

NILAYA

→ SPA & SALON ← SPA & SALON

 $-\!\!\!-$ TREATMENT MENU $-\!\!\!\!-$



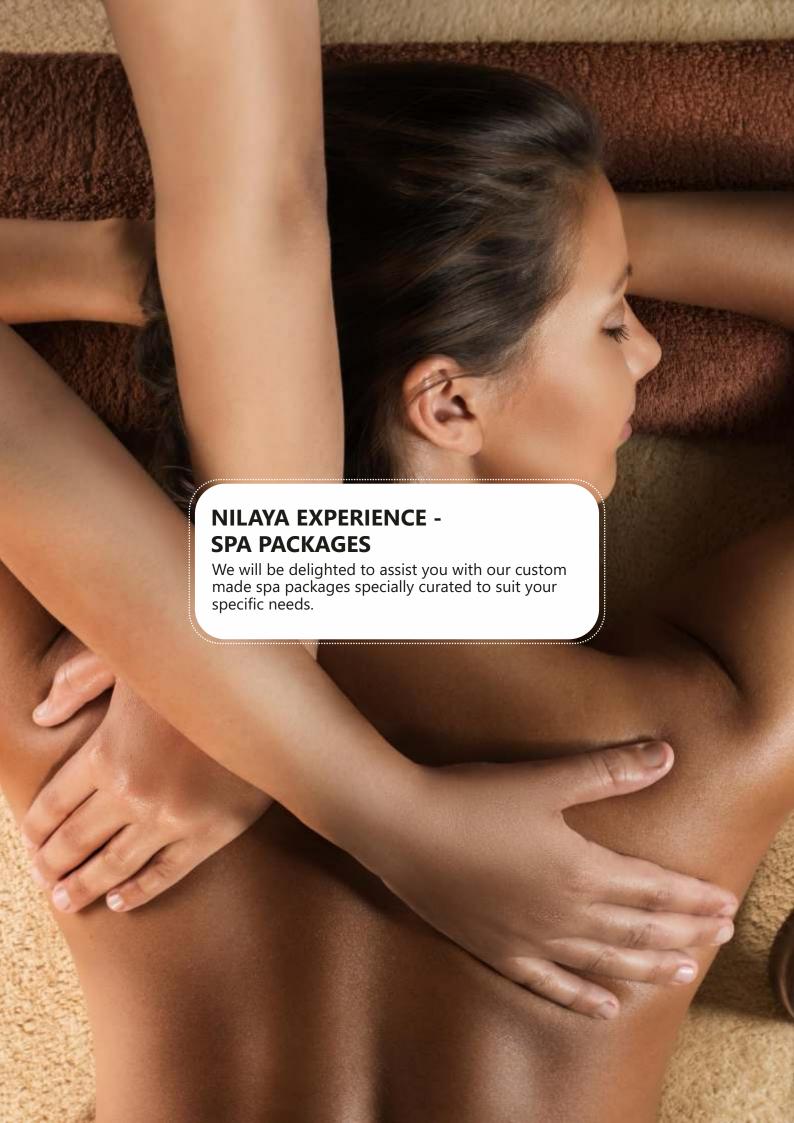
Nilaya Spa and Salon

Located centrally in the beautiful Ranchi city, surrounded by picturesque views of city, Nilaya Spa and Salon at Radisson Blu Ranchi, has been designed to perfection to ensure that guests truly enjoy the serenity of its peaceful surroundings. Nilaya 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. The moment you enter our sanctuary you will feel a wave of calm wash over you, as you are welcomed and guided towards your journey of rejuvenation by our expert aesthetician.

Every service at the Spa is tailor made to encourage well-being and positive lifestyle, restore calm and rejuvenate your body, mind and soul. Choose from an array of ayurvedic, european and oriental influenced therapies to restore vital energy of the body or select one of our carefully designed beauty therapies that impart nourishment and radiance. For the best skin care, few signature therapies are specially curated with locally sourced oils, herbs and spices.

Nilaya Spa and Salon at Radisson Blu Ranchi, features four well-appointed treatment rooms including two couple suite, complete with private showers and steam experience, a state of art salon and a spacious pedicure lounge. We offer an assortment of spa and salon services, including body scrubs and wraps, therapies, hand and feet treatments, High Definition, airbrush make-ups, facials, hair and skin Care services. We also offers customised wedding packages, group packages and gift cards to suit the need of the guests.

Whatever your preference is, each Nilaya experience promises an intimate journey of self-discovery and extreme rejuvenation..



Blissful Connect (Couples Ritual)

90 Minutes INR 11.800

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.

Pour Homme (Ritual For Him)

180 Minutes INR 10,600

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)

150 Minutes INR 9,900

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)

135 Minutes INR 8,500

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 7,300

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 6,500

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.



Four Hands Restoration Therapy

60 | 90 Minutes INR 6,600 | 9,300

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.

Couple Rejuvenation Therapy

60 | 90 Minutes INR 7,000 | 8,500

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.

Stress Relief Therapy

60 | 90 Minutes INR 3,600 | 4,800

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 3,200 | 4,200

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.

Nilaya Fusion Therapy

90 Minutes INR 5,000

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		



Deep Tissue Repair Therapy

60 | 90 Minutes INR 3,600 | 4,800

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.

Traditional Swedish Relaxation Therapy

60 | 90 Minutes INR 3,600 | 4,800

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.

Balinese Massage Therapy

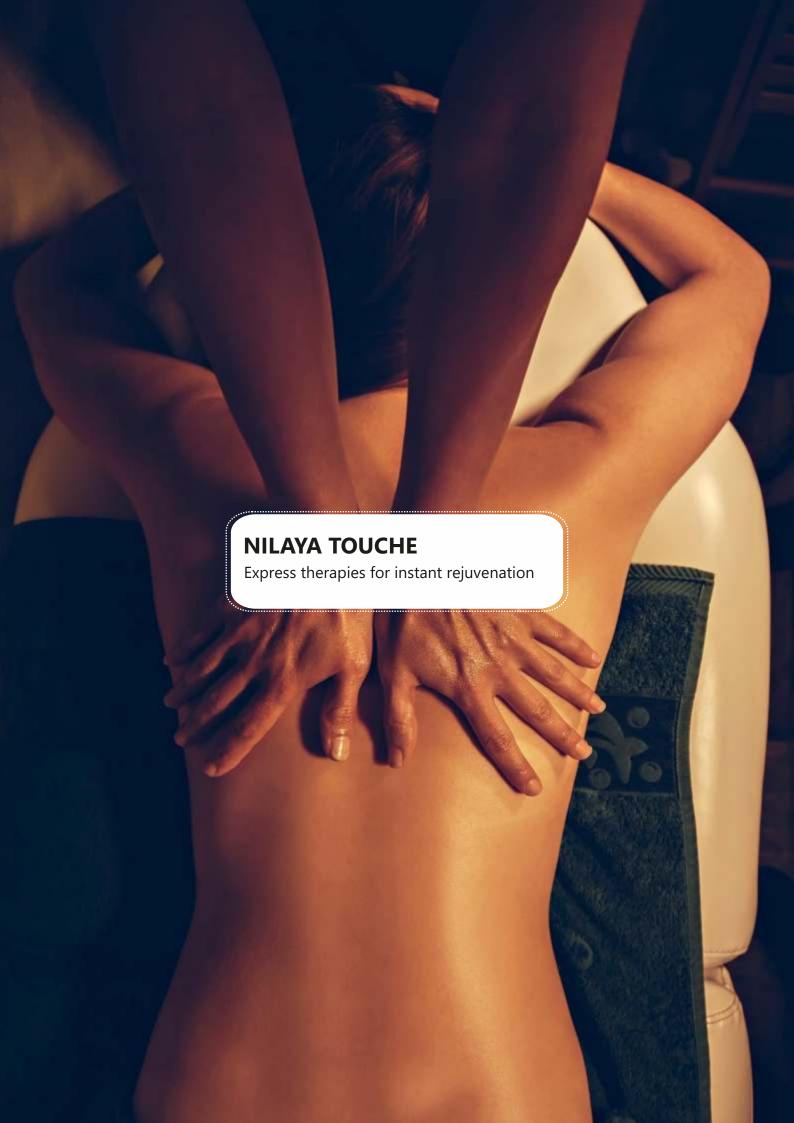
60 | 90 Minutes INR 3,500 | 4,700

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.

Sensory Rejuvene Aromatherapy

60 | 90 Minutes INR 3,300 | 4,500

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.



Leg Energiser (Feet Calves & Knees)

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.

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

30 Minutes INR 2,000

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 1,800

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

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.



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.



Signature Multi Vitamin, Anti-Ageing Facial

60 Minutes INR 4,000

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 3,500

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 3,500

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 2,500

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 EXPERIENCE - SPA PACKAGES		
Blissful Connect (Couples Ritual)	90 Minutes	INR 11,800
Pour Homme (Ritual For Him	180 Minutes	INR 10,600
Pour Femme (Ritual For Her)	150 Minutes	INR 9,900
Indulgence (Complete Spa Ritual)	135 Minutes	INR 8,500
Replenish (Indian Ritual)	135 Minutes	INR 7,300
Harmony (Stress Relieving Ritual)	120 Minutes	INR 6,500
SIGNATURE THERAPIES		
Four Hands Restoration Therapy	60 90 Minutes	INR 6,600 9,300
Couple Rejuvenation Therapy	60 90 Minutes	INR 7,000 8,500
Stress Relief Therapy	60 90 Minutes	INR 3,600 4,800
Marma Abhayangam	60 90 Minutes	INR 3,200 4,200
Nilaya Fusion Therapy	90 Minutes	INR 5,000
INTERNATIONAL THERAPIES		
Deep Tissue Repair Therapy	60 90 Minutes	INR 3,600 4,800
Traditional Swedish Relaxation Therapy	60 90 Minutes	INR 3,600 4,800
Balinese Massage Therapy	60 90 Minutes	INR 3,500 4,700
Sensory Rejuvne Aromatherapy	60 90 Minutes	INR 3,300 4,500
NILAYA TOUCHE		
Leg Energiser (Feet Calves & Knees)	30 Minutes	INR 2,200
Kundalini Back Therapy	30 Minutes	INR 2,000
Indian Head, Neck and Shoulder Massage	30 Minutes	INR 2,000
Thai Foot Reflexology	30 Minutes	INR 1,800
Chakra Head Massage	30 Minutes	INR 1,500
Chakta Ficad Massage	50 Millates	114K 1,500
BODY RITUAL		
Rich Mineral and Mud Detox Wrap	45 Minutes	INR 2,600
Oshadi Tan Lepanam	45 Minutes	INR 2,600
African Cocoa Butter and Almond Scrub	30 Minutes	INR 2,400
Exotic Indian Herbs and Spices Body Scrub	30 Minutes	INR 2,400
RESTORATIVE FACIALS		
Signature Multi Vitamin, Anti-Ageing Facial	60 Minutes	INR 4,000
Hydrating Regenerative Facial - For Men	60 Minutes	INR 3,500
Ultra Radiance Facial	60 Minutes	INR 3,500
Signature Brightening Clean-up	45 Minutes	INR 2,500
Express Facial	30 Minutes	INR 2,500



SALON RATE CARD

BLEACH		Hair Style-Buns & Braids	INR 1500
Full Body Bleach	INR 3000	Blow Drying With Styling	INR 1000
(Face, Legs, Arms, Back, Mid Riff)		MAKE-UPS	
Back	INR 800	Air Brush Bridal Make-up	INR 30000
Full Legs	INR 800	HD Bridal Make-up	INR 25000
Face and Neck	INR 600	Bridal Make-up	INR 20000
Full Arms	INR 600	Air Brush Engagement Make-up	INR 20000
Mid Riff	INR 600	HD Engagement Make-up	INR 15000
Face Detan	INR 1000	Engagement Make-up	INR 12000
THREADING		Party Make-up	INR 5000
Full Face	INR 250	Light Make-up	INR 4000
Eye Brows	INR 100	Groom Make-up	INR 4500
Forehead/Side Locks (Each)	INR 100	Dress Drape	INR 600
Upperlips/Chin (Each)	INR 80	MEN'S SPECIAL	
HAND AND FEET CARE		Beard Color	INR 750
Spa Pedicure	INR 1500	Shaving	INR 450
Spa Manicure	INR 1200	Beard Trim	INR 350
Nail File/Cut/Polish Application (Each)	INR 200	Moustache Trim	INR 250
HAIR CARE-STYLING			
Ironing / Crimping	INR 1500		
Temporary Curling	INR 1500		

HAIR CARE - THERAPIES	MEN	WOMEN
Keratin Therapy	INR 3000	INR 6000-12000
Hair Rebonding / Smoothening	INR 3500	INR 4000-12000
Hairfall / Dandruff Treatment (5 Sessions)	INR 6000	INR 8000
Colour- Full Head Highlights	INR 2000	INR 4500
Colour-Global	INR 1500	INR 5000
Colour-Root Touch Up	INR 1200	INR 2000
Hair Spa	INR 1200	INR 1800
Hair Cut (With Shampoo & Blowdry)	INR 1000	INR 1200
Hair Oil Massage & Shampoo With Blowdry	INR 1500	INR 1800
Hair Cut (Without Shampoo)	INR 800	INR 1000
Shampoo, Conditioning & Blowdry	INR 300	INR 600
Colour- Streaks (Per Streak)	INR 350	INR 500

WAXING	ALEOVERA/ CHOCOLATE	LIPOSOLUBLE
Full Body Wax (Legs, Arms, Back, Mid Riff)	INR 3000	INR 4500
Full Legs	INR 900	INR 1500
Bikini Line	-	INR 1500
Full Arms	INR 650	INR 1200
Back	INR 600	INR 900
Half Legs	INR 400	INR 600
Mid Riff	INR 500	INR 700
Half Arms	INR 400	INR 600
Underarms	INR 150	INR 200

CUSTOMISED PRE BRIDAL PACKAGES AVAILABLE

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	55	Life Time	5	2 Aromatherapy + 2 Balinese Massage
PLATINUM	₹80000	40	12	5	1 Aromatherapy + 1 Balinese Massage
DIAMOND	₹ 55000	25	9	3	1 Aromatherapy + 1 Foot Reflexology
GOLD	₹ 35000	14	6	2	1 Aromatherapy Massage
SILVER	₹ 15000	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.
- ♦ Services Can Be Availed By Friends, Family And Relatives Of The Member.

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 spareception.
- 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 +917678578191

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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