



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

VISHRAMĀ Deep Muscular	120 min
TRUPTI Contentment	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

## INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 min
SAMMARDANĀ Indian Deep Tissue	60 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min

## BEAUTY

ĀNANA LEPĀ Facial	60 min
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# 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.

## **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.

## **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.

## **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 - 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.

## **SAMMARDANĀ** Indian Deep Tissue Duration - 60 mins

A customised technique of muscle massage performed by specially-trained hands, which works on your deep-seated stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

## **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.





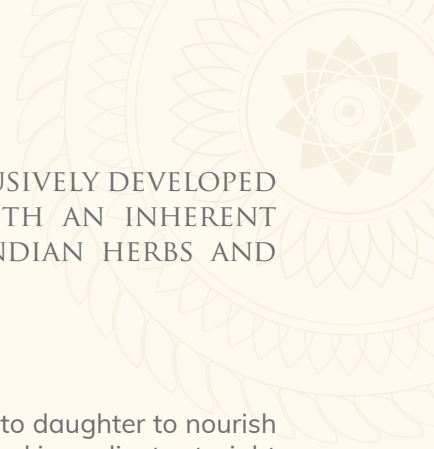


# BEAUTY

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.

## **ĀNANA LEPĀ** Facial    **Duration - 60 mins**

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all-natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.





# SPA INFORMATION

## SPA FACILITIES

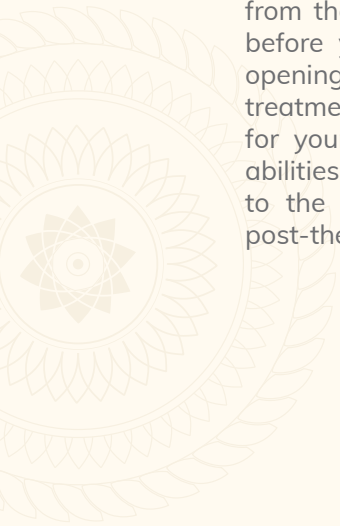
J Wellness Circle consists of three single treatment rooms and an unisex gymnasium. There are separate change areas for men and women with lockers and shower facilities. Our wet area encompasses a steam. We provide robes, towels, slippers, and personal amenities. Roof Top Infinity Pool with temperature control, shower with separate changing rooms and lockers.

## TIMINGS

Spa : Open daily from 9 am to 8 pm.

## 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.

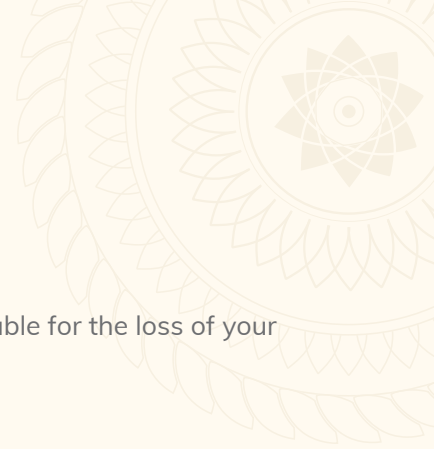


## VALUABLES

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 spa locker.

## 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.



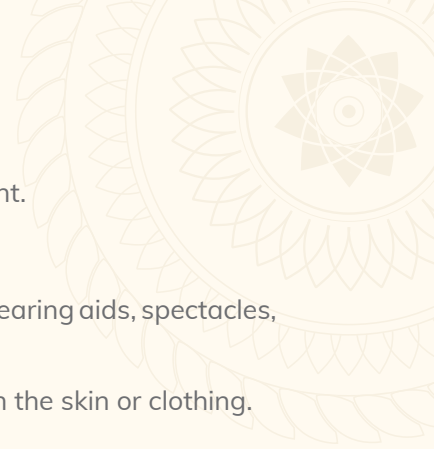
## SPA ETIQUETTE

- 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 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. During the course of the therapy, if the guest is found under the influence of alcohol, the therapy will be discontinued.
- 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.





TAJ  
JUMEIRAH LAKES TOWERS  
DUBAI

**Taj Jumeirah Lakes Towers**

DMCC Plot No. 2-27, Al Thanyah, Jumeirah Lakes Towers

P.O. Box 120810, Dubai, United Arab Emirates

Tel.: +971 4 574 1111

Email: [jwellnesscircle.jltdubai@tajhotels.com](mailto:jwellnesscircle.jltdubai@tajhotels.com)

[www.tajhotels.com](http://www.tajhotels.com)

# PRICES

## ✿ HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	AED 950
NIDRA	120 mins	AED 950
SHODHANA	120 mins	AED 950

## ✿ SIGNATURE THERAPIES

VISHRAMĀ	120 mins	AED 900
TRUPTI	120 mins	AED 900
PEHLWĀN MĀLISH	90 mins	AED 675

## ✿ INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 mins	AED 450 / AED 675
SAMMARDANĀ	60 mins	AED 450
PĀDA MARDANĀ	60 mins	AED 360
CHAMPI	45 mins	AED 360
DRISTI	30 mins	AED 270

## ✿ BEAUTY

ĀNANA LEPĀ Facial	60 mins	AED 450
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- All the above prices are in UAE Dirhams and are inclusive of all 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 AED 150/- 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 AED 200/- per treatment. However, no cross-gender treatment will be offered in the room.