

Reconnect with your inner self



TATTVA
— WELLNESS —



PULLMAN
HOTELS AND RESORTS
CHENNAI ANNA SALAI

MASSAGES

Swedish Massage

60 ☺ | INR 4000
90 ☺ | INR 5750

Deep Tissue Massage

60 ☺ | INR 4200
90 ☺ | INR 6000

Indian Abhyanga

60 ☺ | INR 4000
90 ☺ | INR 5750

Jetlag Recovery

90 ☺ | INR 6300

Potali Massage

60 ☺ | INR 5000

Signature Tattva Therapy

90 ☺ | INR 6000

BEAUTY ELIXIRS

Floral Mist

45 ☺ | INR 3500

Kalp Vriksha

45 ☺ | INR 3500

Shine Facial

60 ☺ | INR 3000

Cleansing Facial

30 ☺ | INR 2300

Prithvi (Clay Wrap)

30 ☺ | INR 3000

Hydra Facial

60 ☺ | INR 4500

Vanilla & Nutmeg Smoothie

45 ☺ | INR 3500

Young & Radiant Facial

60 ☺ | INR 4000

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EXPRESS THERAPIES

Indian Head Massage

30 ⊕ | INR 2000

Oriental Back Massage

30 ⊕ | INR 2300

Leg Fatigue Reliever

30 ⊕ | INR 2300

Travel Energizer

30 ⊕ | INR 2300

SPA SOJOURNS

Deep Sleep

60 ⊕ Deep Tissue massage
30 ⊕ Indian Head massage | 30 ⊕ Leg Fatigue Reliever

120 ⊕ | INR 7700

Nourish

60 ⊕ Choice Between Swedish, Deep Tissue or
Indian Abhyanga Massage | 60 ⊕ Shine Facial

120 ⊕ | INR 7400

Replenish

60 ⊕ Aromatherapy massage | 45 ⊕ Floral mist
30 ⊕ Prithvi wrap | 15 ⊕ Head massage

150 ⊕ | INR 10400

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SALON & GROOMING - FOR GENTLEMEN

| GROOMING ESSENTIALS | INR |
|--|-----------|
| Lavender and Mint Dry Pedicure | 2000 |
| Lavender and Mint Dry Manicure | 2000 |
| Classic Hair Cut (Includes Wash) | 600 |
| Classic Blow-dry | 850 |
| Shave | 600 |
| Moustache Trim | 400 |
| Beard Trim | 500 |
| Threading - (Ears/Forehead/Eyebrows/Cheeks) | 200 |
| Hair Colour (Global) | 2000/2500 |
| Hair color (side burns for men) | 1500 |
| Beard color | 1000 |
| Moustache color | 600 |
| L'Oréal Prokeratin Liss Unlimited | 500 |
| L'Oréal Vitamino Color A-OX | 500 |
| L'Oréal Professionnel Hair Spa Smoothing Creambath (Includes wash) | 2000/2500 |

SALON & GROOMING - FOR LADIES

| GROOMING ESSENTIALS | INR |
|--|------------------|
| Lavender and Mint Dry Pedicure | 2000 |
| Lavender and Mint Dry Manicure | 2000 |
| Nail Paint Change (feet/hand) | 250 |
| Nail cut and file | 250 |
| Classic Hair Cut (Includes Wash) | 850 |
| Classic Blow-dry | 500 |
| Hair Straightening | 1200/1500/2000 |
| Hair Perming | 1200/1500/2000 |
| Hair Colour (Global) | 2500/3500/5000 |
| Root touch-up (women) | 1500 |
| Eyebrows | 150 |
| Upper lip | 100 |
| Chin/Forehead | 150 |
| Full Face | 600 |
| L'Oréal Prokeratin Liss Unlimited | 750 |
| L'Oréal Vitamino Color A-OX | 750 |
| L'Oréal Professionnel Hair Spa Smoothing Creambath (Includes wash) | 2000 /2500 /3000 |