



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

SIGNATURE THERAPIES

TRUPTI Contentment	120 min
JIVANIYA Invigorate	120 min
SHUDHIKARĀ Detoxifying	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

INDIAN AROMATHERAPY

VISHRĀM	60 / 90 min
ORJA DAYAKA	60 / 90 min
PAVITHRI	60 / 90 min

INDIAN THERAPIES

SAMMARDANĀ Indian Deep Tissue	60 min
PĀDA MARDANĀ Indian Foot Massage	60 min
PRISHTA MARDANĀ Back Treatment	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min

BODY RITUALS

NARIKELĀ House Favourite	45 min
PRITHVI MRIT Earth's Nectar	45 min

BEAUTY

ĀNANA LEPĀ Facial	60 min
-------------------	--------

SPA INDULGENCES

SUKHA Bliss	210 min
SOMĀ Nectar of the Gods	120 min





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.

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.

JIVANIYA Invigorate Duration - 120 mins

An energising treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from the hills of India, a heat-stimulating wrap, followed by a revitalising massage.

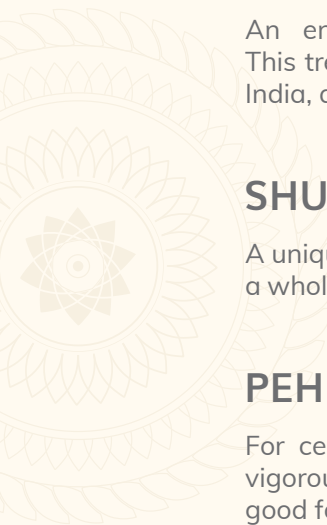
SHUDHIKARĀ* Detoxifying Duration - 120 mins

A unique combination of therapies is used to purify the system. A lymphatic drainage massage, a wholesome cleansing scrub, and a plantain leaf wrap will leave you with a feeling of lightness.

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.

*24 hours prior notice required.





INDIAN AROMATHERAPY

AROMATIC OIL BLENDS FROM AYURVEDA PHARMACOPOEIAS HAVE BEEN CAREFULLY CHOSEN FOR THESE TREATMENTS, WHICH HAVE POWERFUL HEALING PROPERTIES. ALL INGREDIENTS USED FOR THESE TREATMENTS ARE NATIVE TO INDIA.

CHOOSE FROM OUR SELECTION OF SPECIALLY PREPARED SIGNATURE OIL BLENDS TO MEET YOUR NEEDS OF THE DAY.

VISHRĀM Relaxation Massage Duration - 60 / 90 mins

A full-body relaxing massage to melt away your stress.

Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant signature oil blends with the richness of Kewda, Frankincense, and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquillity to your entire system.

ORJA DAYAKA Energising Massage Duration - 60 / 90 mins

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Patchouli, Tulsi, and Ashwagandha, will work on your deep-seated aches, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle, and sinew will pulse with new-found vigour.

PAVITHRI Lymphatic Drainage Duration - 60 / 90 mins

A unique blend of oils with the goodness of Tulsi, Ginger, and Lime, combined with the lymphatic drainage technique, works from within, eliminating toxins and refining the whole system. Cleansed anew, you will face the world again revived and re-energised.



INDIAN THERAPIES

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

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.

PRISHTA MARDANĀ Back Treatment **Duration - 60 mins**

The first casualty of a stressful life is the shoulders and back, resulting in pain and tension. This treatment has been created to eliminate tension and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation, steam, and the application of a herbal mask. Ideal for sore back muscles.

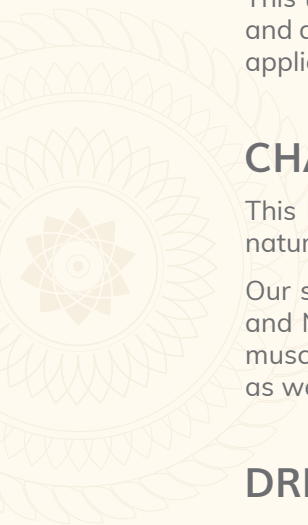
CHAMPI Indian Head Massage **Duration - 45 mins**

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.

NARIKELĀ House Favourite **Duration - 45 mins**

Coconut, a household ingredient in India, has many uses to its name. It has been used for centuries as a natural skin softener. We will gently exfoliate and moisturise your body with a mix of ingredients. This all-over treatment has a cooling effect on the body.

PRITHVI MRIT Earth's Nectar **Duration - 45 mins**

This rich detoxifying and firming wrap is made from 22 exotic Indian herbs and clay. Its therapeutic properties tighten the skin and leave it with a radiant, youthful glow. Excellent for all skin types.



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.





AYURVEDA

AYURVEDA

CONSULTATION	30 min
ABHYANGA Including Snānā	90 min
ABHYANGA SHIRODHARA Including Snānā	120 min
UDVARTANĀ Including Snānā	75 min
DINACHARYA Including Snānā	120 min
MUKHALEPA Traditional Herbal Facial	60 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.

ABHYANGA SHIRODHARA 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.

UDVARTANĀ Including Snānā **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.

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.

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.

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.

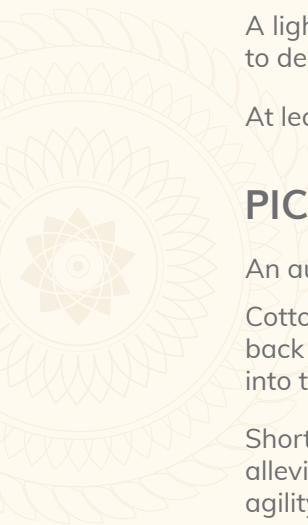
PICHU **Duration - 30 mins**

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.





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 - 210 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.



SPA INFORMATION

SPA FACILITIES

J Wellness Circle consists of two couple treatment suites with showers, two single treatment suites with showers, and two Ayurveda treatment suites with showers. Separate changing areas for men and women with changing rooms with lockers. Our wet area encompasses sauna and shower facilities.

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 8 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 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.



PRICES

* SIGNATURE THERAPIES

TRUPTI	120 mins	LKR 40000
JIVANIYA	120 mins	LKR 40000
SHUDHIKARĀ	120 mins	LKR 40000
PEHLWĀN MĀLISH	90 mins	LKR 30000

⊗ INDIAN AROMATHERAPY

VISHRĀM	60 / 90 mins	LKR 20000 / LKR 30000
ORJA DAYAKA	60 / 90 mins	LKR 20000 / LKR 30000
PAVITHRI	60 / 90 mins	LKR 20000 / LKR 30000

⊗ INDIAN THERAPIES

SAMMARDANĀ	60 mins	LKR 20000
PĀDA MARDANĀ	60 mins	LKR 16000
PRISHTA MARDANĀ	60 mins	LKR 16000
CHAMPI	45 mins	LKR 16000
DRISTI	30 mins	LKR 8000

⊗ BODY RITUALS

NARIKELĀ	45 mins	LKR 16000
PRITHVI MRIT	45 mins	LKR 16000

* BEAUTY

ĀNANA LEPĀ	60 mins	LKR 20000
------------	---------	-----------



✿ AYURVEDA

CONSULTATION	30 mins	Complimentary
ABHYANGA	90 mins	LKR 20000
ABHYANGA SHIRODHARA	120 mins	LKR 45000
UDVARTANĀ	75 mins	LKR 25000
DINACHARYA	120 mins	LKR 40000
MUKHALEPA	60 mins	LKR 20000
KATI BASTI / PRUSHTHA BASTI	45 mins	LKR 12000
PICHU	30 mins	LKR 8000

✿ SPA INDULGENCES

SUKHA	210 mins	LKR 56000
SOMĀ	120 mins	LKR 65000

- Prices are in Sri Lankan Rupees, inclusive of applicable government taxes and service charges.



BENTOTA RESORT & SPA
SRI LANKA

Taj Bentota Resort & Spa

National Holiday Resort, Bentota, Sri Lanka

Tel.: 0094-34 5555 555

Email: jwellnesscircle.bentota@tajhotels.com

www.tajhotels.com