

**Reconnect**  
with your inner self



## MASSAGES

### Swedish Massage

60 ⌚ | INR 3000  
90 ⌚ | INR 4500

### Jetlag Recovery

90 ⌚ | INR 5000

### Deep Tissue Massage

60 ⌚ | INR 3200  
90 ⌚ | INR 4800

### Indian Abhyanga

60 ⌚ | INR 3000  
90 ⌚ | INR 4500

### Signature Tattva Therapy

90 ⌚ | INR 4800

### Potali Massage

75 ⌚ | INR 4000

## 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)

\*Taxes Extra

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**NOVOTEL**  
HOTELS & RESORTS  
KOCHI  
INFOPARK

## EXPRESS THERAPIES

### Indian Head Massage

30 ⌚ | INR 1500

### Oriental Back Massage

30 ⌚ | INR 1800

### Leg Fatigue Reliever

30 ⌚ | INR 1800

### Travel Energizer

30 ⌚ | INR 1800

## SPA SOJOURNS

### Deep Sleep

60 ⌚ Deep Tissue massage  
30 ⌚ Indian Head massage | 30 ⌚ Leg Fatigue Reliever  
120 ⌚ | INR 5600

### Bliss (Couple Spa)

Choice of full-body swedish or abhyanga massage  
90 ⌚ | INR 8100

### Nourish

60 ⌚ Swedish or Deep Tissue Massage  
| 60 ⌚ Shine Facial  
120 ⌚ | INR 5200

### Serenity (Couple Spa)

60 ⌚ Swedish or Deep Tissue Massage  
| 60 ⌚ Shine Facial  
120 ⌚ | INR 9100

### Replenish

60 ⌚ Indian Abhyanga Massage  
45 ⌚ Floral Mist body polisher | 30 ⌚ Prithvi wrap  
135 ⌚ | INR 7300

### Unwind - Rewind

Avail any 5 massages of 60 ⌚ each  
(Choice of swedish, deep tissue & abhyanga massage)  
300 ⌚ | INR 13000

### Shine

60 ⌚ Shine Facial  
45 ⌚ Amazon Almond Hair Spa | 30 ⌚ Organic Foot spa  
135 ⌚ | INR 5100

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### HAND & FOOT CARE

Luxurious Chocolate Pedicure	INR 950
Luxurious Chocolate Manicure	INR 750
Organic Pedicure	INR 950
Organic Manicure	INR 750
Nail Paint Change (feet/hand)	INR 150

### HAIR CARE

Extra for Long Hair	INR 300
Amazon Almond Hair Spa	INR 2500
Amazon Amaranth Hair Spa	INR 2500

### HAIR CUTS

Hair Trimming for Him	INR 450
Hair Trimming for Her	INR 650

### HAIR STYLING

Shampoo & Conditioning	INR 450
Straight Blow-Dry	INR 650
Hair Straightening (Short/Long)	INR 1500 / INR 2000
Hair Perming (Short/Long)	INR 1500 / INR 2000

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## HAIR COLOUR

Global Colour (Men/Women)	INR 1000/2000
Global Colour Side (Men)	INR 700
Root Touch up (Women)	INR 1000

## Face & Body ESSENTIALS

Threading Eyebrow	INR 100
Threading Upper Lip	INR 80
Threading Chin/Forehead	INR 100
Full Face	INR 400
Waxing Full Legs**	INR 850/1050
Waxing Half Legs	INR 650/950
Waxing Full Arms	INR 850/1050
Waxing Under Arms	INR 150/250
Waxing Full (full legs, arms & under arms)	INR 1600/2100
Waxing Stomach or Back	INR 650/950
Waxing Blouse Line/Neck	INR 650/900
Waxing Full Body	INR 2500/3000
Bleach- Face and Neck	INR 650
Bleach Arms	INR 1050
Bleach Legs	INR 1250
Bleach Back	INR 850
Bleach Full Body	INR 2500/3000

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### ESSENTIALS FOR MEN

Shave	INR 300
Beard Trimming	INR 300
Moustache Trimming	INR 150
Threading (Eyebrows)	INR 100
Face Clean-up	INR 1800

### Make Up

Evening Party Make Up	INR 8500
Day Make Up	INR 4500
Dressing / Sari Drapping	INR 600
Indian Hair Styling (Jooda, Puff etc)	INR 1500
Hair Accessories	INR 250
Bridal Make Up	INR 15000

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