



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

SHRINGAAR Bridal Experience	120 min
MANGAL SNĀN Auspicious Bath	180 min
NAWAB-E-KHAAS Regal Splendour	120 min
VISHRAMĀ Deep Muscular	120 min
VISHUDDHI Detox	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min



INDIAN THERAPIES

VENTOZ Indian Cupping	90 min
INDIAN AROMATHERAPY	60 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min



BODY RITUALS

POSHA Nourishing	30 / 70 / 90 min
VISHUDDI Detoxify	30 / 70 / 90 min



BEAUTY

SIGNATURE FACIAL (For all Skin Types)	60 / 90 min
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SPA INDULGENCES

SOUNDARYA Beauty	330 min
SUKHA Bliss	240 min
SOMĀ Nectar of the Gods	120 min
ABHISARANA Rendezvous of Romance	90 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.

SHRINGAAR Bridal Experience Duration - 120 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.

MANGAL SNĀN Auspicious Bath Duration - 180 mins

Historically only experienced by the royalty of India, we bring you our award-winning signature treatment, Mangal Snān from the house of Gwalior. This treatment was known to be undertaken before an important coronation or wedding ceremony and comprises numerous anointments followed by elaborate bathing rituals. Through deep cleansing, exfoliation, and massage with traditional spices, herbs, and oils, we transport you to a complete state of relaxation. This is enhanced with music therapy since music is known to have a soothing effect on the nervous system. This is the only treatment in the world that brings you the pure joy of Indian ragas by live musicians to compliment your royal experience so that it is nothing short of spectacular. This is followed by the grand and auspicious bath with saffron, an excellent body conditioner, and an exotic blend of the rarest of Indian spices like Mogra - Indian Jasmine, which is both sensual and spiritual, and Gulheena to ensure inner clarity. For women, the lavish treatment ends with a henna hand design. Truly an experience to cherish, the Mangal Snān can be relished as an individual or as a couple looking for a romantic experience.

NAWAB-E-KHAAS Regal Splendour **Duration - 120 mins**

For centuries, the Nizams of Hyderabad, patrons of art and poets at heart, nurtured a culture steeped in elegance and aesthetics.

Nawab-e-Khaas, a luxurious signature treatment, is inspired by the city's princely heritage. An elaborate wellness experience, offered with the finest ingredients as used by nobility in centuries past, it recreates the grace of a bygone era.

The therapist welcomes you with a soothing foot wash. An exfoliation body scrub of a blend of almonds, rose petals, vetiver, saffron, and rich herbs offered in slow languid strokes cleanses and relaxes your body. A light facial scrub with the choicest herbs soothes the mind, even as it nourishes the skin, leaving you completely refreshed. A gentle restorative massage with an exclusive hand-blended oil then calms your body and mind and slowly ushers you into a deep state of bliss.

A refreshing sherbat, a beverage suffused with the distilled fragrance of flowers, fruits, and herbs, is served to you as you relax and soak in the enveloping sense of peace.

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.

VISHUDDHI Detox **Duration - 120 mins**

Garshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. As a result, your body gets rid of the impurities gained from your daily routine. Then you are warmly cocooned within a traditional Indian herb wrap followed by a soothing bath and a full body lymphatic drainage massage.

Cleansed anew, this treatment leaves you in an optimum state of well-being.

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.

VENTOZ Indian Cupping Duration - 90 mins

An ancient Indian treatment where the heat in a glass is used to create a vacuum and ease knots and sore points of the body. This is followed by a leisurely deep massage where our signature spa oil is readily absorbed by the skin. While cupping may cause mild bruising (part of the therapeutic process), often guests report immediate relief from long-term chronic ailments.

INDIAN AROMATHERAPY Duration - 60 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.

PĀDA MARDANĀ Indian Foot Massage Duration - 60 mins

A sublime massage treatment is performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

CHAMPI Indian Head Massage Duration - 45 mins

This luxuriant hair-invigorating treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves, and Neem is known to propagate long-lasting and enriching benefits. This massage releases muscular tension from the head, neck, and shoulders creating a deep sense of relaxation and joy as well as clarity of thought.

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 / 90 mins

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

Posha Scrub

Posha Wrap

Posha Bath

VISHUDDI Detoxify Duration - 30 mins / 70 mins / 90 mins

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

Vishuddi Scrub

Vishuddi Wrap

Vishuddi Bath



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 - 60 mins / 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.

Deep Cleansing (For Oily and Acne-prone Skin)

This treatment focuses on deep cleansing using our natural handmade products that offer a visible difference and a clearer complexion.

Nourishing (For Dry/Dehydrated Skin)

Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

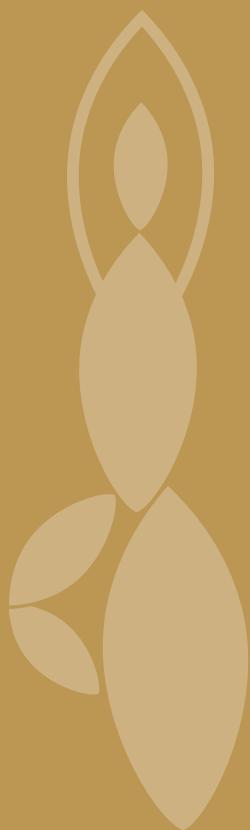
Soothing (For Normal/Sensitive Skin)

A balancing facial to soothe, calm, and restore the natural texture and radiance of the skin.

For Gentlemen

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. The key extracts gently heal and nourish the skin. Get a fresh, clean masculine look with this men's facial.





YOGA

* YOGA

GENTLE
BALANCED

60 min
90 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

GENTLE Duration - 60 mins

As the name suggests, this group of āsanās 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.

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 (Āsanās), 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.



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.

SOUNDARYA Beauty Duration - 330 mins

A Day of Beauty to draw out your inner radiance

- Begin with a deeply nourishing scrub and wrap of your choice
- Invigorate your senses with an indulgent aromatherapy massage
- Then give your skin a natural glow with a one-hour facial of your choice
- As a final touch, give in to a Spa Manicure and Pedicure, coupled with a cup of green tea and a fresh fruit platter

SUKHA Bliss Duration - 240 mins

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage - Pehlwān Mālīsh
- Ends with a relaxing one-hour facial

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.

ABHISARANA Rendezvous of Romance Duration - 90 mins

Relax with an hour of Indian Aromatherapy massage of your choice. Relax in a rose petal soak tub to romance your senses. Stimulate your taste buds with the freshly-prepared aromatic hors d'oeuvre. Lastly, quench your thirst with a wholesome fresh juice.



SPA INFORMATION

SPA FACILITIES

Inspired by Royal encampments, J Wellness Circle tented boasts of two couple suite therapy with soak tub and shower facilities and one single therapy suite. Indulge in some of the finest outdoor relaxing lounges, which will give you an out-of-the-ordinary experience. Our wet area encompasses an indoor and outdoor swimming pool, an outdoor Jacuzzi, a steam, a sauna, a regular shower, and an experiential shower. J Wellness Circle also offers Salon services, Yoga, Beauty with manicure & pedicure stations, and a Unisex gym. 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 is open daily from 9 am to 9 pm.

Indoor swimming pool, wet areas, and gymnasium : 6 am to 9 pm.

Outdoor swimming pool and Jacuzzi : 6 am to 9 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.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to 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 wet area 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.
- It is requested you move quietly around the spa and use lowered speaking volumes.
- Appropriate swimwear is to be worn in the 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.



PRICES

✿ HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	₹ 16500
NIDRA	120 mins	₹ 16500
SHODHANA	120 mins	₹ 16500

✿ SIGNATURE THERAPIES

SHRINGAAR	120 mins	₹ 20000
MANGAL SNĀN	180 mins	₹ 22500
NAWAB-E-KHAAS R	120 mins	₹ 15000
VISHRAMĀ	120 mins	₹ 15000
VISHUDDHI	120 mins	₹ 15000
PEHLWĀN MĀLISH	90 mins	₹ 11250

✿ INDIAN THERAPIES

VENTOZ	90 mins	₹ 11250
INDIAN AROMATHERAPY	60 mins	₹ 7500
PĀDA MARDANĀ	60 mins	₹ 6000
CHAMPI	45 mins	₹ 6000
DRISTI	30 mins	₹ 4500

✿ BODY RITUALS

POSHA	30 / 70 / 90 mins	₹ 3750 / ₹ 7500 / ₹ 11250
VISHUDDI	30 / 70 / 90 mins	₹ 3750 / ₹ 7500 / ₹ 11250

✿ BEAUTY

SIGNATURE FACIAL	60 / 90 mins	₹ 7500 / ₹ 11250
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YOGA

GENTLE	60 mins	₹ 2000
BALANCED	90 mins	₹ 3000



SPA INDULGENCES

SOUNDARYA	330 mins	₹ 26200
SUKHA	240 mins	₹ 22350
SOMĀ	120 mins	₹ 27500
ABHISARANA	90 mins	₹ 23000



SALON SERVICES

PADA SNĀNA	75 mins	₹ 4500
HASTA SNĀNA	60 mins	₹ 3800

- 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.
- Yoga sessions and Salon services are available on request with a prior appointment.



RAMBAGH PALACE

JAIPUR

Rambagh Palace

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