



TATTVA  
→ WELLNESS ←



INTRODUCING  
TATTVA WELLNESS SPA  
AT MANOHAR INTERNATIONAL  
AIRPORT, GOA



Welcome to Tattva Wellness Spa Pavilion at Manohar International Airport, where we're all about embracing that laid-back, stress-free vibe of Goan life. Imagine that you are lounging in our serene spa, with nothing but relaxation on your mind. At Tattva, we're dedicated to helping you escape the frenetic pace of travel and dive into a world of tranquility and indulgence.

Life can get pretty hectic, but here's the thing: you don't have to let the stress win. Our mission is simple-we want you to emerge from our spa feeling refreshed, balanced, and invigorated. Think of it as your personal oasis amid the chaos of travel.

Step in and discover how effortless it is to leave your worries at the departure gate and embrace the essence of true well-being, right here at the airport.



A SHORT PAUSE FOR WELLBEING

### REJUVENATOR FOR FEET

20 ☺ | INR 2000  
30 ☺ | INR 2300

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.

#### Key Benefits:

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

### ROYAL KANSA SOOTHE FOR FEET

20 ☺ | INR 2200  
30 ☺ | INR 2500

Step into bliss with our Kansa Delight Foot 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.

#### Key Benefits:

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

### HERBAL POTLI FOOT NIRVANA

20 ☺ | INR 2200  
30 ☺ | INR 2500

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.

#### Key Benefits:

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

### DE-TAN & SHINE FOOT POLISHING

30 ☺ | INR 2300

Our refreshing Goan-inspired Detan and Shine foot scrub is infused with the goodness of coconuts and cashews. Drawing inspiration from the coastal paradise, this refreshing scrub gently buffs away dry, rough skin, leaving you with a radiant glow and a tan-free complexion. After your revitalizing scrub, indulge in a soothing foot massage. This indulgent massage not only improves circulation but also leaves your feet feeling pampered, polished, and thoroughly nourished.

#### Key Benefits:

- Exfoliates dead skin cells, revealing smoother and softer feet
- Removes tan and evens out skin tone
- Nourishes and moisturizes the skin with the richness of coconut
- Soothes and calms tired feet with the natural properties of cashew
- Improves blood circulation in the feet

### SCALP RENEWAL MASSAGE

20 ☺ | INR 2000  
30 ☺ | INR 2300

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.

#### Key Benefits:

- 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

### BACK TO BASICS (Upper Back)

20 ☺ | INR 2000

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.

#### Key Benefits:

- 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 2000

Unwind and ease discomfort with this targeted lower back massage that is done using massage oil 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.

#### Key Benefits:

- 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 2500  
45 ☺ | 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.

#### Key Benefits:

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

## RADIANT REVIVAL

20 ☺ | INR 2000

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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.

### Key Benefits:

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

## SHOULDER STRESS RELEASE

20 ☺ | INR 2000

30 ☺ | INR 2300

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Allow the nurturing touch of our therapists to offer pre-flight relaxation with our 'Shoulder Stress Release' massage. The massage, complemented by targeted stretches, effectively melts away stiffness in the intricate muscles of your neck and shoulders. It targets specific trigger points that commonly endure the impact of stress.

### Key Benefits:

- Dissolve knots and tension
- Alleviates muscle tightness
- Enhance shoulder mobility and blood flow
- Strengthen neck muscles that support good posture
- Relieves stresses accumulated in the neck & shoulders

## DIGITAL DETOX DELIGHT

20 ☺ | INR 2200

30 ☺ | INR 2500

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Escape the digital hustle and treat your hardworking hands and arms to our 'Digital Detox Delight' massage. Customizing pressure points, our skilled therapists knead away tension, providing profound relief for hands, arms and shoulders. In addition to targeting hands and arms, our massage includes invigorating shoulder massage with gentle stretching techniques. Experience increased joint mobility, fostering a renewed sense of freedom, and find targeted relief from digital strains.

### Key Benefits:

- Soothes weary hands
- Increases joint flexibility
- Eases stiffness and fatigue
- Provides carpal tunnel relief
- Relaxes tense shoulders and neck muscles



HOLISTIC WELLBEING

## STRESS BUSTER

60 ☺ | INR 4000  
90 ☺ | INR 5000

Make time for a 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.

### Key Benefits:

- 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 4000  
90 ☺ | INR 5000

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.

### Key Benefits:

- 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 3000  
30 ☺ | INR 3700

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 Neck & Shoulder Massage



#### Key Benefits:

- 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

### 2) Foot Massage combined with Head Massage



#### Key Benefits:

- 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





# TATTVA REViBE

## Spa Membership From Tattva

Tattva Revibe is the perfect solution for making wellness a part of your routine. A membership with Tattva Wellness offers you a wide range of value-added extras, in a serene 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.

## Commit to Wellness with Tattva Revibe!

Membership Category	Pay	Opening Balance	Effective Discount**	Expected No. of Services**	Validity (in months)	Sharing with Friends & Family
Peace	INR 18000*	INR 24000	25%	7	8	Yes
Serenity	INR 24000*	INR 36000	33%	10	12	Yes
Tranquility	INR 39600*	INR 72000	45%	21	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 across 85+ Tattva locations

## 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 3300)
- ◆ Tattva REViBE is a prepaid spa membership plan from Tattva.
- ◆ 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.
- ◆ Avail 25% discount through Tranquility Membership at select Tattva locations.

# GENERAL INFORMATION

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## • 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.



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Mopa, Kasarvarne, Goa - 403512



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