

KIYOMI

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the spa







Please leave this menu behind at the spa for the convenience of other guests. Our team would be happy to share a soft copy of this menu incase you require. Thank you for your consideration.







## WELCOME TO TATTVA WELLNESS SPA YOUR WELLBEING. OUR PASSION



Tattva Wellness Spa invites you to experience the rich mystic fusion of ancient Indian philosophy with the latest contemporary wellness methods. Our specialized spa therapies are based on the balance of five universal elements.



PRITHVI



VAYU



AGNI



JAL



AAKASH

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.





## INTRODUCING TATTVA WELLNESS EXPERIENCE



Your journey at Tattva Wellness Spa is designed to be unique & holistic. We have curated an elevated experience to evoke a soothing symphony of deep relaxation, gentle pampering & rejuvenation. Your time with us at Tattva Wellness Spa will not just be about a massage, but an immersive journey that unfolds in a serene sanctuary. Immerse yourself in this sensorial voyage, and emerge refreshed, balanced, and beautifully reinvigorated.





◆ SPA SOJOURNS ◆



## ❖ IMPERIAL EXTRAVAGANCE

165 Min | INR 7700

Indulge in opulent relaxation with our Imperial Extravagance package, crafted to rejuvenate your senses and nourish your skin. Begin your journey with a full-body deep tissue massage, expertly designed to release tension and promote profound relaxation. Our skilled therapists employ expert thumb and deep pressure techniques to alleviate tired muscles, leaving you feeling deeply rejuvenated. Following your massage, indulge in a vitamin facial, perfect to replenish your skin's vitality and restore its natural glow. Lastly, immerse yourself in a floral mist body polisher, leaving your skin silky smooth and radiant.

### Package Inclusions:

Full Body Deep Tissue Massage (60 Min)

Vitamin facial (60 Min)

Floral mist (45 Min)

Embrace the serenity that comes with the finest sleep and wake up to a world more radiant and rejuvenated.

## ❖ DEEP SLEEP

120 Min | INR 4600

Tattva's Nourish is a two-hour spa experience that goes beyond relaxation—it's a journey of rejuvenation. You have the choice between a blissful Deep Tissue massage or a soothing Swedish massage. Our skilled healer employs their best skills as per your choice of massage. Expert thumb and deep pressure techniques in deep tissue massage to alleviate tired muscles and long kneading strokes with the palms for Swedish massage to gently melt away stress and tension accumulated throughout the day. Following your massage, immerse yourself in our revitalizing spa facial therapy that cleanses and nourishes to bring forth a bright & smooth textured facial skin.

### Package Inclusions:

Deep Tissue Massage (60 min)

Indian Head Massage (30 min)

Leg Fatigue Reliever (30 min)

Experience pampering & gentle care, where every moment is designed to leave you feeling refreshed, rejuvenated, and deeply nourished and the feeling stays.

## ❖ NOURISH

120 Min | INR 5000

Tattva's Nourish is a two-hour spa experience that goes beyond relaxation—it's a journey of rejuvenation. You have the choice between a blissful Deep Tissue massage or a soothing Swedish massage. Our skilled healer employs their best skills as per your choice of massage. Expert thumb and deep pressure techniques in deep tissue massage to alleviate tired muscles and long kneading strokes with the palms for a Swedish massage to gently melt away stress and tension accumulated throughout the day. Following your massage, immerse yourself in our revitalizing spa facial therapy that cleanses and nourishes to bring forth bright & smooth textured facial skin.

### Package Inclusions:

Choice between Full Body Swedish, Deep Tissue or Indian Abhyanga Massage (60 min)

Choice of Facial (60 min)

Where indulgence meets transformation, and every moment blooms with the promise of radiant renewal.

## ❖ REPLENISH

150 Min | INR 8200

Discover Tattva's Replenish, a spa package designed to add back the energy that drains from your body as you go about life. Begin your session with the gentle Aromatherapy massage, which combines the soothing power of touch with the therapeutic benefits of aromatic essential oils to promote relaxation and well-being. Following the massage, our healers will slather your skin with our fragrant Floral mist body polisher & gently buff away dead skin leaving it smooth & supple, and glowing. Finally, we apply a soothing body mask - the Prithvi wrap to cocoon your body in a nurturing embrace of nature's finest. Your experience ends with a soothing head massage, leaving you with an enduring radiance & a calm bliss.

### Package Inclusions:

Aromatherapy Massage (60 Min)

Floral Mist Body Polisher (45 Min)

Prithvi Wrap (30 Min)

Soothing head Massage (15 Min)

Where indulgence meets transformation, and every moment blooms with the promise of radiant renewal.



❖ ANTARASHTRIYA ❖

## ❖ SWEDISH MASSAGE

60 Min | INR 2800 / 90 Min | INR 3300

A medium-pressure full-body massage, which targets superficial muscles to provide muscle relaxation and increased blood circulation. From strained muscles to tensed minds, the therapist uses traditional long kneading strokes to relieve you after a long day of work and stress.

## ❖ AROMATHERAPY MASSAGE

60 Min | INR 3100 / 90 Min | INR 3800

A soothing body massage, it involves the use of long kneading strokes over the body. The aroma from the essential oils stimulates the mind and eases mental stress, disseminating a feeling of absolute relaxation and wellness.

## ❖ DEEP TISSUE MASSAGE

60 Min | INR 3100 / 90 Min | INR 3800

Press the restart switch as you feel all your pain and tension dissipate. Deep Tissue Massage is customizable to your needs. It targets reducing adhesions and muscle stiffness using varying pressure and distinct massage points.



◆◆◆ PARAMPARKIA ◆◆◆

## ❖ INDIAN ABHYANGA

60 Min | INR 3100 / 90 Min | INR 3800

Rise above the Doshas with Ayurveda. A massage based on the principles of traditional Indian techniques, Abhyanga Massage Therapy helps reduce the knots in the muscles and treats overall body fatigue. An amalgamation of time-honoured healing art with herbal essential oils brings tranquility to your mind and body.

## ❖ PEHLWAN MALISH

60 Min | INR 3500 / 90 Min | INR 4700

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massages with our signature aromatherapy oil, which is extremely good for the skin, and relives aching, sore and tense muscles.



◆ VILASA ◆

### ❖ TWIN HARMONY

60 Min | INR 4300 / 90 Min | INR 5300

A truly sublime and unforgettable spa experience this 'four hand massage' incorporates the exacting skills of two therapists working together in rhythmic harmony.

### ❖ COUPLE REGAL ESCAPE

60 Min | INR 4800 / 90 Min | INR 6300

Performed using specially blended massage oils, the gentle and healing strokes help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.

### ❖ SIGNATURE ROYAL RETREAT

90 Min | INR 4500

Relax the mind, body and senses with this signature holistic massage. The technique combines three different massages styles- Thai, Swedish and Balinese- excellent for releasing muscular knots, increasing circulation and removing daily stress and tension from the body followed by a spa facial.





❖ DRUTA ❖

### ❖ MASTAKA (HEAD MASSAGE)

20 Min | INR 1000

This luxurious hair invigorating treatment promotes growth and restores the natural sheen and glossiness of the hair fiber. Our signature blend of traditional ingredients propagates long lasting and enriching benefits. this massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation.

### ❖ PADA (FOOT MASSAGE)

20 Min | INR 1000

An ancient healing (acupressure) therapy that is as blissful as it is beneficial, it works on the principle of reflexology which believes that all organs are connected to reflex points in the feet through a constant flow of energy.

### ❖ PRISHTA (BACK MASSAGE)

30 Min | INR 1700

The first casualties of a stressful life are the shoulders and back. this treatment has been created to eliminate tension and bring relief through an ultimate back and deep shoulder massage.

### ❖ URJA MASSAGE

30 Min | INR 2000

An energizing and de-stressing treatment focusing on the neck, shoulder, arms and back, it is helpful in easing aches, jet lag and stress.



◆ SAUNDARYA ◆

- ❖ **FLORAL MIST (Body Polisher)** **45 Min | INR 3000**  
From the abyss of Himalayan Valleys, Floral Mist Body Polisher is a misty fusion of aromatic oils - Palash, Saffron, and Floral Extracts. The gentle exfoliating polisher evens the skin tone, gives you a fresh dewy glow, and makes your skin soft and supple.
- ❖ **KALP VRIKSHA (Body Scrub)** **45 Min | INR 3000**  
Kalp Vriksha, a herbal body scrub with nourishment tendencies of coconut, refurbishes dead skin cells making skin radiantly smooth and even-toned.
- ❖ **VANILLA & NUTMEG SMOOTHIE (Body Polisher)** **45 Min | INR 3000**  
A luxurious creamy treatment with a unique blend of exfoliating agents and balmy essential oils provides essential hydration. It repairs damaged skin, rejuvenates the undernourished body, and leaves your body with a delicate sweet fragrance.
- ❖ **PRITHVI (Earth's Nectar-body Wrap)** **30 Min | INR 2500**  
With the therapeutic propensities of Prithvi, this body wrap stands true to its name. Refresh in the cocoon of balmy refined wrap that drains toxins, tightens the skin and gives a natural radiant glow.
- ❖ **CLEANSING FACIAL** **30 Min | INR 1800**  
Cast away blackheads, whiteheads, dead skin cells, and clogged pores with a cast for your face. The cleansing facial refines skin clarity and reduces acne blemishes, leaving you with fresh skin that breathes and glows.
- ❖ **VITAMIN FACIAL (For Skin Brightening)** **60 Min | INR 2500**  
Brighten up your day with Tattva's active detoxifying facial treatment enriched with essential skin vitamins. Our healer will softly relax your facial muscles and gently enhance blood circulation, leaving you with supple skin for that everlastingly youthful look.



# TATTVA REVIBE

Spa Packages From Tattva

## 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%	25	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 2800)
- ◆ 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

## ❖ 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, kindly inform us of any cancellations at least 4 working hours before your appointment.
- Late cancellations will result in 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.
- Disposable undergarments will be provided for your convenience. Kindly wear these during your session for optimal comfort.
- Our therapists are committed to ensuring your privacy. They will consistently utilize draping techniques during treatments to maintain your comfort and respect your privacy.

- **Considerations**

- Membership packages are non-refundable and can only be accessed using a membership card or booklet.
- 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 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.



**KIYOMI**  
the spa

  
**SANDAL SUITES**  
OPERATED BY LEMON TREE HOTELS

Assotech Business Cresterra, 22, Noida-Greater Noida  
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