



# The Salāi Spa

BY TATTVA







# आयुर्वेद

## THE SCIENCE OF LIFE

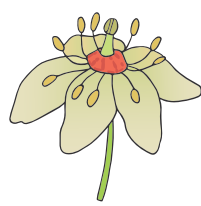
Ancient philosophers used to call India the land of thousand Yojans (leagues) that stretches from the magnificent Himalayas to the arid deserts to the mighty oceans, intertwined with rivers deemed sacred. Our beloved India is endowed with nature's finest in terms of herbs, spices, flora & fauna. Indian traditional science of well-being, Ayurveda, draws from the deep knowledge of the human mind & body and the mindful application of the rich natural heritage of Indian herbs & flowers, as the science of life.

**We welcome you to our sanctuary of healing,  
The Salai Spa by Tattva.**

Salai, or the Indian Frankincense tree, has been known to be a valued source of precious resins which were traditionally traded along with Gold, Spices & Cotton from India. A native to the Rajasthan arid region and the deserts of Arabia, the Salai is the inspiration of our Spa & Wellness Experience at Radisson Blu Resort Kumbhalgarh.

**Embark on a serene journey through the diversity of Indian Ayurveda-inspired wellness rituals, harnessing the natural goodness of time-tested native ingredients and the warm hospitality of the region  
~ a profound experience at The Salai Spa by Tattva.**





# Spa Sojourns



Indulge yourself in the choicest combination of spa therapies for a rejuvenating experience that stretches a bit longer



# ĀYURVED RETREAT

A Purifying and Exhilarating Experience

150 min | INR 11700

Ayurveda is a Hindu system of traditional medicine, native to India and a form of alternative medicine which appeared during the Vedic period in India. Ayurveda adopted the physics of the "five elements" Prithvī (earth), Jala(water), Agni (fire), Vāyu (air) and Ākāśa (Sky) – that compose the universe, including the human body and emphasized on the balance of the same in the human body. Our Ayurvedic Retreat Spa Sojourn is an attempt to bring back this balance in your body.

## INCLUDES

- Ayurvedic Potali Massage focussed on energizing the body chakras **60 min**
- Rasika Body Polishing Ritual with healing Ayurvedic herbs for skin repair & nourishment **60 min**
- Sukesh (Hair Spa) with a relaxing pressure point head massage and a nourishing Musk Root, Neem, and Bhringraj hair mask **30 min**

# SNEHĀ

A Beautifying and Pampering Experience

120 min | INR 8600

From times immemorial, the smooth and shiny skin of Indian beauties and their long, black hair have enchanted many poets and sages alike. Drawing from the beauty rituals fit for the queens and princesses of the region, we treat you to a traditional ceremony used extensively for to-be brides (and grooms) before marriages and popular today as a more fun ritual of Haldi.

## INCLUDES

- Traditional Pithi Ubtan ritual – full body polishing therapy for skin smoothening & brightening **60 min**
- Frankincense RADIANCE – skin brightening facial therapy **60 min**

# DESERT ROMANCE

Couple Spa

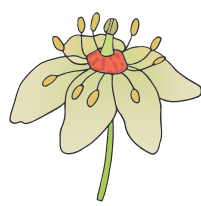
120 min each | INR 17500

Sit back and cherish some precious moments of relaxation and togetherness ~ an experience you will never forget. Let our therapists treat you like royalty and lead you and your love to a state of tranquility and bliss with the perfect combination of our luxurious therapies. Our wellness experts would be keen to create a bespoke experience for you and your loved one.

Rest in calm & peace and renew your vows of love & companionship.

## INCLUDES

- A relaxing massage therapy for two – choose as per your requirements from the massage selection **60 min**
- Pada Mardan (Foot Massage) with soothing oils for complete rejuvenation **30 min**
- Indian Champi (Head Massage) using nourishing hair oil for mental relaxation and peace **30 min**

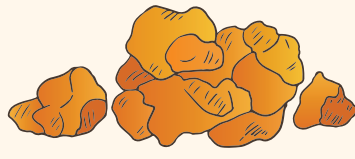


# Massage Selections



The use of massages in India can be traced back in time to the first Indo-Aryan settlements to promote fitness and well-being. All our indigenous massages are based on Indian Ayurveda which works on the principle of harmony & balance of the elements in the human body and the universe.





Inspired by Rajasthan's rich natural habitat, our spa proudly procures locally sourced ingredients, celebrating the essence of abundant flora. Within this serene sanctuary, experience the time-honoured healing traditions that have been perfected over generations.



Immerse yourself in a personalized journey by selecting from our selection of 4 unique massage oils

### **Frankincense Oil**

Discover the magic of our locally sourced Frankincense oil for your skin. It brightens and rejuvenates, promoting cellular regeneration for a radiant complexion. Its moisturizing benefits quench dryness, soothing rough patches and leaving your skin velvety-soft and nourished.

### **Jjoba Oil**

Surrender yourself to pure bliss with our massage therapies, elevated by the nourishing properties of Jjoba oil. As this locally procured elixir deeply hydrates your skin, revitalizes your muscles, and rejuvenates your being, you will be transported to a state of pure serenity.

### **Vishram Oil**

Indulge in a tranquilizing pause with Vishram oil, a meticulously crafted blend designed to promote deep relaxation and rejuvenation. This oil combines carefully selected ingredients to create a soothing experience. Applying Vishram oil envelops your senses in a gentle aroma, creating a serene ambience for calm and tranquility.

### **Vimukti Oil**

Experience the therapeutic healing of Vimukti oil, a potent Ayurvedic blend meticulously crafted to provide the ultimate relief from body aches and soreness.

With its unique formulation, Vimukti oil targets specific areas of the body, working to alleviate pain, reduce inflammation, and promote deep relaxation.

## SHIRODHĀRĀ

Ayurvedic Massage

60 min | INR 5000

A therapy that involves a consistent flow of warm oil over the forehead, specifically on the 'third eye' to pacify and revitalize the mind and body, inducing a balanced state of awareness. This is the chakra point just above and between the eyebrows and is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair. Experience a blissful sensation with this Ayurvedic oil massage.

(PLEASE NOTE: Shirodhara therapy is administered using medicated ayurvedic oils only)

## POTĀLI

Ayurvedic Poultice Massage

60 min | INR 5500

Our unique massage based on the Ayurvedic application of healing and warmth, involves massaging the body with linen Potaliś stuffed with essential herbs and oils, which nourishes the tissues, reduces pain, enhances joint flexibility, and draws the body into a deeper state of relaxation, resulting in peaceful sleep. The massage also promotes detoxification and rebalancing of the natural body energy.

(PLEASE NOTE: Potali massage therapy is administered using medicated ayurvedic oils only)

## VISHRĀM

Indian Relaxation Massage

60 min | INR 4500

90 min | INR 7000

A medium-pressure body massage which uses traditional, long energizing strokes. Our enriched oil has a cooling & detoxifying effect on the body and tones up the skin. Soothes the nerves and enhances blood circulation.

## VISHUDDHI

Indian Powerful Oil Massage

60 min | INR 4700

90 min | INR 7000

Feel all your tension melt away under our masseur's expert hands with this high-pressure massage - helps to reduce adhesions and knots and loosen muscles. Customized for your needs, our masseur will focus on relieving pain from specific body regions.





## ĀBHYĀNGĀ

Indian Traditional Massage

60 min | INR 4500

90 min | INR 7000

Based on ancient Indian science, this massage will use a mix of traditional organic herbal oils. Abhyanga involves the liberal application of oil using soft and gentle downward strokes. Sit back and let our masseurs bring the age-old magic into your body to help your mind relax and restore its inner calm.

## ĀKHARA MĀĀLISH

Indian Sports Massage

90 min | INR 7200

A powerful oil massage with energising stretches that are fit for the awakening of the body's muscles, the Akhara Maalish is inspired by the traditional oil massage practised for muscle tone up by sports persons, particularly wrestlers. Experience this rustic massage with our speciality blend of Vimukti oil, which helps relieve pain and tones muscle tissues.

## PRISHTĀ VĀRDHĀN

Back Massage

30 min | INR 2500

Originating from the islands of the far east, the masseur uses various techniques to soothe your stressed back and shoulders and relieve sore muscles. This stimulating massage will leave you charged for the rest of the day.

## CHĀMPI

Head Massage

30 min | INR 2500

This ancient Indian technique releases stress as tension is eased out of tight muscles in the head and upper back. Our signature brew of ancestral hair-nourishing herbal oil will invigorate the entire body, balance the Chakras and infuse deep calm and relaxation.

## PĀDĀ MĀRDĀNĀ

Foot Massage

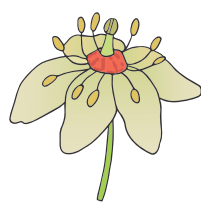
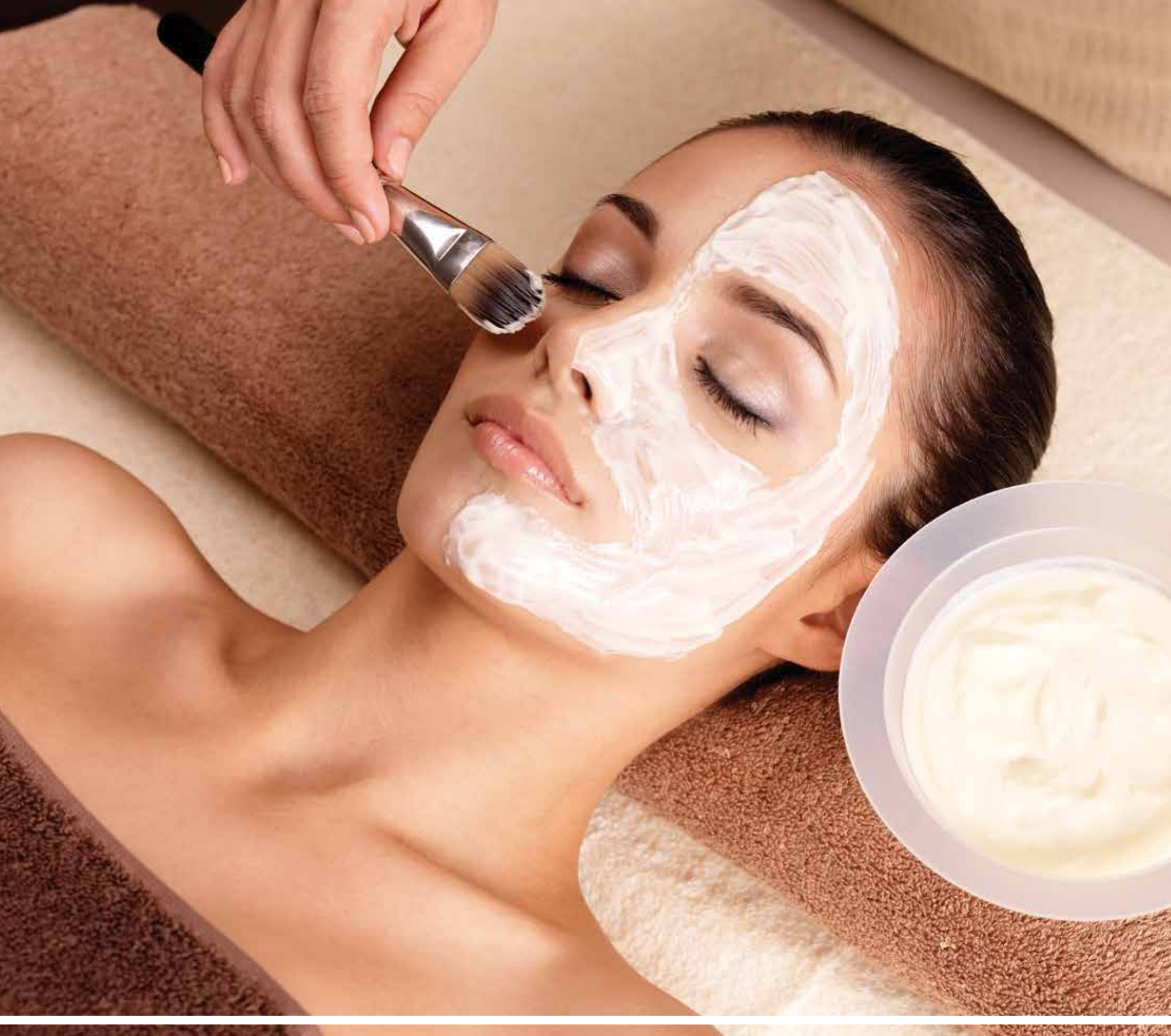
30 min | INR 2500

Based on the techniques of reflexology, our masseur works carefully on your tired feet – perfect after a long journey. A treatment that balances the flow of energy in your body making you feel like you are walking on the air.

\*All prices are exclusive of government taxes



Beauty upgrades at The Salai Spa: We understand the feeling of wanting to sample multiple things in a limited time and hence, we have crafted Beauty Elixir Minis, 20-minute upgrades for Rs 1000 to seamlessly complement your existing spa therapy or combined together like a sampling bouquet for an indulgent treat.



# Beauty Elixirs



Early-day skin care products were prepared at home using very effective household remedies that have been passed down through centuries and generations in the Indian subcontinent. Based on this ancient wisdom, our speciality services will take adequate care of your dreams of everlasting youth and beauty. Our speciality native ingredient from the land of Rajasthan, the Frankincense oil is featured across some of our unique beauty elixirs.



## KĀLP VRIKSHĀ

Fruit of the Gods Body Scrub

45 min | INR 4500

A hydrating body scrub that uses speciality oil along with a mixture of coconut and sesame seeds. Indigenous ingredients selected to anoint the body and delight the senses are combined with nurturing strokes to the ground and spiritually awakening healing energy within.

## FLORĀL MIST

Purifying Body Polishing Therapy

45 min | INR 4500

Experience the captivating allure of a misty fusion of aromatic oils, featuring exquisite notes of palash, saffron, and carefully selected floral extracts from the enchanting Himalayan valley. Our gentle exfoliating polisher works harmoniously to balance your skin tone, unveiling a velvety softness and supple texture while bestowing you a radiant and luminous dewy glow that will leave you feeling truly revitalized.

## ROYĀL PITHI UBTAN

Signature Rajasthani Wedding Ritual

60 min | INR 4500

Step into the enchanting world of Rajasthani wedding beauty rituals with our Pithi Ubtan body polishing. Immerse yourself in the rich tradition, as we pamper your body with an oatmeal, milk powder and rose-oil-based body scrub. Our skilled therapists gently exfoliate your skin, leaving it radiant, glowing, and beautifully rejuvenated. You are then splashed with milk to cleanse and nourish the skin.

## SOUNDARYĀ

Vitamin Enriched Facial

30 min | INR 3500

Experience our detoxifying & cleansing facial therapy. A deeply cleansing treatment that exfoliates gently is followed by a brief relaxing face massage and finally a refreshing fruity face mask is a perfect quick fix for your tired and dull facial skin. Soundarya facial therapy is targeted to relax your facial muscles and improve blood & lymphatic circulation making your skin look younger and brighter.



## FRANKINCENSE RADIANCE

Skin Brightening Facial Therapy

60 min | INR 5000

Our facial skin ages, sometimes faster than we would like. Our natural & gentle Frankincense Radiance skin facial therapy is a delightful experience for pampering your skin and enhancing the radiance with the goodness of Frankincense.

A face scrub enriched with finely ground walnuts, apricot oil & almond oil is used to gently cleanse the skin. Wheatgerm & Vitamin E enriched face cream accentuated with pure frankincense oil will be used for a nourishing & toning face massage that is sure to brighten up your skin and day! Finally, the face mask enriched with Kesar, Mullethi & Bearberry extract is generously applied to bring out transformed, relaxed and glowing skin.

## SUKESH

Nourishing Hair Spa

30 min | INR 3000

Extreme care was devoted to hair care by both men & women since times immemorial. Thick, silky black hair has been an inspiration of many poets and is worn with pride. Our Sukesh Hair Spa is a traditional hair care therapy that starts with a pressure point dry head massage that enhances blood circulation, followed by gentle hot towel steam to calm the scalp and enhance absorption. Finally, a nourishing cream-based hair mask enriched with Musk Root, Neem, and Bhringraj is applied, followed by a gentle short massage to provide deep conditioning. As you shower, your tresses will find themselves pampered and nourished, and you will find yourself de-stressed and basking in tranquility.

**(RECOMMENDATION: This therapy is recommended on cleansed hair)**



 **The Salai Spa**  
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**Radisson**   
RESORT, KUMBHALGARH

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Spa Reservation +91 9999 835 852 | Spa Timing: 10:00 AM to 10:00 PM

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