

Reconnect
with your inner self



**FOUR
POINTS**
BY SHERATON
Chennai OMR

MASSAGES

Swedish Massage

60 ☺ | INR 3300
90 ☺ | INR 5000

Deep Tissue Massage

60 ☺ | INR 3500
90 ☺ | INR 5300

Jetlag Recovery

90 ☺ | INR 5500

Signature Tattva Therapy ☺

90 ☺ | INR 5300

BEAUTY ELIXIRS

Floral Mist

45 ☺ | INR 3000

Kalp Vriksha ☺

45 ☺ | INR 3000

Prithvi (Clay Wrap)

30 ☺ | INR 2500

Cleansing Facial

30 ☺ | INR 1800

Shine Facial

60 ☺ | INR 3000

EXPRESS THERAPIES

Indian Head Massage

30 ☺ | INR 1700

Oriental Back Massage

30 ☺ | INR 2000

Leg Fatigue Reliever

30 ☺ | INR 1700

Travel Energizer

30 ☺ | INR 2000

☺ Recommended for higher Immunity boosting.

Reservations: 9999 835852. More information: www.tattvaspa.com

Reconnect

with your inner self



FOUR
POINTS
BY SHERATON
Chennai OMR

SPA SOJOURNS

Deep Sleep

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

Replenish

60 ☉ Swedish Massage
45 ☉ Floral Mist body polisher | 30 ☉ Prithvi wrap
135 ☉ | INR 7500

Nourish

60 ☉ Deep tissue massage
| 60 ☉ Shine facial
120 ☉ | INR 5400

Unwind - Rewind

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

EXPERIENTIAL SELECTION

MINI THERAPIES



Neck & shoulder
massage
20 ☉/30 ☉
INR 900/1100



Hand & arms
massage
20 ☉/30 ☉
INR 800/1000




Foot massage
20 ☉/30 ☉
INR 900/1100



Head massage
20 ☉/30 ☉
INR 900/1100



Face massage
20 ☉/30 ☉
INR 900/1100

 Recommended for higher Immunity boosting.

Reservations: 9999 835852. More information: www.tattvaspa.com

Reconnect

with your inner self



FOUR POINTS
BY SHERATON
Chennai OMR

BACK TO BASICS



Upper back massage	15⌚ INR 900
Lower back massage	15⌚ INR 900
Complete back massage	15⌚ INR 1500

RELAX & RENEW



Tense Past Tense

Face massage, neck & shoulder, arms massage

30⌚/45⌚/60⌚
INR 1300/1800/2400



Head to Toe

Full body relaxation

60⌚
INR 2500

TWO TO TANGO



Head massage + foot massage

20⌚/30⌚
INR 1500/1900



Neck & shoulder massage + foot massage

20⌚/30⌚
INR 1500/1900



Upper back massage + foot massage

20⌚/30⌚
INR 1600/2000



Full body relaxation

30⌚
INR 2200

Recommended for higher Immunity boosting.

Reservations: 9999 835852. More information: www.tattvaspa.com