



Spa
by Tattva



Welcome to Serenity~ Welcome to The Spa

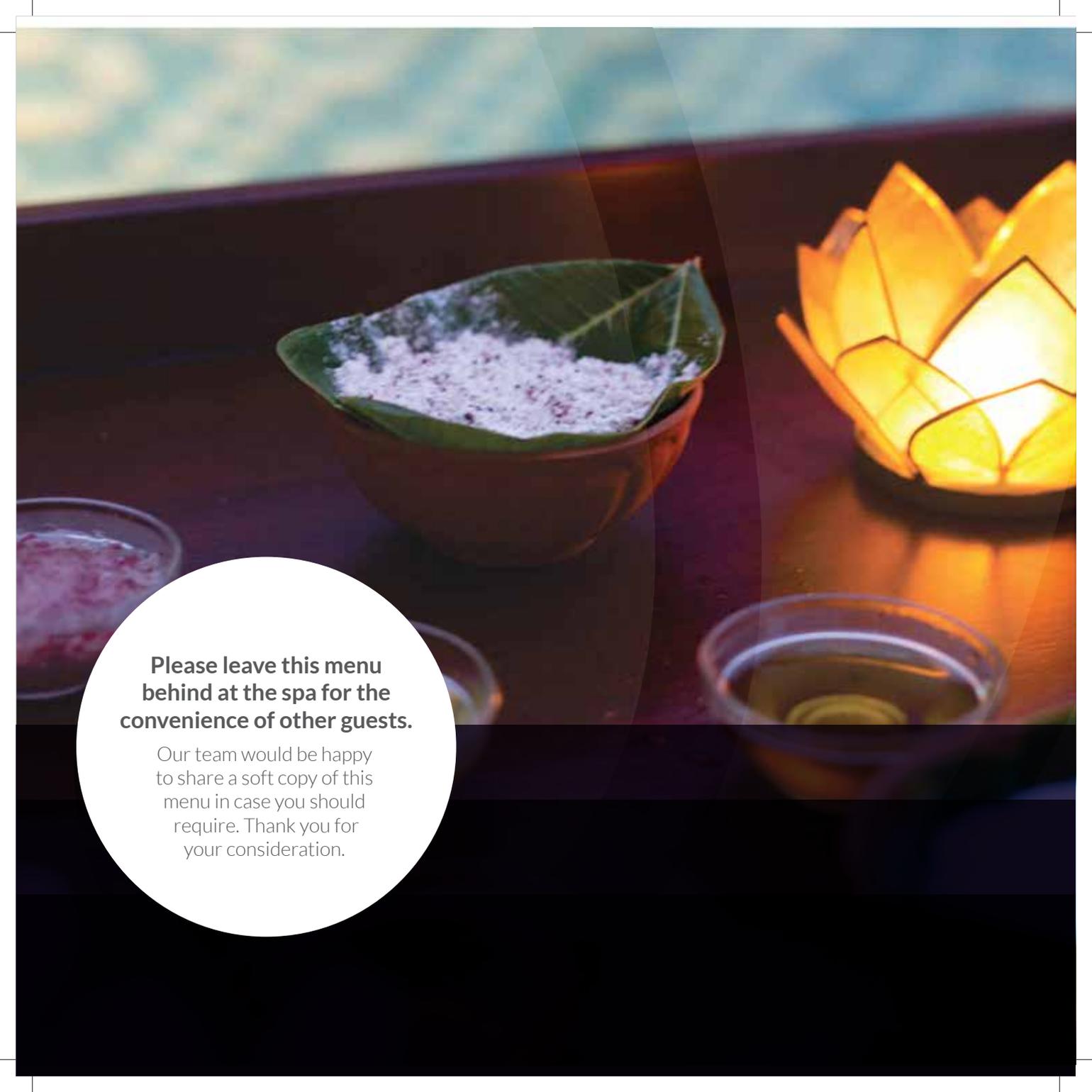


Introduction

The Spa invites you to experience the rich mystic fusion of the ancient Indian philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements - Prithvi (Earth), Vayu (Air), Agni (Fire), Jal (Water), and Aakash (Sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambience. 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.

Welcome to Serenity,
Welcome to The Spa.

A photograph of spa treatment ingredients on a dark wooden table. In the center is a bowl of white powder with red specks, lined with a green leaf. To the right is a glowing yellow lotus-shaped lantern. In the foreground, there are two small glass bowls, one containing a yellow liquid and the other a pinkish substance. The background is a blurred view of water.

**Please leave this menu
behind at the spa for the
convenience of other guests.**

Our team would be happy to share a soft copy of this menu in case you should require. Thank you for your consideration.



Spa Sojourns

Deep Sleep

120 minutes

INR 4500

Hours hunched over a computer, seated in meetings or crammed into an aeroplane seat leads to stress and strain in the lower back, shoulders, neck, hands, and eyes. This spa session is your much-needed stress buster. Inclusive of: Vishuddhi Massage (60 min) | Champi (30 min) | Foot Reflexology (30min)

Nourish

120 minutes

INR 3400

Allow the superwoman in you restore her super-powers to take on the world refreshed and renewed. Give-in to this me-time for you. Inclusive of: Choice of Vishram or Vishuddhi Massage (60min) | Shine Facial (60min)

Serenity (Couple Spa)

120 minutes each

INR 6000

Luxuriate in the candlelight of the couple's treatment suite as you both relax and rejuvenate. Why wait for an anniversary to celebrate togetherness? Inclusive of: Choice of Vishram or Vishuddhi Massage (60min) | Shine Facial (60min)

Promotional offers are not applicable on wellness experiences packages

** Taxes extra*



Massage Selection

Vishram Massage

60 | 90 minutes

INR 2000 | 3000

A medium pressure body massage, which uses one of the most effective proven massage techniques. The masseur will use various traditional, long kneading strokes to energise your body. The Vishram massage targets tired muscles and enhances blood circulation.

Vishuddhi Massage

60 | 90 minutes

INR 2200 | 3300

Feel all your tension melt away as this therapy helps reduce adhesions and loosens muscles. Highly customised for your needs, our masseur will focus on relieving muscle tension and pain from your tired body.

Indian Abhyanga

60 | 90 minutes

INR 2000 | 3000

In this traditional Indian technique, your body is massaged with the finest herbal oils inspired by ancient Indian Ayurveda. This helps reduce the knots in your muscles and overall body fatigue. Sit back and let our healers bring time-honoured healing arts back to life by relaxing your mind and body.

Shirodhara

60 minutes

INR 3000

A therapy that involves a consistent flow of warm oil over the forehead, specifically on the 'third eye'. This is the chakra point just above and between the eyebrows and is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair. Experience a blissful sensation with this Ayurvedic oil massage.

Jetlag Recovery

90 minutes

INR 3500

The ideal massage to banish the dehydration, fatigue and sluggishness associated with jetlag. These movements are designed to stimulate and invigorate you. Surrender your weary self to our expert healers to leave you feeling renewed.

* Taxes extra

Beauty Elixirs

Floral Mist *(Body polisher)*

45 minutes

INR 2000

We brings to you a misty fusion of aromatic oils - including palash, saffron and special floral extracts from the Himalayan valley. The gentle exfoliating polisher evens out the skin tone leaving your skin soft and supple and giving you that dewy glow.

Shine Facial *(Recommended for skin brightening)*

60 minutes

INR 2500

With Our's Shine facial treatment, indulge your skin with a vivacious experience. 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.

Express Therapies

Champi

30 minutes

INR 1500

This invigorating therapy helps restore the natural sheen of the hair fibre. This massage helps relieve stress from the head, neck and shoulders, creating a profound sense of joy and relaxation.

Leg Fatigue Reliever

30 minutes

INR 1800

Based on ancient eastern techniques, reflex zones on the feet and calf muscles are worked on. 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.

Back Massage

30 minutes

INR 1500

Originating from the island of Bali, this therapy will soothe internal tissues, and relieve strained muscles and joint pain. We use carefully chosen aromatic oils during the massage to calm the nervous system, making this a serene experience indeed.

Travel Energizer

30 minutes

INR 1800

The perfect combination of a foot massage and a back massage that is a quick fix relaxation for your body. Our traditional foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage of the upper back, neck and shoulders is a soothing experience that relaxes you.

Foot Reflexology

30 minutes

INR 1500

Based on ancient techniques of reflexology, this foot massage reduces fatigue and improves general well-being. You'll leave feeling like you're walking on air.

*Taxes extra



General Information

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 packages are non-refundable and can be availed against a valid 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.

The Spa, its 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 for the scheduled service.



HARIDWAR



THE HAVELI
HARI GANGA

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