



WELLNESS  
CIRCLE





In the lap of our universe, an intricate dance ensues between the five sacred elements - Akash, Vayu, Agni, Jal, and Prithvi. In this delicate rhythm, the path toward holistic healing unfolds.

Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

Embark on a journey through your inner world. Immerse yourself in healing energies and experiences. Awaken to a revived consciousness, guided by soothing scents, serene sounds, and touch - gentle yet transformative. When you emerge, find your mind, body & soul aligned and in harmony.

Feel at one with yourself and the universe.







# THERAPIES

## HOLISTIC HEALING THERAPIES

SVASTHA Pain Relief	120 min
NIDRA Sleep	120 min
SHODHANA Detox	120 min

## SIGNATURE THERAPIES

ABHISHEKA Royal Bath Ritual	120 min
SHRINGAAR	120 / 150 / 180 min
VISHRAMĀ Deep Muscular	120 min
SAMATTVA Balance	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

## INDIAN THERAPIES

INDIAN AROMATHERAPY	90 min
DRISTI Eye Therapy	30 min

## BODY RITUALS

POSHA Nourishing	30 / 70 min
VISHUDDI Detoxify	30 / 70 min

## BEAUTY

SIGNATURE FACIAL	90 min
------------------	--------

## WELLNESS EXPERIENCE

PARIMARJANA Deep Cleansing	90 min
NĀDĀ Sound Healing	60 min
PLAVANA Deep Relaxation	45 min

## SPA INDULGENCES

SOMĀ Nectar of the Gods	120 min
-------------------------	---------



# HOLISTIC HEALING THERAPIES

THE ETHOS OF OUR CAREFULLY RECREATED THERAPIES IS INSPIRED BY THE RICH WELLNESS HERITAGE OF INDIA. BASED ON THE PRINCIPLES OF AYURVEDA, THESE THERAPEUTIC EXPERIENCES ARE DESIGNED TO HEAL AND RESTORE. USING NATURAL PRODUCTS, THESE THERAPIES ARE PERFORMED BY SPECIALLY-TRAINED HANDS AND HELP WITH ENHANCED MOBILITY AND PROVIDE RELIEF.

EACH OF THESE THERAPIES COMES WITH A PRE-THERAPY STEAM RITUAL AND A POST-THERAPY RELAXATION LOUNGE EXPERIENCE FOR ENHANCED EFFICACY.

## **SVASTHA** Pain Relief    Duration - 120 mins

An invigorating therapy using ancient Indian wellness techniques of cupping and fomentation. Your healing process starts with Indian cupping, where the heat in a glass is used to create a vacuum and ease knots and sore points on your back. This is followed by fomentation therapy, an application of a hot compress of therapeutic Indian herbs that works on your tired and sore muscles as you slip into sheer bliss. As a result, the body is re-aligned and the energy flow within is restored.

Complete your experience with our restoring signature beverage.

## **NIDRA** Sleep    Duration - 120 mins

Commence your experience with a hot-water shower to ease out your stress. A full-body relaxing massage with soothing strokes and fragrant bespoke blends with the richness of Kewda, Frankincense, and Brahmi, infused in Sandalwood and Sesame, releases tension and calms your being. A languid face massage of your marma points and a dry scalp massage adds to your serenity.

Slip into a cocoon of tranquillity with our signature beverage.

## **SHODHANA** Detox    Duration - 120 mins

A unique combination of therapies to purify and leave you in an optimum state of well-being.

Gharshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. Our bespoke detox blend with the goodness of Lime, Ginger, and wild Turmeric, combined with the lymphatic drainage technique, works from within, eliminating toxins. A sublime massage performed on the soles of your feet leaves you feeling light and refreshed.

Cleansed anew, you will face the world again, revived, and re-energised..





# SIGNATURE THERAPIES

THESE TREATMENTS ARE EXCLUSIVE TO J WELLNESS CIRCLE AND HAVE BEEN CAREFULLY RECREATED FROM THE FABLED LIFESTYLE AND CULTURE OF INDIAN ROYALTY AND THE HEALING THERAPIES THAT EMBRACE INDIAN SPIRITUALITY.

## **ABHISHEKA** Royal Bath Ritual    **Duration - 120 mins**

Abhisheka presents the global spa guest with an experience of the essence of India's ancient ceremonial cleansing rituals. Offered with the purest natural ingredients. Abhisheka offers guests a purifying, rejuvenating, and healing spa experience like no other.

A gentle pouring of healing seawater from the Arabian Sea and panchamruta (five purifying nectars that promote well-being) followed by a relaxing massage recreates the sanctity of traditional purifying rituals in the comfort and privacy of a contemporary spa. Enveloped in an ambience of spirituality. Abhisheka cleanses the body, bringing the guest in touch with the divinity that resides within.

## **THE ABHISHEKA EXPERIENCE**

A steam bath that opens the skin pores and removes toxins from the body heralds the Abhisheka experience. The guest steps into a serene treatment room infused with the fragrance and soft light of traditional Indian incense and lamps. Soothing chants of verses, invoking the goddesses of India's seven holy rivers, create an aura of peace and sanctity.

The guest is seated on an exquisite stool and Bilwa water known for its healing and therapeutic properties is gently poured from a traditional urn on the body. Panchamruta then is applied to the body. After its therapeutic ingredients soak into the skin, it is rinsed with Bilwa water. Soothing sandalwood paste is applied over the body and rinsed after a while.

Cleansed and calmed, the guest lies down for a relaxing massage with signature soothing oils. As the skilled touch of the therapist eases the stress knots in the body, the restorative resonance of ancient Vedic prayers invokes a sense of spirituality and calms the mind.

The rhythmic cadence of the sublime verses and the therapist's strokes creates an aura of peace and piety, purifying the heart and mind and ushering in a feeling of joyfulness, wellness, and divinity.

Experience the bliss of Abhisheka in the serene and luxurious environs of J Wellness Circle.

## **SHRINGAAR** Bridal Experience    **Duration - 120 mins / 150 mins / 180 mins**

The pleasure of anticipation. The circle of family, friends, and loved ones. The discoveries and delight of being in love. Every bride is beautiful. Shringaar, our bridal experience, enhances and perfects your beauty. With a series of traditional rituals that soothe your body, mind, and spirit,

so that you emerge serene and carry that glow through to your special day and into your shared life beyond. Commence your experience with Aukshan a traditional ritual to bless the bride, to protect her aura. A traditional Ubtan made with Sandalwood, Saffron, Turmeric, and fresh cream exfoliates the body, symbolising the leaving behind of the old and preparing to welcome the new. Gentle head massage with fresh coconut milk, soothe and soften the skin with a ritualistic bath with fresh milk and rose petals, a dhoop ritual for your hair. An indulgent aromatherapy skin toning massage pampers and relaxes you. A traditional “blessings” ritual complete with Kumkum Tikka, Kajal, Turmeric, and Bangles initiate you on your new life journey.

## **VISHRAMĀ** Deep Muscular **Duration - 120 mins**

A deep muscular massage for profound relaxation.

An application of a hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within is restored.

## **SAMATTVA** Balance **Duration - 120 mins**

Our signature Yoga treatment takes you through a profoundly contemplative and meditative journey, leading to a heightened state of well-being.

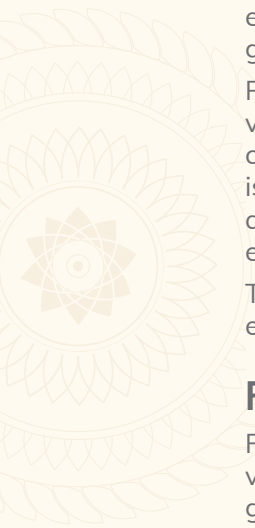
After a personalised consultation, our yoga expert will guide you through a series of ‘Āsanās’ (body and mind postures) and ‘Prānāyāmās’ (controlled breathing techniques) leaving you energised and balanced. Experience higher levels of concentration with ‘Trātaka’ (steady flame gazing) and Kaya Sthairyam (consciously stilling the body).

Restore the body’s chakras (energy centres) and enhance the clarity of mind with gem stone visualisation, an intense colour therapy experience. You will then be asked to pick a contemplation card. The inspiring word inscribed upon it needs to be reflected upon and an intention -‘Sankalpa’- is to be made. Guided meditation followed by Yoga Nidrā (a state of conscious deep sleep) amplifies your relaxed state of being and offers you pristine moments of lucidity. Journal writing ends this introspective experience.

This spiritual therapy embracing ancient practices is effective in helping you attain poise and equilibrium in mind, body, and emotion.

## **PEHLWĀN MĀLISH** Warrior Massage **Duration - 90 mins**

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







# INDIAN THERAPIES

J WELLNESS CIRCLE PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

## **INDIAN AROMATHERAPY**    Duration - 90 mins

During this indulgent massage, our essential signature oils are generously applied and absorbed through the skin, circulating their relaxing and therapeutic properties throughout your body. You can choose from our bespoke range of all-natural energising, relaxing, or detoxifying blends.

## **DRISTI** Eye Therapy    Duration - 30 mins

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation, and reduce dark circles. Relief for tired and puffy eyes.



# BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING, AND NOURISHING PROPERTIES OF OUR BATHS, SCRUBS, AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS, SEA SALTS, AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE, AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

AN EXFOLIATING AND CLEANSING SCRUB IS APPLIED AND THE TREATMENT IS COMPLETED WITH A WRAP, WHICH NOURISHES YOUR SKIN AND DRAWS OUT IMPURITIES.

SCRUBS CAN BE TAKEN INDIVIDUALLY AND ARE HIGHLY RECOMMENDED AS AN ADDITIONAL SPA TREATMENT BEFORE A BODY MASSAGE FOR BETTER ABSORPTION OF THE MASSAGE OIL. BODY WRAPS ARE BEST TAKEN AFTER A SCRUB TO ENCOURAGE BETTER RESULTS FROM THE NOURISHING EFFECTS OF THE MASK.

CHOOSE FROM THE TWO LUXURIANT TREATMENTS MENTIONED BELOW.

## **POSHA** Nourishing Duration - 30 mins / 70 mins

Nourishes your skin and makes it silky-smooth and supple.

Posha Scrub

Posha Wrap

## **VISHUDDI** Detoxify Duration - 30 mins / 70 mins

Cleanses and refreshes your body and eliminates all toxins for complete purification.

Vishuddi Scrub

Vishuddi Wrap





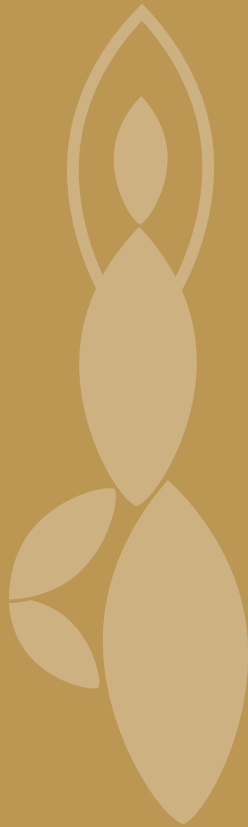
# BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT J WELLNESS CIRCLE. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

## **SIGNATURE FACIAL** (For all Skin Types) **Duration - 90 mins**

Using our exclusive range of 100% natural and rare hand-blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged, and moisturised. A therapeutic mask completes this wonderfully relaxing treatment. Immerse yourself in this luxurious experience for a balanced and radiant glow.





# YOGA

## \* YOGA

BALANCED	90 min
ADVANCED	90 min
ABHILAYA Journey Towards Your Inner Rhythm	60 min
ADVANCED SURYA NAMASKAR Sun Salutations	60 min
GENTLE	60 min
DYNAMIC	60 min
PRĀNĀYĀMĀ with Mudrās & Bandhās	60 min
LAGHOO SHANKHAPRAKSHĀLANA	90 min
KUNJAL KRIYA	55 min
JALA NETI	45 min
YOGA NIDRĀ Yogic Relaxation	25 min
YOGA NIDRĀ ADVANCED	50 min
HRIDAYĀKASHA DHĀRANA with Trātaka	50 min
ĀJAPA JAPA	50 min
ANTAR MOUNA Inner Silence	40 min



# YOGA & MEDITATION

YOGA IS AN ETERNAL SCIENCE REPRESENTING THE UNIVERSAL NEED TO EVOLVE AND TRANSCEND ALL LIMITATIONS. ANCIENT MYSTICS AND SEERS DISCOVERED A WAY OF CONNECTING TO THE SOURCE OF LIFE WITHIN US. J WELLNESS CIRCLE CONTINUES THIS TIME-HONOURED TRADITION BY ABIDING BY THE RULES AND PRACTICES OF THE BIHAR SCHOOL OF YOGA – A HOLISTIC FORM OF YOGA THAT INTEGRATES PHYSICAL, PSYCHOLOGICAL, AND SPIRITUAL DIMENSIONS EQUALLY.

Group classes, as well as individual sessions, are offered. The individual session will be specially designed to suit your personal requirements and level of prior yoga practice. A consultation with our yoga teacher to assist you in choosing the appropriate programme.

## ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

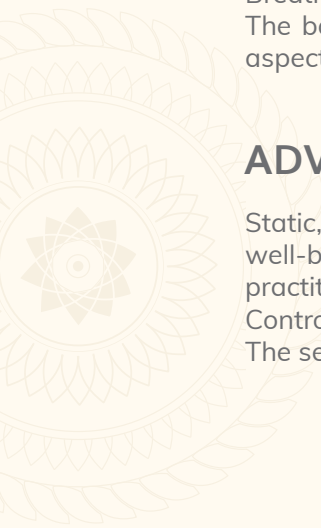
### **BALANCED** Duration - 90 mins

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Āsanas), Breath (Prānāyāmās), Gestures of Energy Flow (Mudrās), and Awareness of Mind (Meditation). The basic intention is to bring about harmony in the Physical, Mental, Psychic, and Spiritual aspects of the practitioner.

### **ADVANCED** Duration - 90 mins

Static, classic Postures (Āsanas) will be performed to have a profound influence on your well-being. With the appropriate guidance of our teachers, intermediate and advanced practitioners can feel an enhanced level of awareness through the exploration of various Breath Control (Prānāyāmā), Gestures of Energy Flow (Mudrā), and Psychic Lock (Bandhā) practices. The session comes to a close with a short relaxation practice.



## **ABHILAYA** Journey Towards Your Inner Rhythm **Duration - 60 mins**

Transport yourself to new heights of relaxation with this ideal Yoga session designed to diminish the effects of jet lag. This will harmonise your disturbed body rhythm, restore your disturbed sleep, eliminate body aches, fatigue, and general disorientation.

The session starts with a nasal cleansing technique, soothing facial muscles, and stimulating your mind. Special breathing practice (Prānāyāmā) helps synchronise and re-balance the body, thereby refreshing your system. This is followed by simple postures (Āsanas), which relieve muscular pain and stiffness and enhance blood circulation. The Yoga session ends with meditative sleep (Yoga Nidrā) that helps in restoring your sleep cycle.

This 60-minute session is recommended both prior to and after your travel.

## **ADVANCED SURYA NAMASKAR** Sun Salutations **Duration - 60 mins**

For a complete energisation of the body.

Bring out your inner radiance with this, ancient sequential practice of Yoga that pays tribute to the Sun, a symbol of radiance and spiritual consciousness.

An effective way to loosen up, stretch, massage, and tone all joints, muscles, and internal organs of the body. Done with advanced Awareness of Movements, Breaths, and special Sound Vibrations (Mantras), which activate the energy centres (Chakras) thereby energising the body-mind system. A group of 12 dynamic āsanas form the physical matrix around which the practice is woven. Wrap up this invigorating session with a short relaxation practice.

## **GENTLE** **Duration - 60 mins**

As the name suggests, this group of āsanas is extremely gentle, but works hard at loosening all the major joints of the body. In this practice, you will experience the benefits of a series of anti-rheumatic exercises. An exclusive of the Bihar School of Yoga, these practices are recommended if vigorous physical exercise is not possible. End the session with a short relaxation or meditation practice.

## **DYNAMIC** Duration - 60 mins

Dynamic practices primarily involve energetic movements of the body. These are intended to increase flexibility, stimulate circulation, and release energy blocks from different parts of your body. Feel a renewed energy infusing vitality into your being. Bring your energised body to a state of calm with Prānāyāmā (controlled breathing) and a short relaxation session.

## **PRĀNĀYĀMĀ** with Mudrās & Bandhās Duration - 60 mins

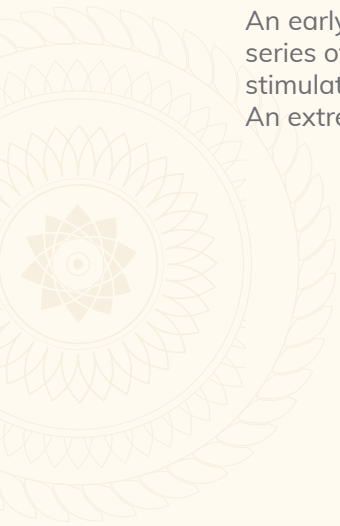
Balancing vital energy – through Breath, Gestures, and Psychic Locks.

Prānāyāmā is a Yogic technique to control the intake and outflow of breath to expand the vital energy within us. Prānāyāmās, when used with Mudrās (Psychic, Emotional, and Aesthetic Gestures) and Bandhās (Psychic Locks) create an intense flow of conscious energy in a specific region. Feel your breathing improve with this practice and also bring your nervous and pranic systems into equilibrium. End the session with a short meditation or relaxation practice.

## **LAGHOO SHANKHAPRAKSHĀLANA** Duration - 90 mins

Cleansing and rejuvenation of the alimentary canal.

An early morning practice of cleansing the intestine by drinking saline water and performing a series of Postures (Āsanas). The combination of the saline water and the peristaltic movement, stimulated by the āsanas, works to wash and clear the intestines of underlying impurities. An extremely rejuvenating practice.





## **KUNJAL KRIYA** Duration - 55 mins

Cleansing of the stomach and throat. Decongesting the chest and lungs.

A practice of cleansing the digestive tract, chest, and stomach with saline water. On a physical level, this practice is exceptionally beneficial in alleviating chronic respiratory and digestive problems, such as asthma and acidity. On a more subtle level, it works to release suppressed emotional and mental disturbances. The session ends with a meditation practice.

## **JALA NETI** Duration - 45 mins

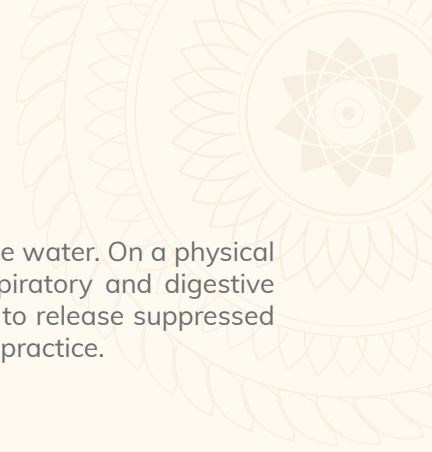
Cleansing of the nasal passage: Activating the energy centres in the facial region.

An ancient Indian Yoga technique of cleansing and purifying the nasal passages with saline water using a special Neti pot. This process flushes the nostrils and clears the nasal passages. This practice ends with a short Prānāyāmā session leaving you with a feeling of lightness and clarity. It is a panacea against colds and sinusitis. It also brings about a complete activation of the five senses.

## **YOGA NIDRĀ** Yogic Relaxation Duration - 25 mins

Psychic sleep for relaxation of the mind and body.

Yoga Nidrā is a state of consciousness where one flits between sleep and wakefulness. It is a state of inner awareness, wherein, one communicates with the subconscious and the higher conscious. This practice relaxes the mind and the entire body through the awakening of the sense of hearing and feeling.



## YOGA NIDRĀ ADVANCED Duration - 50 mins

Psychic sleep for the evolution of the dormant potential within.

The advanced level of Yoga Nidrā (Psychic Sleep) brings about a complete relaxation of the internal organs and synchronisation in the flow of breath and energy, leading to a balanced state of mind. Through creative visualisations, you explore the dormant potential within and you sow a seed of resolve (Sankalpa) in the subconscious mind to bring a positive change in you.

## HRIDAYĀKASHA DHĀRANA with Trātaka Duration - 50 mins

Experience balance and develop the emotional aspects of your personality.

In this practice, one can be guided to become aware of the heart space. One observes the heart space with the attitude of a witness watching one's prevailing and changing emotions. This practice allows us to communicate with our emotions and provides a detached space to view and express one's emotional being. This practice is combined with Trātaka (candle-flame gazing), a powerful technique to alleviate mental tension, anxiety, insomnia, and depression.



## **ĀJAPA JAPA** Duration - 50 mins

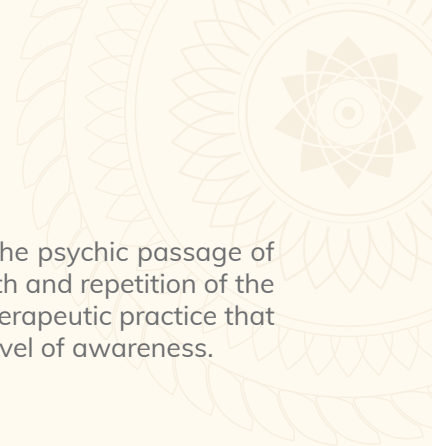
For awakening of the energy centres.

An advanced practice in which you become aware of your breath and the psychic passage of energy (Prānās), followed by the visualisation of the movements of breath and repetition of the spontaneous mantra – Soham. This is an extraordinarily calming and therapeutic practice that brings about an awakening in your energy centres, leading to a higher level of awareness.

## **ANTAR MOUNA** Inner Silence Duration - 40 mins

Management of thoughts.

In this practice, one remains a silent witness of every thought that is traversing the mind. One focuses on what the mind is thinking, how it is reacting, and what images are appearing from the subconscious. Antar Mouna teaches one to observe the process of the mind and to find ways to bring it under control.







# AYURVEDA

## ✿ AYURVEDA

CONSULTATION	30 min
ABHYANGA Including Snānā	90 min
MUKHALEPA Traditional Herbal Facial	60 min
DINACHARYA Including Snānā	120 min
SHIRODHARA	60 min
SHIRODHARA ABHYANGA Including Snānā	120 min
PADABHYANGA	60 min
PODIKHIZI	60 min
UDVARTANĀ Including Snānā	75 min
KATI BASTI / PRUSHTHA BASTI	45 min
PICHU	30 min





# AYURVEDA

AYURVEDA, THE KNOWLEDGE OF LIFE AND LONGEVITY IS PERHAPS THE OLDEST EXISTING BODY OF KNOWLEDGE ON THE HEALING PROCESS. A HOLISTIC KNOWLEDGE SYSTEM, AYURVEDA DEALS WITH NOT JUST THE PHYSICAL, BUT ALSO THE MENTAL, THE EMOTIONAL, THE SPIRITUAL, AND THE ENVIRONMENTAL ASPECTS OF WELL-BEING. IT IS THIS MULTI-DIMENSIONAL PERSPECTIVE THAT MAKES AYURVEDA TRULY UNIQUE.

Ayurveda further defines health as happiness and disease as sorrow. It has a twofold objective - to attain 'Sukha' - happiness and more importantly to prolong this state of bliss.

## **CONSULTATION** Duration - 30 mins

Ayurveda believes that every one of us is unique: there are no standard prescriptions or programmes. We respect the individual in you and hence after a consultation with our Ayurveda physician, a course of treatment is prescribed. This is based on careful scrutiny of your lifestyle, your medical history, your needs, and in true royal mode your likes and dislikes as well. The prescribed plan includes treatments that are administered by our trained therapists with the appropriate blend of oils and herbs. This consultation is extremely important for deciding the ideal Ayurveda programme for you. For long-term benefits, the physician will also offer a lifestyle consultation to benefit your health requirements.

## **ABHYANGA** Including Snānā Duration - 90 mins

The medicated herbal oil application, Abhyanga is not really a massage; it is a programme where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis will yield wide-ranging benefits like good appetite, alertness during the day, good sleep at night, and reduced stress levels. It removes fatigue and simple pains, gives a glowing skin and most importantly protects one from outside influences (builds your immunity).

**SNĀNĀ** Traditional Medicated Bath Experience: Ayurveda desires that you continue to remain in the state of 'gentle ease and calmness' that you have drifted into during our various body treatments. You will be bathed by our therapist using a soothing combination of herbal paste and medicated water.

## **MUKHALEPA** Traditional Herbal Facial **Duration - 60 mins**

A traditional beauty regimen, this Ayurveda facial gently cleanses and tones delicate skin. A medicated face pack enriched with natural herbs followed by the application of exotic Saffron oil, enhances the texture of the skin, leaving it blemish-free. A relaxing foot massage adds a soothing touch during the treatment.

## **DINACHARYA** Including Snānā **Duration - 120 mins**

A gateway to the world, our senses connect to the mind and the consciousness, completing the circle of perception. This programme gives you an experience of the physical cleansing process in the dinacharya or daily routine programme, wherein each of your senses is carefully looked after. The perception of the sense of smell, taste, form, touch, and sound is dependent on the proper functioning of the nose, tongue, eyes, skin, and ears. Using oils/herbs based on the physician's recommendation, the therapist will proceed to gently work with each of your senses using the following treatments:

**ANJANĀ** – The gentle application of a medicated liniment to the inner skin of your lower eyelids. This treatment removes impurities, accentuates the natural beauty of your eyes, and improves eyesight when practiced regularly.

**NASYĀ** – Two drops of medicated oil are instilled in each nostril, which is then inhaled deeply. This enables the removal of phlegm from the respiratory channels thus permitting easy breathing and better perception of the sense of smell.

**GANDUSHĀ** – A medicated therapy that gently improves oral hygiene by holding natural fluids like milk, honey, oil, etc., (as recommended by the physician) for 3-8 minutes in the mouth. This treatment will strengthen your teeth and gums, and more importantly, improve the sensitivity of your taste buds and freshness in your mouth.

**DHUMAPANĀ** – A therapy that requires inhaling medicated fumes through each nostril to experience an enhanced sense of smell. It removes excess phlegm and also opens up the sinuses.

**KARNAPOORANĀ** – A few drops of medicated oil are instilled into each ear canal to experience more clarity in your sense of hearing. Also, prevent the build-up of earwax with this medicated oil.

**ABHYANGA** – As described above.

## **SHIRODHARA** Duration - 60 mins

Shirodhara is a classical Ayurvedic procedure in which lukewarm herbal oil is poured in an even stream at a specific temperature, height, and time to pacify and revitalise the mind and the body on the forehead over a specific time period. This therapy includes a relaxed state of awareness that results in a dynamic psycho-somatic balance.

## **SHIRODHARA ABHYANGA** Including Snānā Duration - 120 mins

The medicated herbal oil application, Abhyanga is not really a massage; it is a programme where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis will yield wide-ranging benefits like good appetite, alertness during the day, good sleep at night, and reduced stress levels. It removes fatigue and simple pains, gives glowing skin, and most importantly protects one from outside influences (builds your immunity).

Shirodhara is a classical Ayurvedic procedure in which lukewarm herbal oil is poured on the forehead over a specific time period in an even stream at a specific temperature, height, and time to pacify and revitalise the mind and the body. This therapy includes a relaxed state of awareness that results in a dynamic psycho-somatic balance.





## **PADABHYANGA** Duration - 60 mins

Padabhyanga is a traditional ritual that involves deep kneading movements along pressure points on the feet and concludes with fomentation using warm towels. This procedure strengthens the joints and soft tissues, enhancing blood circulation which eases the stress in your feet and revitalises the nervous system.

## **PODIKHIZI** Duration - 60 mins

This is an Ayurvedic procedure where heated herbs, oils, powders, and other prescribed materials are tied into muslin bags to form boluses. These bags are then gently massaged with varying degrees of pressure on the body to relieve body pain. This is followed by specific massages done using the fingers, the heel of the hand, or palm.

## **UDVARTANĀ** Including Snana Duration - 75 mins

A body toning programme, Udvartanā is the application of a combination of herbal powder and oil on the entire body, excluding the face. When this treatment is taken as part of a programme including an appropriate diet, regular exercise, and internal herbal medication, as prescribed by the Ayurveda physician, it helps to reduce weight and gives you a well-toned body. The blend of powder and oil also acts as a scrub to improve the texture and rejuvenate your skin.

## KATI BASTI / PRUSHTHA BASTI Duration - 45 mins

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back.

Kati Basti is a therapeutic application in which warm medicated oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fomentation of the oil radiates through the muscles releasing tension and stiffness.

A light massage with the spa's therapeutic oil enhances the benefits of this treatment, leading to deep relaxation and comfort.

At least three treatments of Kati Basti are recommended for maximum benefit.



## PICHU Duration - 30 mins

An authentic traditional treatment for relieving stress and stiffness in your joints or back.

Cotton and linen pads 'Pichu', soaked in hot medicated oils are gently placed on sore joints or back to offer immediate relief from pain and discomfort. The warmth of the soaked pads seeps into the body and induces a deep sense of relief.

Short, gentle, and rhythmic massage strokes followed by a medicated herbal pack further alleviate stress and enhance the healing process. Emerge from this treatment with renewed agility and comfort.

At least three treatments of Pichu are recommended for maximum benefit.

### Note:

- It is mandatory that every guest has a consultation with the Ayurveda physician before commencing any treatment.
- Some of the benefits described above can be achieved when programmes are done on a regular basis and the advice given by the physician is adhered to.
- All the above programmes can be administered as single sessions.
- For long-staying guests, more customised programmes can be created based on their needs and availability of requisite facilities.
- Consultations are complimentary with treatments.
- Longer duration Ayurveda treatments are available. Please contact the Spa Manager for further details.



prāc=

śraddhā

Faith

श्रद्धा



# WELLNESS EXPERIENCE

WELLNESS IS A HOLISTIC INTEGRATION OF PHYSICAL, MENTAL, AND SPIRITUAL WELL-BEING FUELLING THE BODY, ENGAGING THE MIND, AND NURTURING THE SPIRIT. OUR WELLNESS EXPERIENCES HELP CREATE BALANCE AND HARMONY; REJUVENATE YOU, AND IMPROVE YOUR OVERALL WELL-BEING MAKING YOU FEEL HAPPY AND FULFILLED.

## **PARIMARJANA** Deep Cleansing    **Duration - 90 mins**

A unique bathing ritual with natural ingredients that purifies and rejuvenates. Linger in the vapours of warm water gently poured from a traditional urn, on your body. Your body is gently soaped with our natural cleansing soap and the expert hands of your therapist gently scrape away all dead skin from your body, leaving it soft and supple. An exfoliating scrub is applied and after its therapeutic ingredients soak into the skin, it is rinsed as well. The body is then enveloped with our signature 22 herbs mask which re-mineralises and tightens the skin. The skilled touch of the therapist eases the stress knots followed by stretches to improve mobility. As a result, the body is realigned and the energy flow within is restored.

## **NĀDĀ** Sound Healing    **Duration - 60 mins**

Experience the divine synergy of Music and Wellness, coming together to craft the most unique Soundscapes involving sound instruments which include wind instruments, metallic, and string instruments embodying the principles of the five elements of nature. As you immerse yourself in this sublime experience, you will experience holistic well-being, upliftment of the spirit, a sense of harmonisation, and grounding. The sound waves emit a frequency of profound healing, enhance creativity, bring a heightened state of awareness, and lead you to sublime state of meditateness.

## **PLAVANA** Deep Relaxation    Duration - 45 mins

A bespoke experience where you can experience the distinctive sensation of floating in Dead Sea salt water beneath a sparkling star-lit night sky. The highly mineralised warm water is enriched with 21 essential minerals, which relieve joint pain, calms the nerves, and aid the lymphatic system to eliminate toxins from the body. Nutrient absorption through the skin reduces water retention, muscle tension and blood pressure, modulates your heart rate, utterly relaxes your entire body, and deeply calms your mind promoting quality sleep. Step into the pool of a blissful experience that allows you to float on Dead Sea water. Recline and gradually feel your neck muscles relaxing as you float on a bed of salt. Give yourself up to a feeling of lightness and feel one with the water. Surrender to the quietude around you and let your body harmonise, leaving you completely relaxed.





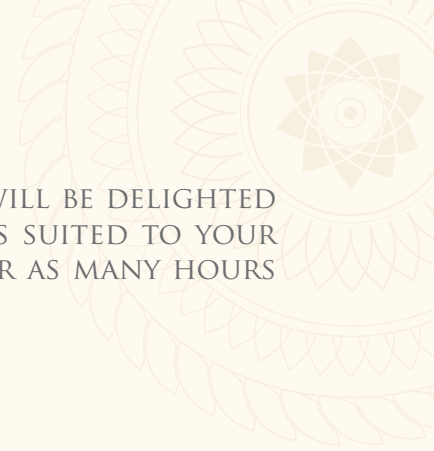
# SPA INDULGENCES

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY TAILORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS - AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

## FOR TWO;

### **SOMĀ** Nectar of the Gods    **Duration - 120 mins**

Two therapists will perform a romantic candle-lit, Indian Aromatherapy massage using evocative oils to set the mood. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of sparkling wine.





# SPA INFORMATION

## SPA FACILITIES

The J Wellness Circle spa consists of one couple massage suite with a soak tub, two signature treatment rooms, five single treatment rooms with steam and shower area, two Ayurveda treatment rooms with steam and shower, and a relaxation lounge. The Fitness Centre and Yoga Studio are housed separately with dedicated wet areas for men and women with steam, regular showers, and a relaxation area. We provide robes, towels, slippers, and personal amenities.

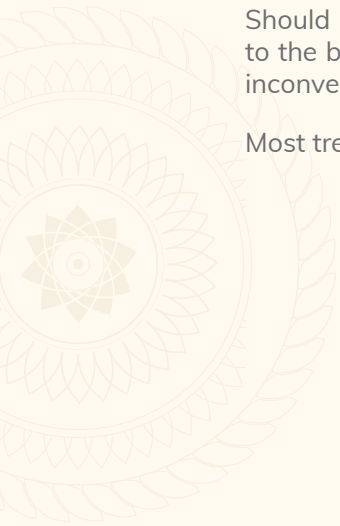
## RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification, and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five-minute pre-therapy and post-therapy ritual.







## **TIMINGS**

Spa : Open daily from 8 am to 10 pm.

Swimming Pool & Wet Areas : 6 am to 10 pm.

Gymnasium : 24 hours (trainer will be available from 6 am to 10 pm).

## **VALUABLES**

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

## **CANCELLATION**

A 24-hour cancellation notice is required to help us reschedule your appointment subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above.

Entire charge will also be levied for the cancellation of a 30-minute treatment.

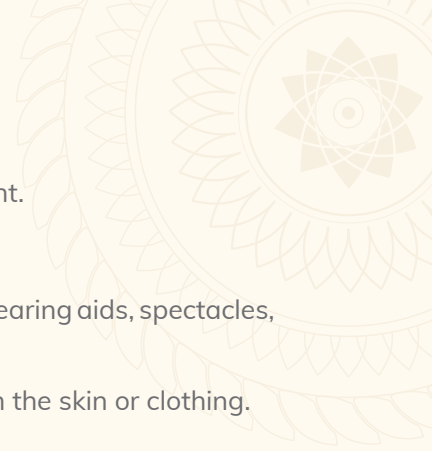
## SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you switch off your mobile phones and electronic devices at all times. We also request you use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa facilities.
- J Wellness Circle is an alcohol and smoke-free environment. Guests under the influence of alcohol, high-energy drugs, and medication will not be allowed to use the wet areas, gym, or treatment facility.
- Appropriate swimwear is to be worn in wet areas. Underwear/disposable underwear (which is provided by the spa) must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.



## SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles, or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, or who have any medical complications are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- As a policy, we do not offer spa body treatments to pregnant women.
- Entry to J Wellness Circle is at guests' own risk and although strict policies and procedures are implemented to maximise safety, J Wellness Circle, its employees, and its representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.





THE TAJ MAHAL PALACE  
MUMBAI

Apollo Bunder, Mumbai 400 001  
Tel.: +91 22 666 53320  
Email: [jwellnesscircle.tajmumbai@tajhotels.com](mailto:jwellnesscircle.tajmumbai@tajhotels.com)  
[www.tajhotels.com](http://www.tajhotels.com)

# PRICES

## ✿ HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	₹ 13750
NIDRA	120 mins	₹ 13750
SHODHANA	120 mins	₹ 13750

## ✿ SIGNATURE THERAPIES

ABHISHEKA	120 mins	₹ 15000
SHRINGAAR	120 / 150 / 180 mins	₹ 35000 / ₹ 45000 / ₹ 55000
VISHRAMĀ	120 mins	₹ 12000
SAMATTVA	120 mins	₹ 12000
PEHLWĀN MĀLISH	90 mins	₹ 9300

## ✿ INDIAN THERAPIES

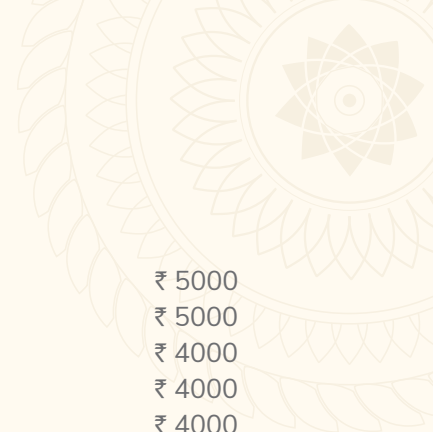
INDIAN AROMATHERAPY	90 mins	₹ 9300
DRISTI	30 mins	₹ 3800

## ✿ BODY RITUALS

POSHA	30 / 70 mins	₹ 3000 / ₹ 6000
VISHUDDI	30 / 70 mins	₹ 3000 / ₹ 6000

## ✿ BEAUTY

SIGNATURE FACIAL	90 mins	₹ 12000
------------------	---------	---------



## \* YOGA

BALANCED	90 mins	₹ 5000
ADVANCED	90 mins	₹ 5000
ABHILAYA	60 mins	₹ 4000
ADVANCED SURYA NAMASKAR	60 mins	₹ 4000
GENTLE	60 mins	₹ 4000
DYNAMIC	60 mins	₹ 4000
PRĀNĀYĀMĀ	60 mins	₹ 4000
LAGHOO SHANKHAPRAKSHĀLANA	90 mins	₹ 5500
KUNJAL KRIYA	55 mins	₹ 3500
JALA NETI	45 mins	₹ 3500
YOGA NIDRĀ	25 mins	₹ 1600
YOGA NIDRĀ ADVANCED	50 mins	₹ 4000
HRIDAYĀKASHA DHĀRANA	50 mins	₹ 4000
ĀJAPA JAPA	50 mins	₹ 4000
ANTAR MOUNA	40 mins	₹ 3000

## \* AYURVEDA

CONSULTATION	30 mins	₹ 1500
ABHYANGA	90 mins	₹ 7000
MUKHALEPA	60 mins	₹ 5500
DINACHARYA	120 mins	₹ 9750
SHIRODHARA	60 mins	₹ 7000
SHIRODHARA ABHYANGA	120 mins	₹ 11000
PADABHYANGA	60 mins	₹ 5500
PODIKHIZI	60 mins	₹ 5500
UDVARTANĀ	75 mins	₹ 8500
KATI BASTI / PRUSHTHA BASTI	45 mins	₹ 3500
PICHU	30 mins	₹ 3500

## \* WELLNESS EXPERIENCE

PARIMARJANA	90 mins	₹ 15000
NĀDĀ	60 mins	₹ 20000
PLAVANA	45 mins	₹ 8000

## \* SPA INDULGENCES

SOMĀ (For Two)	120 mins	₹ 25000
----------------	----------	---------

- Prices are in Indian Rupees, exclusive of applicable government taxes.
- Body treatments can also be offered in the spa, two hours prior and two hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of Rs. 1200/- per treatment.
- For early morning appointments, i.e., before operational hours, intimation is required by 6 pm the prior evening.
- For late evening appointments, i.e., after operational hours, intimation is required by 6 pm the same day.
- Body treatments can be offered in-room at an additional charge of Rs. 1500/- per treatment. However, no cross-gender treatment will be offered in the room.