




fresco®

S P A



**Relaxation is the
stepping stone to
Tranquility**

Introduction

Fresco spa invites you to experience the rich mystic fusion of the ancient Indian philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements – Prithvi (Earth), Vayu (air), Agni (fire), Jal (water) and Aakash (sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambience. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and international massages, express therapies and beauty elixirs, to our traditional spa baths with salt therapy and signature spa rituals.

Welcome to Serenity,
Welcome to Fresco Spa.

SPA SOJOURNS



DEEP SLEEP

120 minutes INR 5590

Hours hunched over a computer, seated in meetings or crammed into an aeroplane seat leads to stress and strain in the lower back, shoulders, neck, hands and eyes. This spa session is your much needed stress buster.

Includes: Deep tissue massage (60 minutes) | Indian head massage (30 minutes)
Leg fatigue reliever (30 minutes)



NOURISH

120 minutes INR 5590

Dedicate hours of nourishment for your mind, body and soul. The therapist will begin with a deep tissue massage for your tired muscles that uses thumb pressures and deep pressures followed by a revitalising spa facial therapy to detoxify and enliven your facial skin. Be nourished.

Includes: Choice of full Swedish massage or deep tissue massage (60 minutes) | Shine facial (60 minutes)



BLISS (COUPLE SPA)

90 minutes each INR 8590

Our therapists treat you like royalty in a tranquil natural setting and lead you and your love to a state of bliss with the perfect combination of our luxurious therapies of rejuvenation.

Includes: Choice of full Swedish massage or abhyanga massage (90 minutes)

SERENITY (COUPLE SPA)

120 minutes each INR 11090

Soothe your soul in a couple's treatment suite as you both relax, rejuvenate and celebrate togetherness.

Includes: Choice of full Swedish massage or deep tissue massage (60 minutes) | Shine facial (60 minutes)

**Government taxes extra as applicable*

MASSAGE SELECTION



SWEDISH MASSAGE

60 | 90 minutes INR 2990 | 4490

A medium pressure body massage, which uses one of the most effective proven massage techniques. The therapist will use traditional, long kneading strokes to energise your body. The Swedish Massage targets tired muscles and enhances blood circulation.



DEEP TISSUE MASSAGE

60 | 90 minutes INR 3190 | 4790

Feel all your tension melt away as this therapy helps reduce adhesions and loosens muscles. Highly customised for your needs, our therapist will focus on relieving muscle tension and pain from your tired body.

INDIAN ABHYANGA

60 | 90 minutes INR 2990 | 4490

In this traditional Indian technique, your body is massaged with the finest herbal oils inspired by ancient Indian Ayurveda. This helps reduce the knots in your muscles and overall body fatigue. Sit back and let our healers bring you back to life by relaxing your mind, body and soul.



SIGNATURE THERAPY

60 | 90 minutes INR 3090 | 4590

This is a signature wellness service incorporating yoga stretches along with a massage. This unique technique involves dry and oil based massage, eases muscle tension and energises the body with acupressure movements and stretching. The deep pressure applied during this massage works effectively on muscles and balances the energy levels of the body.

JETLAG RECOVERY

90 minutes INR 4790

The ideal massage to ease the dehydration, fatigue and sluggishness associated with jetlag. These movements are designed to stimulate and invigorate you. Surrender your weary self to our expert therapist to leave you feeling renewed.

**Government taxes extra as applicable*

BEAUTY ELIXIRS



FLORAL MIST (BODY POLISHER)

45 minutes INR 2990

We bring to you a misty fusion of aromatic oils - including palash, saffron and special floral extracts from the Himalayan valley. The gentle exfoliating polisher evens out the skin tone leaving your skin soft and supple giving you that dewy glow.



KALP VRIKSHA (BODY SCRUB)

45 minutes INR 2990

Kalp vriksha is an exceptional coconut-based herbal body scrub that helps hydrate your body and gives you an everlasting effect. This exceptional body tonic cleanses and hydrates the uneven and patchy skin from within.

VANILLA AND NUTMEG SMOOTHIE (BODY POLISHER)

45 minutes INR 2990

A luxurious creamy treatment that leaves your skin soft and supple, this aromatic mixture provides essential hydration and conditions damaged skin, leaving your body with a delicate sweet fragrance.



SHINE FACIAL (FOR SKIN BRIGHTENING)

60 minutes INR 2990

Recapture your youthful skin with a long lasting radiance. This gentle facial massage, with well-crafted, detoxifying ingredients, revitalizes the skin-cells and rehabilitates the natural texture of your skin.

CLEANSING FACIAL

30 minutes INR 1990

A simple yet effective deep cleansing treatment that helps exfoliate dead skin and blackheads and unclog pores. This treatment refines skin clarity and reduces acne blemishes to leave you with fresh skin that breathes and glows.

**Government taxes extra as applicable*

EXPRESS MASSAGE



INDIAN HEAD MASSAGE

30 minutes INR 1490

This invigorating therapy helps restore the natural sheen of the hair fibre. This massage helps relieve stress from the head, neck and shoulders, creating a profound sense of joy and relaxation.

LEG FATIGUE RELIEVER

30 minutes INR 1490

Based on ancient eastern techniques, reflex zones on the feet and calf muscles are worked on. This is a treatment that balances the energy flow in the body and eases swollen legs and ankles, using a hand picked combination of soothing natural oils.



ORIENTAL BACK MASSAGE

30 minutes INR 1690

Originating from the island of Bali, this therapy will soothe internal tissues, and relieve strained muscles and joints pain. We use carefully chosen aromatic oils during the massage to calm the nervous system, making this a serene experience indeed.

TRAVEL ENERGISER

30 minutes INR 1690

The perfect combination of a foot massage and a back massage that is a quick fix relaxation for your body. Our traditional foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage of the upper back, neck and shoulders is a soothing experience that relaxes you.



**Government taxes extra as applicable*



**Health is a state of body,
wellness is a state of being.**

Please Note

We provide only genuine Ayurvedic and internationally authenticated therapeutic services. These treatments are being availed at your own behest. The hotel and spa operator will not be held responsible for any mishap. It is important to inform the staff about any medical conditions you have, prior to availing any treatment.

Kindly follow laid down guidelines and rules. Non adherence to instructions from the spa-in-charge or any inappropriate remarks and gestures towards any therapist will result in the treatment being stopped immediately, followed by an appropriate legal action by the spa / hotel management.

General Information

Reservation and Cancellation

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

Spa Etiquette

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.
- Smoking and consumption of alcohol are prohibited within the spa area. The spa management has the discretion of not serving guests under the influence of alcohol.
- Gentlemen are advised to shave at-least 3 hours prior to a facial session.
- What should guests wear during a treatment?
Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

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 spa treatments are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. It's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments are professional in nature. Any illicit or inappropriate behavior, 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.

Spa Packages

Commit to wellness

Spa Packages is the perfect solution for making wellness a part of your routine. Our Spa Packages offers you a wide range of value-added extras, in a luxurious environment. A good spa therapy will no longer be a drain on your pocket. We invite you to escape the chaos of your daily life and rejuvenate in an oasis of calm.

Spa Packages	Pay	Opening Balance	Effective Discount**	Expected No. of Services**	Validity (in months)	Sharing with Friends & Family
Peace	INR 18000*	INR 24000	25%	8	8	Yes
Serenity	INR 24000*	INR 36000	33%	12	12	Yes
Tranquility	INR 39600*	INR 72000	45%	24	18	Yes



MORE SPA

Attractive membership discounts get you more spa services



CASHLESS

No hassles of payments on each visit



SHARING

Spread wellness cheer with your friends & family

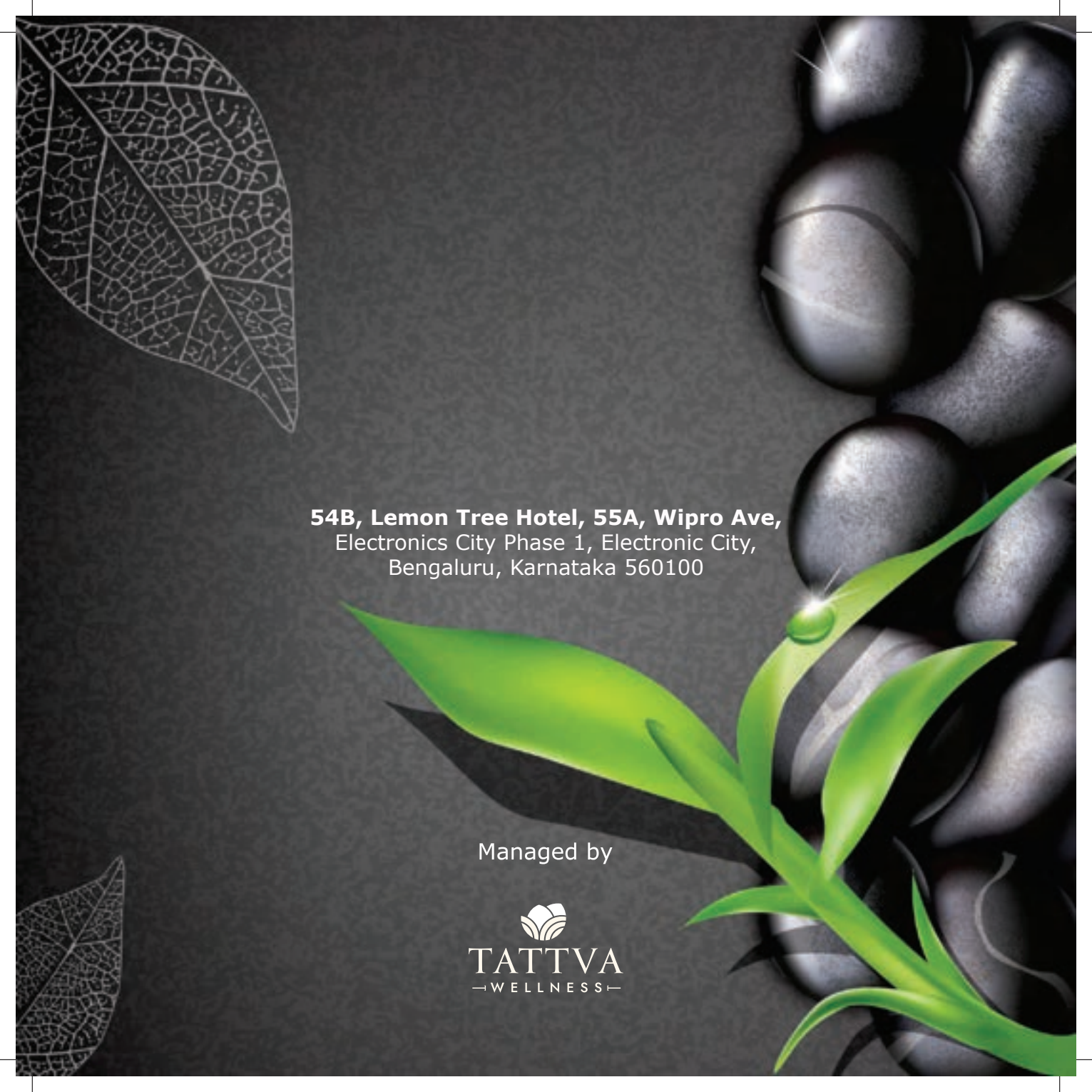


More Discounts

Avail flat 25% off on spas

Terms and Conditions

- ◆ *Taxes extra
- ◆ **Example referring to 60 minutes Swedish Massage. The number of services will change upon choosing different services. (Calculated assuming only 60 minutes of Swedish Massage at MRP 2990)
- ◆ Our Spa Packages work on a prepaid payment system
- ◆ The membership can be redeemed only at your home centre.
- ◆ Pay in advance and go cashless for every booking under the membership
- ◆ Memberships can be availed during spa operational hours
- ◆ 24 hours prior appointment required
- ◆ Membership plans are not applicable to spa packages



54B, Lemon Tree Hotel, 55A, Wipro Ave,
Electronics City Phase 1, Electronic City,
Bengaluru, Karnataka 560100

Managed by

