



NILAYA

— — SPA & SALON — —

— TREATMENT MENU —



AWAKEN YOUR SENSES

Your own urban oasis for wellness, with sublime spa experiences specially curated for relaxation, rejuvenation and well-being.



Nilaya Spa and Salon

Embark on a Journey of Bliss at Nilaya Spa and Salon, Blu Gorakhpur

Nestled within the exquisite confines of Radisson Blu Gorakhpur, Nilaya Spa and Salon stands as a beacon of opulence and rejuvenation in the heart of the city. A sanctuary that beckons you towards mindful wellness, it's the ultimate destination where you can savor the all-encompassing embrace of sensorial ecstasy.

Step into Nilaya Spa, an oasis of tranquility and you will instantly find yourself in a world of serenity and indulgence. Our spa menu is a treasure trove of wellness experiences, offering a diverse range of massages, scrubs, wraps, and facials. Each treatment is meticulously crafted to transport you to a realm of relaxation and renewal. Our expert therapists are dedicated to tailoring each experience to your unique needs, ensuring that you leave feeling rejuvenated and refreshed.

The state-of-the-art salon at Nilaya is a haven for those who demand nothing but the best in personal care and grooming. Whether it's makeup services for a special occasion, pampering pedicures, or cutting-edge hair and skin care, our highly skilled professionals are committed to helping you look and feel your absolute best.

Looking for the perfect gift to show your appreciation or affection?

Nilaya Spa and Salon offers wellness gift cards that allow you to share the gift of relaxation and rejuvenation with your loved ones. It's a thoughtful gesture that expresses care and thoughtfulness in the most luxurious way. For those committed to their wellness journey, we offer spa memberships that provide exclusive access to a world of pampering and self-care. Enjoy regular treatments and special discounts that make your wellness goals not just achievable but truly enjoyable.

At Nilaya Spa and Salon, we understand that wellness can extend to the workplace and special life events. Our facilities are perfectly suited for corporate events, offering a unique blend of relaxation and team-building. Additionally, we provide bulk makeup services for weddings, ensuring that your special day is nothing short of perfect.

Our commitment to your well-being doesn't end when you leave our spa. We're dedicated to helping you integrate wellness into your daily life, offering guidance and recommendations that allow the spa experience to continue beyond our walls. It's a transformative odyssey, one that transcends you on a path of self-renewal and self-care.

In essence, Nilaya Spa and Salon at Gorakhpur Hotel is your sanctuary of bliss, a place where luxury meets wellness, and where every visit is a cherished experience. Join us on this remarkable journey of self-discovery and rejuvenation, and discover a haven of tranquility right in the heart of Gorakhpur. Your transformative odyssey awaits!

NILAYA 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)

105 Minutes INR 10,800

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. This massage inspires unity and renewal. 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.

Indulgence (Complete Spa Ritual)

150 Minutes INR 8,000

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, deeply cleanse and smoothen your skin with a tailored body cocoon followed by a relaxing therapy.

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)

135 Minutes INR 6,400

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 Lepanam | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.

Harmony (Stress Relieving Ritual)

120 Minutes INR 5,200

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: Nilaya Fusion Therapy (90 Min) | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.

NILAYA 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

60 | 90 Minutes INR 5,200 | 6,200

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

Four Hands Restoration Therapy

60 | 90 Minutes INR 5,000 | 6,000

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

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

60 | 90 Minutes INR 2,800 | 3,800

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.

Mahatattva Shirodhara

60 Minutes INR 3,200

Authentic Indian therapy, wherein from a dharachatti oil is continuously poured like a thread (dhara) on the forehead (shiro), while the body is gently massaged. It stimulates the 3rd eye and crown chakras & awakens intuition and inner wisdom. A total feeling of wellness, mental clarity and comprehension is experienced in this process. Recommended for stress and strain.

Nilaya Fusion Therapy

90 Minutes INR 4,200

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

Above Quoted Prices Are Exclusive of Applicable Government Taxes

INTERNATIONAL THERAPIES

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



Deep Tissue Repair Therapy

60 | 90 Minutes INR 3,200 | 4,200

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

60 | 90 Minutes INR 3,000 | 4,000

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

60 | 90 Minutes INR 2,800 | 3,800

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

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.

NILAYA TOUCHE

Express therapies for instant rejuvenation



Leg Energiser (Feet Calves & Knees)**30 Minutes INR 2,500**

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.

Kundalini Back Massage**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.

Indian Head, Neck and Shoulder Massage**45 Minutes INR 1,800**

A deep penetrating technique for releasing muscular tension from the scalp, neck and shoulders. this ancient indian art of massage begins with a traditional indian foot cleansing ritual followed by 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.

Thai Foot Reflexology**30 Minutes INR 1,500**

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**30 Minutes INR 1000**

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

We recommend the two therapies in synergy. It is our professional recommendation to precede a body wrap with a body scrub. Scrubs slough of the natural build-up of dead skin cells. In-turn, this allows for maximum absorption of essential nutrients for the wrap



Rich Mineral And Mud Detox Wrap

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 Lepanam

45 Minutes INR 2,600

A signature Nilaya 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.

African Cocoa Butter And Almond Scrub

30 Minutes INR 2,400

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

30 Minutes INR 2,400

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.

RESTORATIVE FACIALS

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



Signature Multi Vitamin, Anti-Ageing Facial

60 Minutes INR 4,500

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

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

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

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

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.

NILAYA OFFERINGS

Treatment Menu



NILAYA EXPERIENCE - SPA PACKAGES

Blissful Connect (Couples Ritual)	105 Minutes	INR 10,800
Indulgence (Complete Spa Ritual)	150 Minutes	INR 8,000
Replenish (Indian Ritual)	135 Minutes	INR 6,400
Harmony (Stress Relieving Ritual)	120 Minutes	INR 5,200

SIGNATURE THERAPIES

Four Hands Restoration Therapy	60 90 Minutes	INR 5,000 6,000
Couple Rejuvenation 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 2,800 3,800
Mahatattva Shirodhara	60 Minutes	INR 3,200
Nilaya Fusion Therapy	90 Minutes	INR 4,200

INTERNATIONAL THERAPIES

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

NILAYA TOUCHE

Leg Energiser (Feet Calves & Knees)	30 Minutes	INR 2,500
Kundalini Back Therapy	30 Minutes	INR 2,000
Indian Head, Neck and Shoulder Massage	45 Minutes	INR 1,800
Thai Foot Reflexology	30 Minutes	INR 1,500
Chakra Head Massage	30 Minutes	INR 1000

BODY RITUALS

Rich Mineral and Mud Detox Wrap	45 Minutes	INR 2,600
Oshadi Tan Lepamam	45 Minutes	INR 2,600
African Cocoa Butter and Almond Scrub	45 Minutes	INR 2,400
Indian Herbs and Spices Body Scrub	45 Minutes	INR 2,400

RESTORATIVE FACIALS

Signature Multi Vitamin, Anti-Ageing Facial	60 Minutes	INR 4,500
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

SALON RATE CARD

BLEACH

Full Body Bleach (Face, Legs, Arms, Back, Mid Riff)	INR 3000
Back	INR 800
Full Legs	INR 800
Face and Neck	INR 600
Full Arms	INR 600
Mid Riff	INR 600
Face Detan	INR 500

THREADING

Full Face	INR 250
Eye Brows	INR 100
Forehead/Side Locks (Each)	INR 100
Upperlips/Chin (Each)	INR 80

HAND AND FEET CARE

Spa Pedicure	INR 1000
Spa Manicure	INR 800
Nail File / Cut / Polish Application (Each)	INR 200

HAIR CARE-STYLING

Ironing / Crimping	INR 1500
Temporary Curling	INR 1500
Hair Style-Buns And Braids	INR 1500
Blow Drying With Styling	INR 1000

HAIR CARE - THERAPIES

	MEN	WOMEN
Keratin Therapy	INR 3000	INR 6000-10000
Hair Rebonding / Smoothing	INR 3500	INR 5000-8000
Hairfall / Dandruff Treatment (5 Sessions)	INR 6000	INR 8000
Colour- Full Head Highlights	INR 2000	INR 4500
Colour-Global	INR 1500	INR 4500
Colour-Root Touch Up	INR 1200	INR 1800
Hair Spa	INR 1200	INR 1500
Hair Cut (With Shampoo And Blowdry)	INR 500	INR 800
Hair Oil Massage With Shampoo And Blowdry	INR 750	INR 1200
Hair Cut (Without Shampoo)	INR 400	INR 600
Shampoo, Conditioning	INR 300	INR 500
Colour- Streaks (Per Streak)	INR 200	INR 400

WAXING

Full Body Wax (Legs, Arms, Back, Mid Riff)
Full Legs
Bikini Line
Full Arms
Back
Half Legs
Mid Riff
Half Arms
Underarms
Full Face Wax
Upper Face Wax
Side Looks Wax

**ALEOVERA/
CHOCOLATE**

INR 2500
INR 900
-
INR 650
INR 600
INR 400
INR 500
INR 400
INR 150
-
-
-

LIPOSOLUBLE

INR 3500
INR 1200
INR 1200
INR 1000
INR 800
INR 600
INR 700
INR 600
INR 200
INR 500
INR 200
INR 300

MEN'S SPECIAL

Beard Color
Shaving
Beard Trim
Moustache Trim

INR 600
INR 350
INR 300
INR 150

MAKE-UPS

Air Brush Bridal Make-up
HD Bridal Make-up
Bridal Make-up
Air Brush Engagement Make-up
HD Engagement Make-up
Engagement Make-up
Party Make-up
Light Make-up
Groom Make-up
Dress Drape

INR 30000
INR 25000
INR 20000
INR 20000
INR 15000
INR 12000
INR 5000
INR 4000
INR 4500
INR 600

CUSTOMISED PRE BRIDAL PACKAGES AVAILABLE

Above Quoted Prices Are Exclusive of Applicable Government Taxes

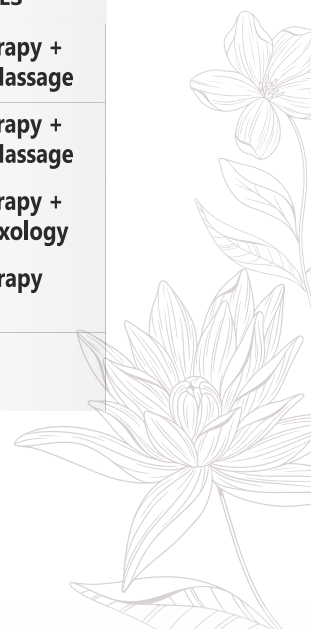
PRIVILEGE MEMBERSHIPS

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

CATEGORY	AMOUNT	NO. OF THERAPIES (60 MINUTES)	VALIDITY (Months)	FREE UPGRADES (90 MINUTES)	COMPLIMENTARY SERVICES
PALLADIUM	₹ 100000	67	Life Time	6	2 Aromatherapy + 2 Balinese Massage
PLATINUM	₹ 75000	50	12	5	1 Aromatherapy + 1 Balinese Massage
DIAMOND	₹ 55000	33	9	3	1 Aromatherapy + 1 Foot Reflexology
GOLD	₹ 28000	15	6	2	1 Aromatherapy Massage
SILVER	₹ 12000	5	3	0	1 Foot Reflexology

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.
- ◆ Prices are subjected to change without prior information.



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SPA USAGE ESSENTIALS

Reservations & Cancellation

- We recommend to book your appointments well in advance.
- Arrive 30 minutes prior to your appointment to allow ample time to tune in.
- For reservations, group booking or general information, please contact spa reception.
- For the convenience of other guests, please inform us about any cancellation at least four hours prior to your appointment.
- Last minute cancellations will be charged at 100% of the menu price. The same will be applied for a no show.
- Non-residents are welcome to reserve spa appointments. To make an appointment for the perfect treatment, call Nilaya Spa at +91 7678578191

Special Needs

- As your safety is our utmost concern, we ask you to please notify the spa manager and your therapist of any special assistance or medical conditions you may have, such as: allergies, high blood pressure, heart conditions, diabetes, pregnancy, etc. as it may affect your spa therapy.

Advisory

- The use of a shower or steam best prepares your body for its treatment. It is suggested that coffee or alcohol is not consumed prior to your spa experience. Adequate amount of water should be consumed following your treatment as well.

Privacy

- Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

General Guidelines

- Children under 16 years are not allowed in the spa, unless accompanied by an adult. Some therapies for children are available under parental supervision. Please check with spa reception.
- Treatment packages and memberships are non-refundable. Unused packages are non-transferable or non-exchangeable.
- The spa is alcohol, cell phone and smoke free zone.
- Nilaya Spa does not take any responsibility of your valuables; kindly leave them in the locker.
- You are in a professional spa, please do not expect anything other than therapeutic spa services. Any illicit behaviour made by the guest will result in immediate termination of the service with complete payment of the scheduled service.

Information Accuracy

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

Reservation/helpline no: +91 7678578191

Reservation Mail: info@r3naturals.com



Dedicated To Wellness In Over 50+ Hotels In 35 Cities In India

Spa Managed By R3 Naturals Pvt. Ltd - A Luxury Hotel Spa Chain

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