



Atman

SPA & WELLNESS MENU

SPA RATE CARD

SIGNATURE EXPERIENCE

ATMAN SIGNATURE
TREATMENT
120 MINUTES | 8000/13800
Single/Duo

SAMUDBHAVAH -REVIVE
60/90 MINUTES | 4800/5800

KANSA WAND - DETOX
60 MINUTES | 4800

MASSAGE

SWEDISH MASSAGE
60/90 MINUTES | 4000/5200

BALINESE MASSAGE
60/90 MINUTES | 4000/5200

DEEP MUSCLES THERAPY
60/90 MINUTES | 4000/5200

AROMATHERAPY MASSAGE
60/90 MINUTES | 4000/ 5200

SHIATSU MASSAGE
60/90 MINUTES | 4200/5200

THAI MASSAGE
60/90 MINUTES | 4200/5200

HOT STONE MASSAGE
60/90 MINUTES | 4500/5500

DESTRESS THERAPY
60/ 90 MINUTES | 4500/5500

FACE CARE

AGE DEFYING
CARE
60 MINUTES | 5000

HYDRATING
60 MINUTES | 5000

RADIANCE
60 MINUTES | 5000

BALANGING
60 MINUTES | 5000

EXPRESS FACIAL
30 MINUTES | 2800

BODY TREATMENT

BODY SCRUB
30 MINUTES | 3200

BODY WRAP
30 MINUTES | 3200

PERFECTLY YOU PACKAGE
120 MINUTES | 8500

SPA RATE CARD

VINOTHERAPY / WINE EXPERIENCE

ULTIMATE VINOTHERAPIE
INDULGENCE
90 MINUTES | 7500

REVITALISING VINOTHERAPIE
MASSAGE
60 MINUTES | 4500

VINOTHERAPY BODY SCRUB
30 MINUTES | 3200

VINOTHERAPY BODY WRAP
30 MINUTES | 3200

ANTIOXIDANT VINO FACE PACK
15 MINUTES | 2850

RED WINE BATH
30 MINUTES | 3000

EXPRESS THERAPY

HAND MASSAGE
30/45 MINUTES | 1800/2200

BACK MASSAGE
30/45 MINUTES | 2200/2800

HEAD MASSAGE
30/45 MINUTES | 2200/2800

FOOT REFLEXOLOGY
30/45 MINUTES | 2200/2800

COUPLE EXPERIENCE

PURE INDULGENCE
3 HOURS | 16500

SOOTHING SERENITY
2.5 HOURS | 14300

COUPLE MASSAGES
60 MINUTES | 8500
90 MINUTES | 10500

ENHANCEMENT

HOT/COLD STONE MELTER
15 MINUTES | 2100

FACE MASSAGE WITH WARM
TOWEL COMPRESS
15 MINUTES | 2850

NOURISHING MILK
BATH
15 MINUTES | 1500

HAIR & SCALP MASK
15 MINUTES | 850

DAY PASS ADULT
1250

DAY PASS KIDS
850

SPA AND WELLNESS PACKAGES

PRE-WEDDING
SPA PACKAGE
2.5 HOURS | 11000

EXQUISITE
3 HOURS | 12500

YOGA PACKAGES

Per hour/day
1 PERSON | 950
3 PERSONS/DAYS | 2200
5 PERSON | 2800

HOW TO SPA

HOURS OF OPERATION

The spa is open daily from 9 AM to 10 PM

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Do contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of cell phones and sounds on mobile devices and cameras during your time with us. Atman Spa and Wellness is a smoke-free zone.

ARRIVAL TIME

We encourage you to arrive 45 minutes prior to your appointment to enjoy the spa's wellness facilities including steam, sauna, and jacuzzi. Our therapists will be happy to assist you with any recommendations based on your chosen treatments. During your time at Atman Spa, you will be provided with a locker, disposable undergarments, robe, towels, and slippers. We do recommend that you refrain from bringing any valuables to the spa.

LATE ARRIVAL

As a courtesy to our next guest late arrival may result in a reduction of treatment time.

RESERVATIONS

To book an appointment, please contact the spa. For our inhouse guests, touch the spa button on your guest room telephone. Atman Spa welcomes both resident and non-resident guests, ages 18 and older. Non-resident bookings will be secured by a pre-authorization of credit card.

To ensure your preferred time and services are available, 24 hours advance booking is advised. The spa accommodates walk-in bookings based on availability.

GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Atman Spa experience at home, all products used in our treatments are available for sale in the spa reception area. We will be happy to assist you with your selections.

CANCELLATION POLICY

We kindly request our guests to allow us a minimum of three hours' notice for changes or cancellations. With fewer than three hours' notice, a cancellation charge amounting to 100% of your treatment shall be levied.

COUPLE'S SUITE

For an extended experience, the couple suites can be booked for a fee of INR 3000/- per hour which is subject to availability.

ATMAN SPA AND WELLNESS, RADISSON BLU HOTEL & SPA NASHIK

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