



MASTAK

— Spa & Salon —



Spa Managed By Olive Wellness

www.radissonblu.com/rudrapur

MASTAK SPA AND SALON

Mastak Spa and Salon at Radisson Blu Hotel Rudrapur is a cosmopolitan spa brand amalgamating a traditional yet modern lifestyle with beauty and wellness experiences for our discerning guests and wellness connoisseurs.

Mastak Spa and Salon is our endeavour to create the perfect spa experience with exquisite fragrances, soothing music, soft lighting, tastefully done spa suites and relaxation areas to provide the guests with a relaxing ambience. 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 therapist.

Mastak Spa and Salon at Radisson Blu, Rudrapur, features six well-appointed treatment rooms including a 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.

Each spa experience promises an intimate journey of self discovery and extreme rejuvenation.





OUR PACKAGES

BLISSFUL CONNECT (COUPLES RITUAL)

105 Minutes INR 6800

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)

105 Minutes INR 6400

Experience Our Specially Crafted Ritual To Give You The Complete Spa Experience. Done Using Age-Old Recipes To Soothe Out All The Tensed Up Muscles And Nourish The Skin For A Glowing So And Polished Skin

Inclusive of :

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

REPLENISH (AYURVEDIC RITUAL)

135 Minutes INR 5200

Experience Our Specially Crafted Ritual To Give You The Ultimate Authentic Indian Ayurvedic Therapy Experience. Done Using Age-old Recipes To Soothe Out All The Tensed Up Muscles And Nourish The Skin For A Glowing So And Polished Skin

Inclusive of :

Ayurvedic Marma Abhyangam (60 Min) | Ayurvedic Oshadi Tan Lepanam | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage

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Signature Therapies

Get The Most From Our Healing Touch. We Use 100% Natural
And Organic Oils Infused With Pure Essential Oils
For Instant Rejuvenation

SELECTION OF OILS BLENDS

JASMINE

ROSE

LAVENDER

LEMONGRASS



FOUR HANDS RESTORATION THERAPY

60 | 90 Minutes – INR 5000 | 6000

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 3000 | 4000

An Intensive And Restorative Massage That Works Deep Into Soft, 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.

MASTAK FUSION THERAPY

90 Minutes – INR 4200

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.

AYURVEDIC MARMA ABHAYANGAM

60 | 90 Minutes INR 2800 | 3800

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

MAHATAVA SHIRODHARA

60 Minutes INR 3500

Authentic Indian Therapy, Wherein From A Dharachha 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 And Awakens Intuition And Inner Wisdom. A Total Feeling Of Wellness, Mental Clarity And Comprehension Is Experienced In This Process. Recommended For Stress And Strain.

International Therapies

Experience The Most Popular Therapies From Around
The Globe In Their Most Authentic Form



DEEP TISSUE REPAIR THERAPY

60 | 90 MINUTES INR 3200 | 4200

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.

BALINESE MASSAGE THERAPY

60 | 90 MINUTES INR 3000 | 4000

A Traditional Indonesian Deep Tissue Massage That Combines The Techniques of Ayurveda, Acupressure, 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 REJUVENATE AROMATHERAPY

60 | 90 MINUTES INR 3000 | 4000

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.

TRADITIONAL SWEDISH RELAXATION THERAPY

60 | 90 MINUTES INR 2800 | 3800

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.

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MASTAK TOUCHE

Express Therapies For Instant Rejuvenation

Indulge in quick, revitalizing treatments to uplift your senses and restore balance, providing instant refreshment and relaxation.



KUNDALINI BACK MASSAGE

30 Minutes – INR 1800

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 1800

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 Restore The Natural Equilibrium of The Body.

THAI FOOT REFLEXOLOGY

30 Minutes – INR 1500

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 Acupoints, 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 Theropies In Synergy. It is Our
Professional Recommendation



RICH MINERAL AND MUD DETOX WRAP

45 MINUTES – INR 2600

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.

AYURVEDIC OSHADI TAN LEPANAM

45 MINUTES – INR 2600

A Signature Mastak Spa Body Wrap With Our Customized Blend of Turmeric, Fuller's Earth And Exotic Indian Spices Blended In Ayurvedic Oils To Purify And Deep Cleanse Your Skin For A Lustrous Glow. This An-Oxidant, Detoxifying And Anti-Aging Body Wrap Repairs Your Skin And Leaves You Radiant And Relaxed.

SHEA BUTTER SCRUB

45 MINUTES – INR 2400

Our Shea Butter Scrub provides the skin with the necessary nutrients while removing impurities from the skin. It has anti-inflammatory properties that help the skin to heal from dryness and irritation. The rich natural properties make it an excellent scrub for the body.

DE-TAN SCRUB

45 MINUTES – INR 2400

Our De-Tan Scrub, designed for both men and women. Rejuvenate your body with our premium quality De tan Scrub. Its high-quality scrubbing granules quickly unclog the skin pores and removes blackheads and dead skin cells. Our product helps to reduce skin tanning and generates new skin cells, giving you an even brighter-looking complexion.



Restorative Facial

Transform The Way You Feel About Skin-Care With
Our Organic Advance Japanese Facials



SIGNATURE MUL VITAMIN, AN-AGEING FACIAL

60 Minutes – INR 3500

Formulated With Plant-Based, Nutrient-Dense Ingredients, This Vitamin Rich Facial Helps To Replenish Skin With Vital Hydrang Nourishment, For A Healthy, Firmer Outdoor-Fresh Glow. This Treatment Is Suitable For All Skin Types, But in Particular Those In Search of An-Aging Results. This Restorative Facial Is A Mix of Botanical Ingredients, Essential Oils And Antioxidants 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.

HYDRANG REGENERATIVE FACIAL – FOR MEN

60 Minutes – INR 3000

This Hydrang 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 Hydrang And Moisturising The Skin. The Facial Calms And Soothes The Skin, Especially Sensitive Or Irritated Masculine Skin.

ULTRA RADIANCE FACIAL

60 Minutes – INR 3000

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 Corrective 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 2500

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 2000

Includes A Skin Analysis, Deep Cleanse, Exfoliation, Face And Neck Décolleté Massage, A Mask Appropriate For Your Skin, Followed By Application of Serum And Moisturizer Or Sunscreen



MASTAK

— Spa & Salon —

Offerings

we redefine beauty and wellness, offering a sanctuary of tranquility amidst the hustle of everyday life.



MASTAK EXPERIENCE – SPA PACKAGES

• Blissful Connect (Couples Ritual)	105 Minutes	INR 6800
• Indulgence (Complete spa Ritual)	150 Minutes	INR 6400
• Replenish (Ayurvedic Ritual)	135 Minutes	INR 5200
• Harmony (Stress Relieving Ritual)	120 Minutes	INR 4200

SIGNATURE THERAPIES

• Four Hands Restoraon Therapy	60 90 Minutes	INR 5000 6000
• Stress Relief Therapy	60 90 Minutes	INR 3000 4000
• Ayurvedic Marma Abhayangam	60 90 Minutes	INR 2800 3800
• Mastak Fusion Therapy	90 Minutes	INR 4200
• Mahatava Shirodhara	60 Minutes	INR 3500

INTERNATIONAL THERAPIES

• Couple Therapy	60 90 Minutes	INR 5500 6500
• Deep Tissue Repair Therapy	60 90 Minutes	INR 3200 4200
• Sensory Rejuvne Aromatherapy	60 90 Minutes	INR 3000 4000
• Balinese Massage Therapy	60 90 Minutes	INR 3000 4000
• Tradional Swedish Relaxaon Therapy	60 90 Minutes	INR 2800 3800

MASTAK TOUCHE

• Kundalini Báck Therapy	30 Minutes	INR1800
• Indian Head, Neck and Shoulder Massage	45 Minutes	INR 1800
• Thai Foot Reflexology.	30 Minutes	INR 1500
• Chakra Head Massage	30 Minutes	INR 1000

BODY RITUAL

• Rich Mineral and Mud Detox Wrap,	45 Minutes	INR 2600
• Ayurvedic Oshadi Tan Lepanam	45 Minutes	INR 2600
• Shea Buer Scrub	45 Minutes	INR 2400
• De-Tan Scrub	45 Minutes	INR 2400

RESTORATIVE FACIALS

• Signature Mul Vitamin, An-Ageing Facial	60 Minutes	INR 3500
• Hydrang Regenerave Facial - For Men	60 Minutes	INR 3000
• Ultra Radiance Facial	60 Minutes	INR 3000
• Signature Brightening Clean-up	45 Minutes	INR 2500
• Express Facial	30 Minutes	INR 2000

HAIR CARE – THERAPIES

- Keran Therapy
- Hair Rebonding / Smoothing
- Hairfall / Dandruff Treatment (5 Sessions)
- Colour- Full Head Highlights
- Colour-Globa
- Hair Spa
- Colour-Root Touch Up
- Hair Oil Massage & Shampoo With Blowdry
- Hair Cut (With Shampoo & Blowdry)
- Hair Cut (Without Shampoo)
- Shampoo, Conditioning & Blowdry
- Colour- Streaks (Per Streak)

MEN

INR 3000
INR 2500
INR 6000
INR 1200
INR 1000
INR 1000
INR 650
INR 400
INR 300
INR 250
INR 200
INR 100

WOMEN

INR 6000-10000
INR 4000-8000
INR 8000
INR 2500
INR 1800
INR 1200
INR 1200
INR 600
INR 750
INR 500
INR 400
INR 200

WAXING

- Full Body Wax (Legs, Arms, Back, Mid Riff)
- Full Legs
- Bikini Line
- Full Arms
- Back
- Half Legs
- Mid Riff
- Half Arms
- Underarms

ALEOVERA / CHOCOLATE

INR 2000
INR 750
INR 550
-
NR 500
INR 400
INR 400
INR 300
INR 150

LIPOSOLUBL

INR 3000
INR 1150
INR 1000
INR 950
INR 750
INR 600
INR 600
INR 500
INR 200

BLEACH

- Full Body Bleach (Face, Legs, Arms, Back, Mid Riff)
- Back
- Full Legs
- Face Detan
- Face and Neck
- Full Arms
- Mid Rif

INR 2200
INR 650
INR 500
INR 500
INR 500
INR 450
INR 450

THREADING

- Full Face
- Eye Brows
- Forehead/Side Locks (Each)
- Upperlips/Chin (Each)

INR 250
INR 100
INR 100
INR 50

HAND AND FEET CARE

- Spa Pedicure INR 800
- Spa Manicure INR 650
- Nail File / Cut / Polish Application (Each) INR 100

HAIR CARE-STYLING

- Ironing / Crimping INR 800
- Temporary Curling INR 800
- Hair Style-Buns & Braids INR 800
- Blow Drying With Styling INR 650

MEN'S SPECIAL

- Beard Color INR 400
- Shaving INR 300
- Beard Trim INR 200
- Moustache Trim INR 150

MAKE-UPS

- Air Brush Bridal Make-up INR 30000
- HD Bridal Make-up INR 25000
- Bridal Make-up INR 20000
- Air Brush Engagement Make-up INR 20000
- HD Engagement Make-up INR 15000
- Engagement Make-up INR 12000
- Party Make-up INR 5000
- Light Make-up INR 4000
- Groom Make-up INR 4500
- Dress Drape INR 600



PRIVILEGE MEMBERSHIP

Members enjoy additional benefits & free services with compliments of mastak spa, A place where your wellness is nurtured to harmonise with your inner self.

CATEGORY	AMOUNT	NO. OF THERAPIES (60 MIN.)	VALIDITY (MONTHS)	FREE UPGRADES (30 MIN.)	COMPLIMENTARY SERVICES
PLATINUM	₹ 75000/-	54	12	5	
DIAMOND	₹ 50000/-	33	9	3	
GOLD	₹ 28000/-	15	6	2	
SILVER	₹ 12000/-	5	3	0	

T&C Apply:

Above Quoted Prices Are Exclusive Of Applicable Government Taxes.

The Memberships are Hon-Refundable / Non-Transferable.

Membership Discount Cannot Be Clubbed With Any Other Offer.

Prices Are Subjected To Change Without Prior Informaon.

SPA GUIDELINES

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 50%. The same will be applied for a no show.

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.

General Guidelines -

- Children under 16 years are not allowed in the spa, unless accompanied by an adult.
- 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.
- Aruna 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.



MASTAK

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SPA MANAGED BY OLIVE WELLNESS

as a partner for franchise to Mastak Spa

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