

**Reconnect**  
with your inner self



**TATTVA**  
SPA

**NOVOTEL**  
BENGALURU OUTER RING ROAD

## MASSAGES

### Swedish Massage

60 ⌚ | INR 3300  
90 ⌚ | INR 5000

### Jetlag Recovery

90 ⌚ | INR 5500

### Deep Tissue Massage

60 ⌚ | INR 3500  
90 ⌚ | INR 5300

### Indian Abhyanga

60 ⌚ | INR 3300  
90 ⌚ | INR 5000

### Signature Tattva Therapy

90 ⌚ | INR 5300

### Potali Massage

75 ⌚ | INR 4300

## BEAUTY ELIXIRS

### Floral Mist

45 ⌚ | INR 3000

### Kalp Vriksha

45 ⌚ | INR 3000

### Vanilla & Nutmeg Smoothie

45 ⌚ | INR 3000

### Prithvi (Clay Wrap)

30 ⌚ | INR 2500

### Cleansing Facial

30 ⌚ | INR 1800

### Shine Facial

60 ⌚ | INR 2500

### Young & Radiant Facial

60 ⌚ | INR 3500

### Hydra Facial

60 ⌚ | INR 4000

## FACE MASK SELECTION

### White Mulberry -Peel Off Mask

30 ⌚ | INR 1500

### Green Tea Tree -Peel Off Mask

30 ⌚ | INR 1500

### Activated Charcoal -Peel Off Mask

30 ⌚ | INR 1500

 Recommended for higher Immunity boosting.

Reservations: 9999 835852. More information: [www.tattvaspa.com](http://www.tattvaspa.com)

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## EXPRESS THERAPIES

### Indian Head Massage

30 ☺ | INR 1700

### Oriental Back Massage

30 ☺ | INR 2000

### Leg Fatigue Reliever

30 ☺ | INR 2000

### Travel Energizer

30 ☺ | INR 2000

## SPA SOJOURNS

### Indian

#### Deep Sleep

60 ☺ Deep Tissue massage  
30 ☺ Indian Head massage | 30 ☺ Leg Fatigue Reliever  
120 ☺ | INR 6100

#### Bliss (Couple Spa)

Choice of full-body swedish or abhyanga massage  
90 ☺ | INR 9000

#### Nourish

60 ☺ Swedish or Deep Tissue Massage  
| 60 ☺ Shine Facial  
120 ☺ | INR 5400

#### Serenity (Couple Spa)

60 ☺ Swedish or Deep Tissue Massage  
| 60 ☺ Shine Facial  
120 ☺ | INR 10200

#### Replenish

60 ☺ Indian Abhyanga Massage  
45 ☺ Floral Mist body polisher | 30 ☺ Prithvi wrap  
135 ☺ | INR 7500

#### Unwind - Rewind

Avail any 5 massages of 60 ☺ each  
(Choice of swedish, deep tissue & abhyanga massage)  
300 ☺ | INR 14000

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