katra | Kolkata | Kutch | Leh | Lucknow | Mahabaleshwar | Goa | Mumbai | Mussoorie
| Mysore | Nashik | Ranchi | Ranthambore | Shimla | Srinagar | Udaipur | Varanasi | Vijayawada

www.r3naturals.com