

# Reconnect with your inner self



TATTVA  
—WELLNESS—

NOVOTEL  
BENGALURU OUTER RING ROAD

## MASSAGES

### Swedish Massage

60 ☉ | INR 3400  
90 ☉ | INR 5100

### Deep Tissue Massage

60 ☉ | INR 3600  
90 ☉ | INR 5400

### Indian Abhyanga

60 ☉ | INR 3400  
90 ☉ | INR 5100

### Jetlag Recovery

90 ☉ | INR 5600

### Potali Massage

60 ☉ | INR 4400

### Signature Tattva Therapy

90 ☉ | INR 5400

## BEAUTY ELIXIRS

### Floral Mist

45 ☉ | INR 3000

### Kalp Vriksha

45 ☉ | INR 3000

### Shine Facial

60 ☉ | INR 3000

### Cleansing Facial

30 ☉ | INR 2100

### Prithvi (Clay Wrap)

30 ☉ | INR 2500

### Hydra Facial

60 ☉ | INR 4500

### Vanilla & Nutmeg Smoothie

45 ☉ | INR 3000

### Young & Radiant Facial

60 ☉ | INR 4000

## EXPRESS THERAPIES

### Indian Head Massage

30 ☉ | INR 1700

### Leg Fatigue Reliever

30 ☉ | INR 2000

### Travel Energizer

30 ☉ | INR 2000

### Oriental Back Massage

30 ☉ | INR 2000

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## WELLNESS DETOX

### Facial Detoxification

60 ⊕ | INR 3500

### Flexibility for a younger you

90 ⊕ | INR 5300

### Un-tech Hands free

60 ⊕ | INR 3500

### Insomnia De - Addiction

60 ⊕ | INR 3500

### Reduce Tension

30 ⊕ | INR 1900

60 ⊕ | INR 3500

## SPA SOJOURNS

### Deep Sleep

60 ⊕ Deep Tissue massage  
30 ⊕ Indian Head massage | 30 ⊕ Leg Fatigue Reliever

120 ⊕ | INR 6600

### Nourish

60 ⊕ Choice of Full Body Swedish, Indian Abhyanga Massage  
or Deep Tissue Massage | 60 ⊕ Choice of Facial

120 ⊕ | INR 6800

### Replenish

60 ⊕ Aromatherapy Massage | 45 ⊕ Floral Mist  
30 ⊕ Prithvi wrap | 15 ⊕ Soothing head Massage

150 ⊕ | INR 8800

### Couple Retreat

90 ⊕ Choice of Full Body Swedish or Deep Tissue Massage  
Room decoration - only on prior request & availability

90 ⊕ Each | INR 9700