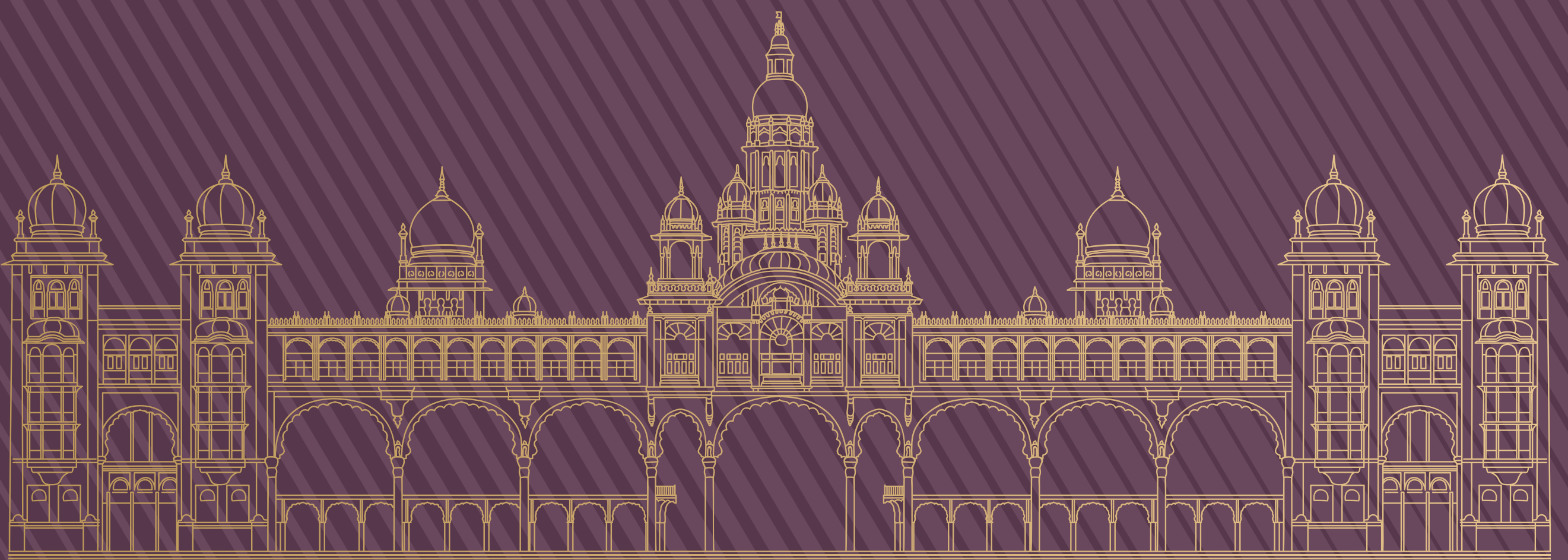


HAVELI
SALON & SPA



TATTVA
→ WELLNESS ←





WELCOME TO HAVELI SPA & SALON



Inspired by the grandeur of a majestic Rajasthani haveli of ancient Indian times, Haveli Salon & Spa at Bangalore International Airport, offers an oasis of calm amidst the bustling airport environment. Imagine grand arches, intricate frescoes, and serene courtyards, all reminiscent of the royal era gone by.

Step into our sanctuary and experience the warm hospitality fit for the Maharajas & Maharanis of Rajasthan. Our spa & salon treatments and beauty rituals are a tribute to India's royal heritage, crafted to meet contemporary needs.

Indian Havelis have long been places to rest and recharge, and we have recreated this regal ambience for your ultimate relaxation. Our spaces celebrate the Indian art & culture and reconnect you with the spiritual calm. Be it the intricately designed mandalas, sacred geometric design configurations, or Pichwai-style painted art showcasing the Blackbuck, our floor and light installations, the Indian traditional art is a spectacle to behold.

Indulge in a massage or a royal pithi ubtan while admiring the sandstone interiors and intricate filigree details

Haveli Salon & Spa by Tattva weaves a tapestry of tranquility and grandeur, ensuring that your time with us is more than just a pause in your journey—it's a destination in itself.

INTRODUCING TATTVA WELLNESS EXPERIENCE



POTLI (Herbal Poultice)

Potli, which actually means a bundle of anything wound roughly in a cloth, is actually a powerhouse of remedial medicinal herbs. In Ayurveda, a herbal poultice or potli is often used for treating specific skin & joint conditions. Our Potlis of healing herbs like methee, ajwain, sarso, coconut powder are dipped in warm oil and are used for massage therapies to promote relaxation, alleviate pain, and enhance overall well-being.

SANDALWOOD

The Kansa wand, also known as the healing metal wand, finds its roots in Ayurveda, the ancient Indian system of medicine. Kansa is a sacred metal alloy containing copper, tin, and zinc. According to Ayurveda, an ancient system of medicine from India, kansa utensils are believed to have health benefits. It is believed to harmonize the body's doshas (Vata, Pitta, and Kapha). This practice stimulates the skin, enhances blood circulation, and alleviates inflammation. Additionally, the unique vibrational energy of Kansa metal contributes to a sense of tranquility and balance during massages.





A SHORT PAUSE
FOR WELLBEING

ROYAL KANSA SOOTHE FOR FEET

20 ☺ | INR 2500
30 ☺ | INR 3000

Step into bliss with our Royal Kansa Soothe for Feet Massage. Let the magic of the Kansa Wand unfold as our skilled therapists work their soothing wonders. Feel the gentle glide on your feet, bidding farewell to negativity, embracing warmth, and bidding adieu to toxins.

Benefits Post Therapy:

- Softens the soles
- Relaxes tired feet & legs
- Stimulates blood circulation
- Reduces dryness and cracks in feet

HERBAL POTLI FOOT NIRVANA

20 ☺ | INR 2500
30 ☺ | INR 3000

Indulge in our Foot Rejuvenation Therapy! A fusion of warm herbal potlis and expert hands creates a symphony of soothing sensations. Unwind with our herb-enriched potlis, boasting pain-relieving properties for an extra layer of relaxation. Let aromatic herbs enhance circulation, alleviate tension, and restore balance.

Benefits Post Therapy:

- Reduces stress
- Relieves foot pain
- Improves blood circulation
- Promotes muscle relaxation
- Induces a renewed sense of energy

ROYAL PITHI UBTAN FOR FEET

20 ☺ | INR 2500

Immerse yourself in the rich beauty ritual of Rajasthan with our Royal Pithi Ubtan for feet, as we pamper your feet with an oatmeal, milk powder and rose-oil-based scrub. Our skilled therapists gently exfoliate your feet, leaving them radiant, glowing, and beautifully rejuvenated. Your feet are then splashed with milk to cleanse and nourish their skin.

Benefits Post Therapy:

- Gently removes dead skin cells
- Locks in moisture for smoother feet
- Promotes cell renewal
- Enhances skin tone of the feet
- Removes impurities

BACK TO BASICS (Upper Back)

20 ☺ | INR 2500

Sometimes, all you need is a moment to reset and unwind. This focused upper back massage targets tension-prone areas to melt away stress and leave you feeling refreshed. Gentle effleurage strokes warm up the muscles and prepare them for deeper work. The therapist focuses on key areas like the shoulder blades, neck, and upper traps to release tension and promote relaxation.

Benefits Post Therapy:

- Relieves upper back tension and tightness
- Reduces stress and promotes relaxation
- Improves posture and range of motion
- Alleviates joint discomfort

BACK TO BASICS
(Lower Back)

20 ☺ | INR 2500

Unwind and ease discomfort with this targeted lower back massage that is done using massage oil or nourishing cream to prepare the lower back muscles for deeper work. The therapist focuses on key areas of your lower back, using techniques to release built-up tension and promote circulation.

Benefits Post Therapy:

- Relieves lower back pain and stiffness
- Reduces tension or discomfort
- Improves flexibility and range of motion
- Quick and effective way to de-stress and rejuvenate your lower back

BACK TO BASICS
(Complete back)

30 ☺ | INR 3000
45 ☺ | INR 3500

Ease into relaxation with Back to Basics massage – a soothing remedy for back stiffness. It works on the intricate muscles along your spine, employing a harmonious blend of techniques to dissolve knots and ease stress. The expert massage movements target the entire back, from upper to lower. Prepare to board your flight feeling revitalized, with your back stiffness relieved.

Benefits Post Therapy:

- Releases blockages
- Diminishes back pain
- Comforts tired muscles
- Alleviates joint discomfort
- Eases tension in the back and shoulders

RADIANT REVIVAL

20 ☺ | INR 2500
30 ☺ | INR 3000

Revel in the indulgence of our 'Radiant Revival' face massage. Beyond the ordinary, our skilled therapists employ a delicate touch to not only enhance your facial contours but also cleanse blocked marma points, providing relief from sinus issues and recurrent frontal headaches.

Benefits Post Therapy:

- Helps relieve stress
- Enhances blood circulation
- Promotes marma point cleansing
- Alleviates sinus & headache discomfort
- Restores skin's natural suppleness & radiance

TERMINAL TRANQUILITY
(Neck and Shoulder Massage)

20 ☺ | INR 2500
30 ☺ | INR 3000

Allow the nurturing touch of our therapists to navigate through the intricacies of your neck and shoulders with our 'Terminal Tranquility' massage which is perfect to offer profound relief to the weary traveler. It targets and dissolves tension in the intricate muscles of your neck and shoulders, focusing on specific trigger points that often bear the brunt of travel-related stress.

Benefits Post Therapy:

- Dissolve knots and tension
- Alleviates muscle tightness
- Ease the strains of prolonged travel
- Promote better alignment for lasting relief
- Relieves stresses accumulated in the neck & shoulders

**REJUVENATOR FOR FEET
(FOOT MASSAGE)**

20 ☺ | INR 2500
30 ☺ | INR 3000

Drawing from the wisdom of the age-old art of reflexology, our massage focuses on the intricate reflex points of your feet to release tension and restore balance. The soothing rhythm of skilled hands works their magic as they massage away fatigue, revitalising your feet. This is the perfect pre-flight relaxation for your tired feet, ensuring you depart feeling refreshed and ready for your journey.

Benefits Post Therapy:

- Improves blood circulation
- Increases flexibility in the feet
- Alleviates fatigue and swelling in the feet
- Reduces stress and tension accumulated in the feet

**SCALP RENEWAL MASSAGE
(Head Massage)**

20 ☺ | INR 2500
30 ☺ | INR 3000

Our scalp renewal massage, commonly called 'champi', is the perfect anecdote to relieve tiredness & feel refreshed. Drawing from ancient Indian techniques, this massage gently releases tension from tight muscles, offering a holistic rejuvenation that balances your Chakras and envelopes you in deep relaxation. You may choose with oil or without oil, pressure point massage

Benefits Post Therapy:

- Stimulates hair growth
- Enhances sleep quality
- Improves scalp blood circulation
- Relieves headaches and sinus discomfort
- Releases muscle tension from tight muscles
- Enhances the natural sheen of your hair fibres

**DIGITAL DETOX DELIGHT
(Hands, arms & shoulders massage with stretching)**

20 ☺ | INR 2500
30 ☺ | INR 3000

Ease into relaxation with Back to Basics massage – a soothing remedy for back stiffness. It works on the intricate muscles along your spine, employing a harmonious blend of techniques to dissolve knots and ease stress. The expert massage movements target the entire back, from upper to lower. Prepare to board your flight feeling revitalized, with your back stiffness relieved.

Benefits Post Therapy:

- Releases blockages
- Diminishes back pain
- Comforts tired muscles
- Alleviates joint discomfort
- Eases tension in the back and shoulders



**WELLNESS MASSAGE
SERVICE SELECTION**

SWEDISH MASSAGE

45 Min | INR 5000
60 Min | INR 5500

Our Swedish Massage is the epitome of relaxation, enhancing circulation and relieving muscle tension. This classic therapeutic massage, characterized by long flowing strokes of light to medium pressure, serves as the foundation for various massage techniques. The technique promotes deep relaxation, making it the ideal choice for those seeking stress reduction and overall relaxation. Many guests find this experience so soothing that they often drift into a peaceful slumber during the session, a testament to the exceptional skill and trustworthiness of our highly-trained therapists.

Pressure:

- Moderate Pressure

Recommended for:

- Seniors
- Occasional Users

How should you feel post therapy:

- Relaxed
- Relief from stress

DEEP TISSUE MASSAGE

45 Min | INR 5000
60 Min | INR 5500

Experience the transformative power of our Deep Tissue Massage, designed to target deep-seated muscle tension, chronic pain, and stress-related discomfort. Our skilled therapists employ firm, rhythmic strokes with constant pressure, penetrating the deeper layers of muscle and tissue to release stubborn knots and ultimately relieve pain. Using a combination of thumb, knuckles, occasional elbow techniques and bottom of the palm for deeper pressure application, this oil-infused massage, enriched with aromatic oils, offers a profound sense of relief and restoration.

Pressure:

- High Pressure

Recommended for:

- New parents
- Sedentary lifestyle/Desk jobs

How should you feel post therapy:

- Relief from pain
- Muscle deeply relaxed
- Improved muscle recovery

INDIAN ABHYANGA

45 Min | INR 5000
60 Min | INR 5500

Abhyanga, Sanskrit for 'massage of the body', is a time-tested relaxing massage technique that is recommended for self-practice or through a practitioner in the ancient Ayurveda texts. Traditionally, it is distinguished by the usage of medicated warm oils that are recommended by a qualified Ayurvedic doctor. Our masseurs will use 'Pranati' (recommended) which is an oil infused with an array of herbs to relieve aches & pains. Long, vigorous, rhythmic strokes with mild to medium pressure work on the muscles to promote blood circulation which in turn enhances overall health & fitness.

Pressure:

- Moderate Pressure

Recommended oil: Pranati

Recommended for:

- Desk jobs
- Active lifestyle/athletes

How should you feel post therapy:

- Detoxification
- Relief from stress
- Improved circulation

SPORTS MASSAGE

45 Min | INR 5000
60 Min | INR 5500

The Sports Massage cohesively integrates targeted deep tissue massage techniques, assisted stretches, and the option of pain-relieving oil, PRANATI. Our skilled therapists employ deep tissue massage methods to alleviate tension, work through the knots and enhance flexibility. Through a combination of assisted stretches, they aim to improve the range of motion and promote muscle recovery post-exercise or active sports. PRANATI oil works synergistically with massage techniques, providing soothing relief to sore muscles and aiding in the reduction of inflammation. Ideal for athletes and fitness enthusiasts, this specialized massage is designed to optimize athletic performance, prevent injuries, and expedite recovery, ensuring you stay at the top of your game.

Pressure:

- Personalized & moderated pressure

Recommended for:

- Active lifestyle/athletes

How should you feel post therapy:

- Relief from pain
- Muscle deeply relaxed
- Improved muscle recovery

JETLAG RECOVERY

60 Min | INR 5500

The Jet Lag recovery massage offers relief from fatigue, sleep disturbances, and discomfort associated with travel across time zones, ensuring you feel rejuvenated after a long flight. This therapy begins with a soothing back and leg massage, accentuated by assisted leg stretching and precise pressure application using elbows, forearms, fingers, and palms to enhance flexibility, blood circulation, and lower back mobility. A soothing head massage relaxes the tension build up in the temples and back of the head enhances mental clarity & you feel more energised. While beneficial, it's essential to remember that massage complements, rather than substitutes, other effective jet lag management strategies like adjusting sleep patterns, light exposure, and active hydration.

Pressure:

- Personalized & moderated pressure

Recommended for:

- Frequent travelers
- Experiencing stiffness in legs

How should you feel post therapy:

- Relaxed
- Relief from fatigue

AYURVEDIC POTLI MASSAGE

60 Min | INR 6000

Immerse yourself in the ancient healing art of Ayurveda with our Potli Massage. Crafted in-house, following traditional Ayurvedic recipes, these herb-infused poultices, known as potlis, are the cornerstone of this therapeutic treatment. As our skilled practitioners rhythmically massage your body with these warmed bundles, the potent blend of herbs like methee, ajwain, sarso, coconut powder and related essential oils are released, having a therapeutic impact and easing muscle tension. This holistic experience promotes detoxification, enhances blood circulation, and alleviates joint and muscle discomfort. Our passion is in bringing forth authentic, traditional Indian rituals of well-being.

Pressure:

- Medium Pressure

Recommended for:

- Senior guests
- Ortho discomforts

How should you feel post therapy:

- Relaxed
- Relief from fatigue
- Relief from joint pains



HOLISTIC WELLBEING

STRESS BUSTER

60 ☺ | INR 5000
90 ☺ | INR 6000

Make time for full-body relaxation. Well almost! Escape the stress cycle with our invigorating Stress Buster massage. Expert techniques target key areas like the head, neck & shoulders, or back, leaving you feeling rejuvenated and ready to take on the world. Say goodbye to headaches, neck aches, and back tension - this holistic approach promotes deep relaxation and improved mobility.

Benefits Post Therapy:

- Relieving stress and promoting deep relaxation
- Reducing headaches and neck/shoulder tension
- Loosening tight back muscles and improving flexibility
- A comprehensive approach to stress management

THE ULTIMATE SPA ESCAPE

60 ☺ | INR 5000
90 ☺ | INR 6000

This immersive experience goes beyond relaxation. The targeted treatment melts tech neck & headaches, revives tired muscles with a back massage, and pampers feet for ultimate relaxation & focus. It's a targeted approach designed to combat fatigue and common tech-related issues and leaves you feeling refreshed, revitalized, and ready to take on your next adventure.

Benefits Post Therapy:

- A comprehensive, full-body spa experience
- Expert techniques addressing key areas from head to toe
- Deep relaxation and stress reduction
- Improved circulation and mobility
- Targeted solutions for common tech-related and lifestyle issues
- Improved energy levels and sleep quality

PAMPER & RELAX

20 ☺ | INR 3300
30 ☺ | INR 4100

When you have less time at hand but your body needs double the pampering! Indulge in a moment of self-care and embrace pure relaxation with our Pamper & Relax therapy, where two skilled healers work in tandem to provide you with the ultimate indulgence. Experience the power of dual healing as this synchronized approach ensures that your body receives the care and attention it deserves, whether it's your head and feet or your neck, shoulder and feet.

Choose between two combinations:

1)Foot Massage combined with Head Massage

Benefits Post Therapy:

- Relieves stress and tension in the head and feet
- Promotes relaxation and calmness
- Alleviates headaches & relaxes tired feet
- Improves blood circulation in the head and feet
- Helps with insomnia and promotes better sleep

2)Foot Massage combined with Neck & Shoulder Massage

Benefits Post Therapy:

- Relieves stress and tension in the neck, shoulders, upper back and feet
- Alleviates neck and shoulder pain & relaxes tired feet
- Improves posture and flexibility in the upper body
- Stimulates pressure points for overall relaxation
- Enhances blood circulation in the targeted areas

COORG COFFEE BODY ELIXIR

45 Min | INR 5000

An Aromatic Coorg coffee-based scrub is crafted to target specific areas such as feet, back, or hands. Enriched with natural coffee grounds, this aromatic exfoliating scrub effectively buffs away dead skin cells, unveiling a renewed and radiant glow.

Benefits Post Therapy:

- Improves skin texture
- Provides radiant glow
- Promotes tan removal
- Eliminates dead skin cells
- Minimizes cellulite appearance

SALON & GROOMING
FOR GENTLEMEN



GROOMING ESSENTIALS	INR
Moustache Trim	550
Beard Trim	650
Beard Styling	900
Threading: Ears/Forehead/Eyebrows/Sideburns	500
The Classic Hair Cut	1400
Lavender and Mint Dry Pedicure	3000
Lavender and Mint Dry Manicure	3000
Classic Blow-dry	2000

HAIR REMOVAL	INR
Rica Waxing - for Full legs	2500
Rica Waxing - for Half legs	2000
Rica Waxing - for Full arms	2500
Rica Waxing - for Under arms	2000

FACIAL TREATMENTS	INR
Comfort Zone Active Pureness (Recommended for impure, oily, scarred and acne-prone skin)	5500
Comfort Zone Hydramemory (Recommended for dull, dry and dehydrated skin)	6500
Comfort Zone Sublime Skin Double Peel (Recommended for mature skin and uneven skin tone)	7000

SALON & GROOMING
FOR LADIES



GROOMING ESSENTIALS	INR
Lavender and Mint Dry Pedicure	3000
Lavender and Mint Dry Manicure	3000
Classic Blow-dry	2500
Hair Straightening	2000 / 2500 / 3000

HAIR REMOVAL	INR
Threading - for Eyebrows	500
Threading - for Upper lip	500
Threading - for Sideburns	500
Threading - for Full face	1000
Rica Waxing - for Full legs	2500
Rica Waxing - for Half legs	2000
Rica Waxing - for Full arms	2500
Rica Waxing - for Half arms	2000
Rica Waxing - for Under arms	1000
Rica Waxing - Full (Includes Full legs, arms & Under arms)	4000
Rica Waxing - for Bikini line	2500
Rica Waxing - for Stomach or back	2000
Rica Waxing - for Back & Blouse Line	2000

BLEACHING	INR
Bleach - for Face and Neck	1800
Bleach - for Arms	2000
Bleach - for Legs	3000
Bleach - for Back	2500

FACIAL TREATMENTS	INR
Comfort Zone Active Pureness (Recommended for impure, oily, scarred and acne-prone skin)	5500
Comfort Zone Hydramemory (Recommended for dull, dry and dehydrated skin)	6500
Comfort Zone Sublime Skin Double Peel (Recommended for mature skin and uneven skin tone)	7000

GENERAL INFORMATION

Spa Etiquette

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

Cooperate with any security checks or procedures required before entering the spa area.

If you have luggage with you, ensure it's safely stored in designated areas and doesn't obstruct walkways or treatment areas.

Keep track of any flight delays or gate changes that may impact your spa appointment. Notify spa staff as soon as possible if you need to adjust or cancel your booking due to unforeseen circumstances.

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

Smoking is prohibited within the spa area.

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

The spa team will make all efforts to take care of your comfort & privacy during the salon/spa services. Kindly cooperate with them in any change of clothes, if required, for a comfortable & safe experience. We provide high-grade, single-use, viscose linen to maintain the highest standards of hygiene.

Our therapists are committed to ensuring your privacy. They will consistently utilize draping techniques during treatments to maintain your comfort and respect your privacy.

Communicate your preferences, concerns, and any medical conditions to the salon & spa team to ensure a tailored and safe treatment.

Considerations

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 salon & spa treatments offered by Elementia Wellness Pvt. Ltd. serve general purposes and are not intended as a substitute for professional medical treatment, regardless of any condition guests may have, whether medical or otherwise. Neither its employees nor representatives will 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 behaviour, 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.

HAVELI
SALON & SPA



TATTVA
— WELLNESS —

080 Lounge, Terminal 2, International
Departure, KIAL Rd, Devanahalli, Bengaluru,
Karnataka 560300
Tel: 9999 835 852



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Spa Reservation +91 9999 835 852

 www.tattvaspa.com

 hello@tattvaspa.com

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