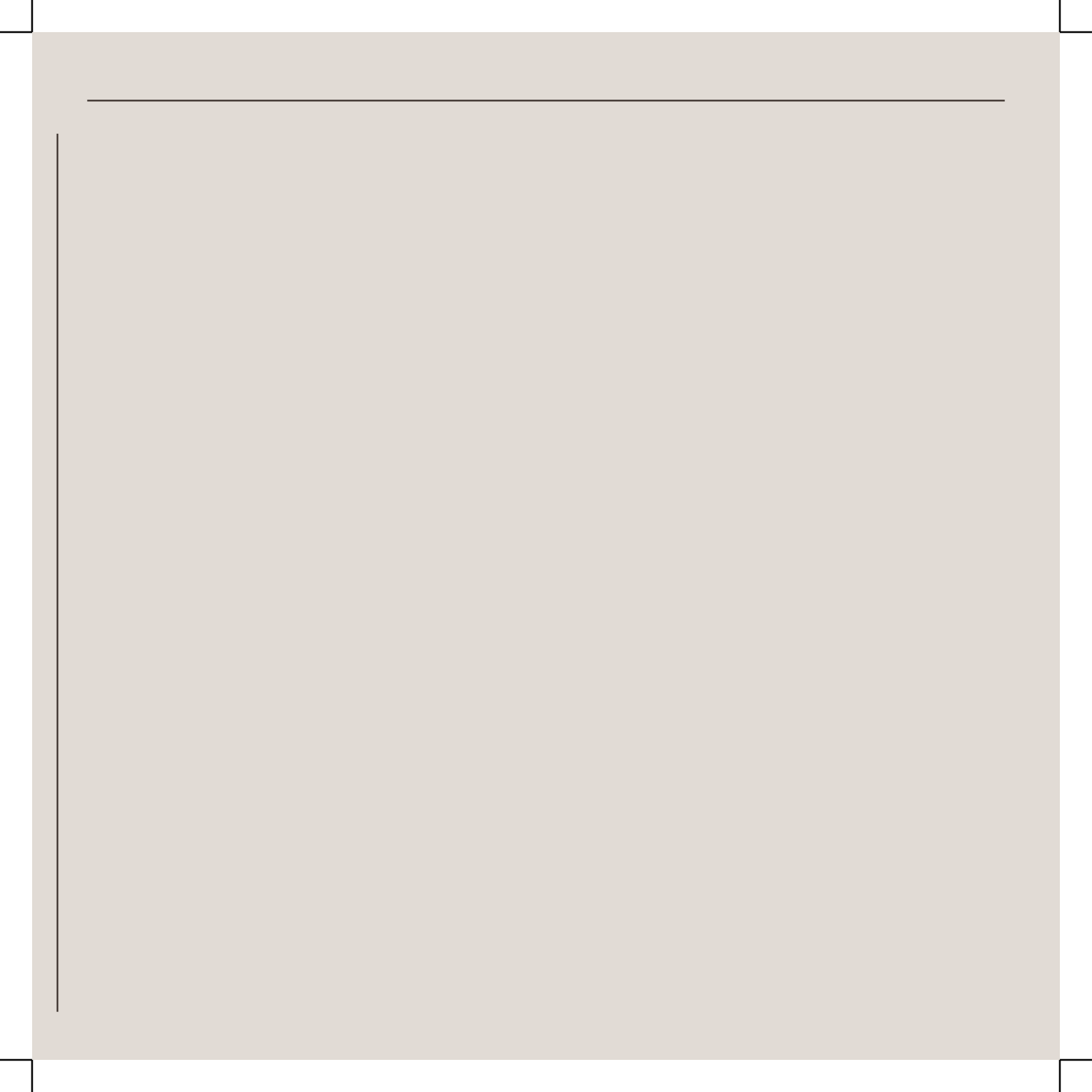




**TATTVA**  
—WELLNESS—









## WELCOME TO TATTVA SPA AN EXCURSION TO TRANQUILITY



Tattva Spa invites you to experience the rich mystic fusion of ancient Indian philosophy with the latest contemporary wellness methods. Our specialized spa therapies are based on the balance of five universal elements:

**Prithvi (Earth) Vayu (Air) Agni (Fire) Jal (Water) Aakash (Sky)**

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambiance. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and International massages express therapies and beauty elixirs, to our traditional spa baths with salt therapy and signature spa rituals.





**A SACROSANCT RITUAL**



Wellness is a journey towards rejuvenation and  
relaxation through a sacred ritual of therapies  
that are more than just massages.

Unlock well-being from within at Tattva Spa





## RENEW YOUR SENSES THE MOMENT YOU **1** ARRIVE WITH BASIL & LEMONGRASS

Before the therapy begins it is important your body also gets prepared for it. A rejuvenating herbal drink starts hinting your body to relax. Famously known folk remedy to promote sleep, lemongrass is the perfect herb to begin your journey with, while adding a tinge of basil to open your airways and improve breathing.

## **2** TAKE A REFRESHING BREAK WITH OUR OILS

Specially curated for the therapy, the oils rejuvenate your senses in the right way. Selection of right oil can make your spa experience supremely blissful and so we provide oils with different benefits, best suited for you- ranging from pain relief, to meditative; from relaxing to energizing blend. Our friendly spa associates will be happy to assist you while you make the decision to elevate your wellness journey.



## REKINDLING YOUR SKIN WITH SOME ROSE **3**

Oh, so romantic! Roses are a perfect way to enhance your and your skin's mood, whether it's a celebration of an event or celebration of your skin. We at Tattva, believe in the magic it creates on our skin as well as our mind. Indulge in a romantic affair as you gently cleanse your skin with rose water before the therapy. This strips away the excess oil and grime. Uplifting rose water scent has always been a classic ingredient for making the sparks to fly. Rekindling your skin with some rose.



#### PREPARE YOURSELF FOR A RELAXING SPA AHEAD OF YOU

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Atithi Daevo Bhava - in conformity with this, Tattva welcome its guests with a Godly gesture of washing the feet on their arrival, before the therapy begins. Granule textured Black Himalayan Salt is used to cleanse the feet, followed by a gentle wash with our Vimukti oil. Our feet are deeply connected to our mind. The sensitive healing touch begins with a foot cleansing ritual, that immediately sends signal to your mind to calm, you preparing for some rejuvenation time ahead.

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#### REVIVE YOUR 'GOOD NIGHT' SLEEP AS YOU INHALE

Aromatherapy, as we all know, has the best effect on our senses, Inhale the aroma, Exhale the stressful thoughts as you lose to your sleep and surrender your body's tension. Ease stress with Vilasa's Deep Sleep Roll On Remedy - just like a comforting hug from your favorite person on a bad day. The linalool present in the Ylang-Ylang essential oil is known to have properties that reduce anxiety and promote a feeling of wellness and serenity. German Chamomile essential oil offers a calming aroma that creates a tranquil atmosphere.



#### CHOOSE TO RADIATE THROUGH UBTAN POST THERAPY

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Relax and recharge with a bathing ritual. Dated back to Indus Valley era, bathing and cleansing has been religious in Asia. Inspired from the golden pages of our history, an ubtan bath is believed to be a gentle connecting experience with ourselves and cleansing the skin deeply. A natural wash with the balance of Oats, Mulethi and Chandan, post your spa session also reinstates the goodness of natural oils.





**SPA SOJOURNS**

### DEEP SLEEP

**120 minutes | INR 7100**

Like a comforting hug from your favourite person, Deep Sleep treatment is your requisite Stress-Buster. After a long day at work or a tiring sports event, after a delayed wearying flight or a strenuous day at home, this spa session reboots your energies.

**Includes:** Deep tissue massage (60 min), Indian head massage (30 min) and Leg fatigue reliever (30 min)

### NOURISH

**120 minutes | INR 6500**

Your Tann, Mann, and Aatma need two hours of nourishment. Our professionally trained healers relieve your tired muscles to replenish and freshen your senses. Deep tissue massage is followed by a detoxifying facial to soothe your tensed mind and body.

**Includes:** Choice of Swedish or Deep tissue massage (60 min) and Shine facial (60 min)

### REPLENISH

**135 minutes | INR 8300**

Slow down as you loose yourself to the healing art of traditional Indian massage followed by a floral body polisher concluded with an energizing clay wrap. This therapy is an end-to-end journey to Nirvana for your Tann, Mann, and Aatma.

**Includes:** Abhyanga massage (60 min), Floral mist body polisher (45 min) and Prithvi wrap (30 min)

### BLISS (COUPLE SPA)

**90 minutes each | INR 10700**

Set your job on hold while you enjoy a time out with your partner. Mix it up and revive your connection as both of you lose yourself to the healing power of the spa. In the tranquil setting, experience the bliss of love and life with your significant other.

**Includes:** Choice of full-body Swedish or Abhyanga massage (90 min)

\*Promotional offers are not applicable on Spa Sojourn Packages

\*Add our premium Pain-Relieving Vimukti Blend for just INR 200

\* Taxes Extra

### SERENITY (COUPLE SPA)

120 minutes each | INR 12200

Honour the timeless journey of love and togetherness. Why wait for a special occasion? Savor every moment as you and your partner relish in the serene ambiance of candlelight and essential oils.

**Includes:** Choice of full-body Swedish or Deep tissue massage (60 min) and Shine facial (60 min)

### UNWIND-REWIND

300 minutes | INR 16800

Want to truly relish in the sensibilities of spa therapy? Avail any 5 massages for 60 minutes each over a period of 15 days and have an unparalleled experience of relaxation and rejuvenation.

**Includes:** Choice of Indian Abhyanga, Deep-tissue and Swedish massage (Valid only for 15 days)

\*Promotional offers are not applicable on Spa Sojourn Packages

\*Add our premium Pain-Relieving Vimukti Blend for just INR 200

\* Taxes Extra





**MASSAGE SELECTION**



### SWEDISH MASSAGE

**60 minutes | INR 4000**

**90 minutes | INR 6000**

Popularly known as Swedish Massage, this is a medium-pressure fullbody massage, which targets superficial muscles to provide muscle relaxation and increased blood circulation. From strained muscles to tensed minds, the masseuse uses traditional long kneading strokes to relieve you after a long day of work and stress.

### DEEP TISSUE MASSAGE

**60 minutes | INR 4200**

**90 minutes | INR 6300**

Press the restart switch as you feel all your pain and tensions dissipate. Deep tissue massage is customizable to your needs. It targets reducing adhesions and muscle stiffness using varying pressure and distinct massage points.

### INDIAN ABHYANGA

**60 minutes | INR 4000**

**90 minutes | INR 6000**

Rise above the Doshas with Ayurveda. A massage based on the principles of traditional Indian technique, Abyanga Massage Therapy helps reduce the knots in the muscles and treats overall body fatigue. An amalgamation of time-honored healing art with herbal essential oils brings tranquility to your mind and body.

### AYURVEDIC POTALI MASSAGE

**75 minutes | INR 5100**

Alleviate the agony with the restorative power of Potli. Ayurvedic potli massage is based on the philosophy of warmth transmitted with linen potlis stuffed with essential herbs and oils. It aims to bring a therapeutic effect on the body by relaxing, nourishing, and rejuvenating.

\*Add our premium Pain-Relieving Vimukti Blend for just INR 200

\* Taxes Extra

### **JETLAG RECOVERY**

**90 minutes | INR 6000**

Win over the nasties of jetlag with our exclusive Jetlag Recovery massage therapy. It is an ideal massage to banish dehydration, fatigue, and sluggishness after a long flight. The techniques employed by our healers are designed to stimulate and invigorate your senses and body.

### **SIGNATURE TATTVA THERAPY**

**90 minutes | INR 6000**

The Signature Tattva Therapy incorporates massage with yoga stretches. This holistic wellness experience involves dry and oil-based massage, which eases muscle tension and energizes the body with acupressure movements and stretching. The deep pressure applied works effectively on muscles and balances the body's energy levels.

\*Add our premium Pain-Relieving Vimukti Blend for just INR 200

\* Taxes Extra



**BEAUTY ELIXIRS**

**FLORAL MIST (BODY POLISHER)****45 minutes | INR 3300**

From the abyss of Himalayan Valleys, Floral Mist Body Polisher is a misty fusion of aromatic oils- Palash, Saffron, and floral extracts. The gentle exfoliating polisher evens the skin tone, gives you a fresh dewy glow, and makes your skin soft and supple.

**KALP VRIKSHA (BODY SCRUB)****45 minutes | INR 3300**

Kalp vriksha, a herbal body scrub with nourishment tendencies of coconut, refurbishes dead skin cells making skin radiantly smooth and even-toned.

**VANILLA & NUTMEG SMOOTHIE (BODY POLISHER)****45 minutes | INR 3300**

A luxurious creamy treatment with a unique blend of exfoliating agents and balmy essential oils provides essential hydration. It repairs damaged skin, rejuvenates the undernourished body, and leaves your body with a delicate sweet fragrance.

**PRITHVI (EARTH's NECTAR- BODY WRAP)****30 minutes | INR 2500**

With the therapeutic propensities of Prithvi, this body wrap stands true to its name. Refresh in the cocoon of balmy refined wrap that drains the toxins, tightens the skin, and gives a natural radiant glow.

**CLEANSING FACIAL****30 minutes | INR 2300**

Castaway blackheads, whiteheads, dead skin cells, and clogged pores with a cast for your face. The cleansing facial refines skin clarity and reduces acne blemishes, leaving you with fresh skin that breathes and glows.

\* Taxes Extra



### **SHINE FACIAL (FOR SKIN BRIGHTENING)**

**60 minutes | INR 3000**

A skincare treatment that takes care of our skin's health and provides the nourishment it needs. This gentle facial massage, with well-crafted, detoxifying ingredients, revitalizes the skin cells, rehabilitating the natural texture of your skin. Don't just glow, get your shine back.

### **YOUNG & RADIANT FACIAL (FOR NEGLECTED SKIN)**

**60 minutes | INR 4000**

Combat aging, mend the damage, and restore freshness with the facial for all the superhumans of the world. Don't let the long hours of work have you neglect your skin. Achieve younger-looking radiant skin with Young & Radiant Facial.

### **HYDRA FACIAL (FOR DRY & PATCHY SKIN)**

**60 minutes | INR 4500**

Don't let the drying weather get the best of you! Boost skin cell regeneration and improve skin's elasticity with the Hydra Facial. This treatment cleanses, extracts, hydrates, and nourishes your skin from deep within without leaving room for dryness.

\* Taxes Extra



**EXPRESS THERAPIES**

#### INDIAN HEAD MASSAGE

30 minutes | INR 2000

Relieve stress from the head, neck, and shoulders when our professionally trained healers use kneading strokes for the massage. This therapy stimulates hair growth, improves blood circulation, and infuses a profound sense of joy and relaxation.

#### LEG FATIGUE RELIEVER

30 minutes | INR 2200

Leg fatigue reliever works on the age-old tradition of applying pressure to the more than 7,000 nerves in the foot which can mitigate blockages in the rest of the body. This is a treatment that balances the energy flow in the body and eases swollen legs and ankles, using a hand-picked combination of soothing natural oils.

#### ORIENTAL BACK MASSAGE

30 minutes | INR 2200

Soothe sore muscles, blockages, and joint pains with a massage derived from the Islands of Bali. A careful selection of aromatic oils and expert massage movements calm the nervous system, making this a serene experience.

#### TRAVEL ENERGIZER

30 minutes | INR 2200

After a long flight or a tiringly beautiful vacation, a shot of travel energizer is what you need. Traditional foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage for the upper back, neck, and shoulders is a wholesome tranquilizing experience.

\* Taxes Extra



**FACE MASK SELECTION**



**WHITE MULBERRY PEEL-OFF MASK (for mature skin)**

**INR 1500**

Enriched with anti-oxidant properties, White Mulberry Peel-Off mask delivers a unique glow for young, radiant, and even-toned skin. Refined mulberry extracts prevent premature aging, and calm the irritated skin.

**GREEN TEA TREE PEEL-OFF MASK (for oily and acne-prone skin)**

**INR 1500**

Soothe redness and improve overall skin health with the nourishment of the green tea tree peel-off mask. The anti-fungal and anti-oxidant properties of green tea moisturize, stimulate, regulate skin's well-being, and soothes inflamed acne-prone skin by balancing excess oil production without being harsh.

**ACTIVATED CHARCOAL PEEL-OFF MASK (for cleansing and purifying)**

**INR 1500**

Activated Charcoal Peel-Off mask draws impurities, dirt, and excess sebum that causes acne and clogged pores. A deep cleansing mask that detoxifies and purifies the skin. Savor the bliss of smoother rejuvenated skin.

\* Taxes Extra



# TATTVA REVIBE

SPA Memberships from Tattva

Tattva Revibe is the perfect solution for making wellness a part of your routine. A membership with tattva offers you a wide range of value- added extras, in a luxurious enviroment. A good spa therapy will no longer be a drain on your pocket we invite you to escape the chaos of your daily life rejuvenate in an oasis calm.

Commit to wellness with Tattva Revibe!

MEMBERSHIP CATEGORY	PAY	OPENING BALANCE	EFFECTIVE DISCOUNT***	EXPECTED NO.OF SERVICES***	VALIDITY (IN MONTHS)	SHARING WITH FRIENDS & FAMILY
PEACE	INR 18000*	INR 24000*	25%	6	8	YES
SERENITY	INR 24000*	INR 36000*	33%	9	12	YES
TRANQUILITY	INR 39600*	INR 72000	45%	18	18	YES

Tattva Revibe is a prepaid spa membership plan from Tattva.

The membership can be redeemed only at your home centre.\*\*

pay in advance and go cashless for every booking under membership.

Avail 25% discount through Tranquility Membership for other Tattva locations.

24-hours prior appointment required.

Membership plans are not applicable on spa packages.

\*Taxes extra

\*\*centre where membership is purchased

\*\*\*Example referring to 60 minutes Swedish Massage

Number of services will change upon choosing different services

(Calculated assuming only 60 minutes Swedish Massage at MRP 4000)

# GENERAL INFORMATION

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## RESERVATION AND CANCELLATION

It is recommended that you arrive 15 minutes prior to the scheduled spa session.

For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

## SPA ETIQUETTE

Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.

Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.

Smoking and consumption of alcohol are prohibited within the spa area.

The spa management has the discretion of not serving guests under the influence of alcohol.

Gentlemen are advised to shave at-least 3 hours prior to a facial session.

What should guests wear during a treatment?

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

## CONSIDERATIONS

Membership package are non-refundable can be availed membership card/booklet

Pregnant lady guests and other guests with any medical condition, are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.

The spa treatments rendered by Elementia Wellness Pvt. Ltd. are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. It's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.

The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature. Any illicit or sexually suggestive behavior, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges of the scheduled service.



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