







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

|                                |         |
|--------------------------------|---------|
| VELLANA Revive                 | 90 min  |
| VISHRAMĀ Deep Muscular         | 120 min |
| SUSHUPTI Dreamless Sleep       | 120 min |
| TRUPTI Contentment             | 120 min |
| SAMATTVA Balance               | 120 min |
| PEHLWĀN MĀLISH Warrior Massage | 90 min  |

### INDIAN THERAPIES

|                                  |             |
|----------------------------------|-------------|
| VENTOZ Indian Cupping            | 90 min      |
| INDIAN AROMATHERAPY              | 60 / 90 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 min |
| VISHUDDI Detoxify | 30 / 70 min |

### BEAUTY

|                                       |             |
|---------------------------------------|-------------|
| SIGNATURE FACIAL (For all Skin Types) | 60 / 90 min |
|---------------------------------------|-------------|

### SPA INDULGENCES

|                                  |         |
|----------------------------------|---------|
| SUKHA Bliss                      | 240 min |
| SVASHAKTI Find the Power Within  | 180 min |
| SOMĀ Nectar of the Gods          | 120 min |
| ABHISARANA Rendezvous of Romance | 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.

## **VELLANA** Revive\* Duration - 90 mins

Traditionally, a primary tool in a kitchen, the Velan is an integral part of domestic life and is used for multiple purposes. Velan, the rolling pin of India, usually made of wood, is commonly used to knead flour into Indian flatbread.

Natural and authentic, crafted by utilising a kitchen tool found in Indian households, the Velan, is rolled over your entire body, touching various muscles and pressure points, instantly releasing tension. Rolled back and forth over muscle groups, it encourages overactive muscles to relax and knotted muscles to loosen. This therapy improves blood circulation and flushes out toxins and lactic acid build-up leading to improved cellular function. Uplifting and energising, this experience instantly rejuvenates and refreshes you.

\* No oil is used in this treatment. Please avoid this treatment if you have varicose veins or DVT.

## **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.

## **SUSHUPTI** Dreamless Sleep Duration - 120 mins

An indulgent treatment for deep relaxation and glowing skin.

Set the mood for this pure indulgence as you commence with an aromatic footbath. Pamper yourself with the richness of nature, a natural blend of 22 herbs, green gram flour, honey, and fresh cream. A heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Soak your cares away with a warm bath of nourishing raw milk enhanced with rose essence and rose petals to wash away the traces of the wrap. Succumb to the rhythmic strokes of a relaxation massage, during which hot packs are placed on the body dissolving aches and strains. Complete your experience with a face massage leaving you languid and thoroughly pampered from head to toe.

## **TRUPTI** Contentment Duration - 120 mins

Embrace harmony and lose yourself in this entrancing experience designed to lead you to a state of nostalgia.

Inspired to give you a captivating night's sleep, this experience begins with our Indian head massage to relax and improve circulation and ease sore, tired neck muscles. Let the gentle rhythm of our therapist's hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.

## **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.

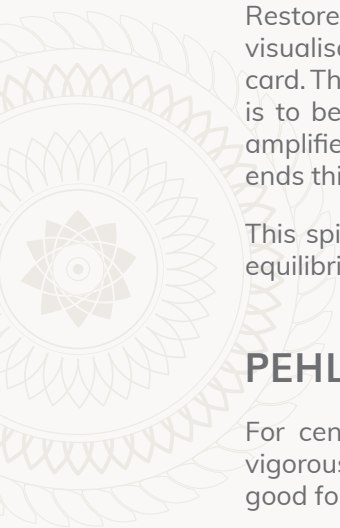
After a personalised consultation, our yoga expert will guide you through a series of 'Āsanās' (body and mind postures) and 'Prānāyāmās' (controlled breathing techniques) leaving you energised and balanced. Experience higher levels of concentration with 'Trātaka' (steady flame gazing) and Kaya Sthairyam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

## **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 / 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.

## **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 / 70 mins

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

Posha Scrub

Posha Wrap

## **VISHUDDI** Detoxify    Duration - 30 / 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 - 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.

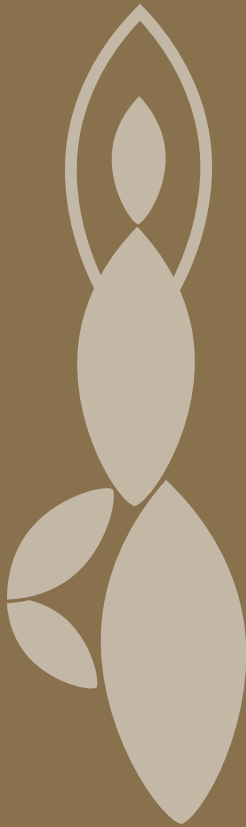
### **🌸 Soothing (For Normal/Sensitive Skin)**

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

|  |        |
|--|--------|
| 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 |
| JALA NETI                                  | 45 min |
| YOGA NIDRĀ Yogic Relaxation                | 25 min |
| YOGA NIDRĀ ADVANCED                        | 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, Breath, and special Sound Vibrations (Mantras), which activate the energy centres (Chakras) thereby energising the body-mind system. A group of 12 dynamic āsanās 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 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.

## **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.

## **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.





## **ĀJAPA JAPA** Duration - 50 mins

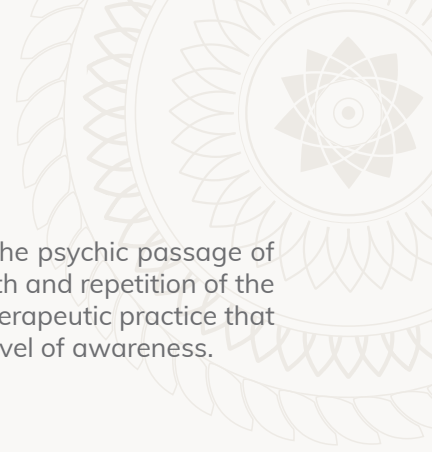
For awakening of the energy centres.

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.





# 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.

## **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 Mālish
- Ends with a relaxing one-hour facial

## **SVASHAKTI** Find the Power Within    Duration - 180 mins

Encounter spirituality, balance, and inner peace

- Commence with our Indian head massage 'Champi'
- Detox with our Indian Aromatherapy massage 'Pavithri'
- Relax with a one-hour yoga session of your choice
- End with a refreshing wholesome fresh fruit juice





## 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 - 120 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

The J Wellness Circle Spa spans three floors and consists of one couple massage suite and five single treatment rooms with steam and shower area. The Spa also boasts of a relaxation area, yoga studio, and separate changing areas for men and women with lockers and shower facilities. A breathtaking terrace lap pool, a reflexology walk, and relaxing lounges beckons you to relax and unwind. The Fitness Centre is housed separately with dedicated wet areas for men and women with steam, sauna, experience shower, chill showers, and regular showers. 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.

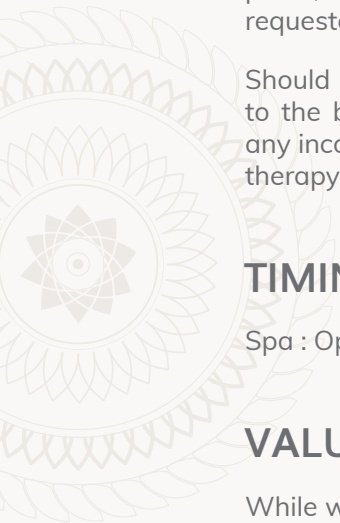
Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment. Most treatments include a five-minute pre-therapy and post-therapy ritual.

## TIMINGS

Spa : Open daily from 8 am to 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.

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 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 facilities.
- J Wellness Circle is an alcohol-free 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 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.







**TAJ**  
COROMANDEL  
CHENNAI

**Taj Coromandel**

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# PRICES

## ✿ HOLISTIC HEALING THERAPIES

|          |          |         |
|----------|----------|---------|
| SVASTHA  | 120 mins | ₹ 13200 |
| NIDRA    | 120 mins | ₹ 13200 |
| SHODHANA | 120 mins | ₹ 13200 |

## ✿ SIGNATURE THERAPIES

|                |          |         |
|----------------|----------|---------|
| VELLANA        | 90 mins  | ₹ 8250  |
| VISHRAMĀ       | 120 mins | ₹ 11000 |
| SUSHUPTI       | 120 mins | ₹ 11000 |
| TRUPTI         | 120 mins | ₹ 11000 |
| SAMATTVA       | 120 mins | ₹ 3850  |
| PEHLWĀN MĀLISH | 90 mins  | ₹ 8250  |

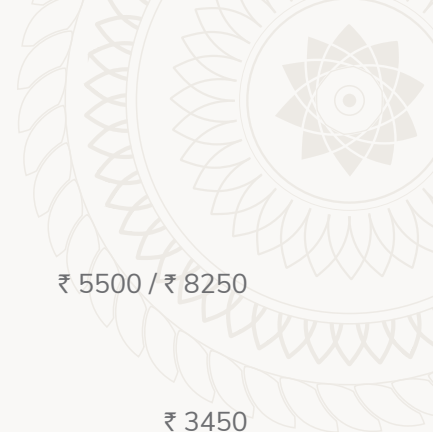
## ✿ INDIAN THERAPIES

|                     |              |                 |
|---------------------|--------------|-----------------|
| VENTOZ              | 90 mins      | ₹ 8250          |
| INDIAN AROMATHERAPY | 60 / 90 mins | ₹ 5500 / ₹ 8250 |
| PĀDA MARDANĀ        | 60 mins      | ₹ 4400          |
| CHAMPI              | 45 mins      | ₹ 4400          |
| DRISTI              | 30 mins      | ₹ 3300          |

## ✿ BODY RITUALS

|          |              |                 |
|----------|--------------|-----------------|
| POSHA    | 30 / 70 mins | ₹ 3000 / ₹ 5500 |
| VISHUDDI | 30 / 70 mins | ₹ 3000 / ₹ 5500 |





## BEAUTY

SIGNATURE FACIAL

60 / 90 mins

₹ 5500 / ₹ 8250



## YOGA

BALANCED

90 mins

₹ 3450

ADVANCED

90 mins

₹ 3450

ABHILAYA

60 mins

₹ 2300

ADVANCED SURYA NAMASKAR

60 mins

₹ 2300

GENTLE

60 mins

₹ 2300

DYNAMIC

60 mins

₹ 2300

PRĀNĀYĀMĀ

60 mins

₹ 2300

JALA NETI

45 mins

₹ 1725

YOGA NIDRĀ

25 mins

₹ 920

YOGA NIDRĀ ADVANCED

50 mins

₹ 1840

ĀJAPA JAPA

50 mins

₹ 1840

ANTAR MOUNA

40 mins

₹ 1610



## SPA INDULGENCES

SUKHA

240 mins

₹ 16500

SVASHAKTI

180 mins

₹ 10800

SOMĀ

120 mins

₹ 20000

ABHISARANA

120 mins

₹ 17000

# \* BEAUTY SALON

## NAIL CARE

|                    |        |
|--------------------|--------|
| PADASNANA          | ₹ 2000 |
| HASTASNANA         | ₹ 2000 |
| CUT, FILE & POLISH | ₹ 500  |
| CUT & FILE         | ₹ 250  |
| CHANGE OF POLISH   | ₹ 250  |

## CUT & STYLE

|         |       |
|---------|-------|
| SHAMPOO | ₹ 700 |
|---------|-------|

## HAIR CUT

|                         |                          |
|-------------------------|--------------------------|
| LADIES                  | ₹ 1400                   |
| HAIR CUT MEN            | ₹ 1200                   |
| HAIR STYLING / BLOW DRY | ₹ 1500 / ₹ 1700 / ₹ 2000 |
| HAIR IRONING            | ₹ 1700 / ₹ 2000 / ₹ 2200 |
| ROLLER SET              | ₹ 2500                   |

## HAIR COLOUR

|                      |                            |
|----------------------|----------------------------|
| ROOT TOUCH-UP LADIES | ₹ 2000                     |
| ROOT TOUCH-UP MEN    | ₹ 1600                     |
| GLOBAL               | ₹ 3500                     |
| HIGHLIGHTS           | ₹ 4500 / ₹ 5600 / ₹ 8000   |
| REBONDING            | ₹ 8000 / ₹ 12000 / ₹ 15000 |

## HAIR CARE

|                    |        |
|--------------------|--------|
| HAIR SPA FOR WOMEN | ₹ 3000 |
| HAIR SPA FOR MEN   | ₹ 2500 |

## ADDITIONAL FOR MEN

SHAVE STUDIO

₹ 700

BEARD & MOUSTACHE TRIM

₹ 700

HEAD SHAVE

₹ 1400

BEARD COLOUR

₹ 800

## WAXING

FULL ARMS

₹ 1300

FULL LEGS

₹ 1500

UNDERARMS

₹ 700

BACK

₹ 1500

## EYEBROW SHAPING & THREADING

EYEBROWS

₹ 300

FOREHEAD

₹ 250

UPPER LIP

₹ 250

FACE

₹ 900

- 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 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.