



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

UKUCHINA Muscle Relief	90 min
JIVANIYA Invigorate	120 min
TRUPTI Contentment	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min
JAGR Awaken	45 min

INDIAN THERAPIES

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

BODY RITUALS

NARIKELĀ House Favourite	45 min
MASĀLĀ Spice Scrub	45 min
PRITHVI MRIT Earth's Nectar	45 min

BEAUTY

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

SOUNDARYA Beauty	300 min
SUKHA Bliss	240 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.

UKUCHINA Muscle Relief **Duration - 90 mins**

A native age-old healing practice of Zambia to restore vitality and relieve stress.

Commence your therapy with a hot compress soaked in eucalyptus oil to soothe your fatigued body and relieve congestion. The decongestant properties of Eucalyptus ease your breathing and bring relief to your being. Enhance your experience with a relaxing massage with our signature blend which penetrates deep into your muscular tissues easing out deep-seated stress.

A refreshing beverage at the end of the therapy rehydrates and leaves you languid.

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.





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.

JAGR Awaken **Duration - 45 mins**

Commence with a warm soothing foot soak, followed by our Indian head massage, neck, shoulder, and back massage to ease your body tension.



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 Massage 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.





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 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.

MASĀLĀ Spice Scrub **Duration - 45 mins**

For this invigorating treatment, a traditional mixture of Indian spices is used to promote deep cleansing, relieve muscular soreness, and improve blood circulation, leaving you refreshed and recharged.

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.

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.

(M) **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.

(M) **Nourishing (For Dry/Dehydrated Skin)**

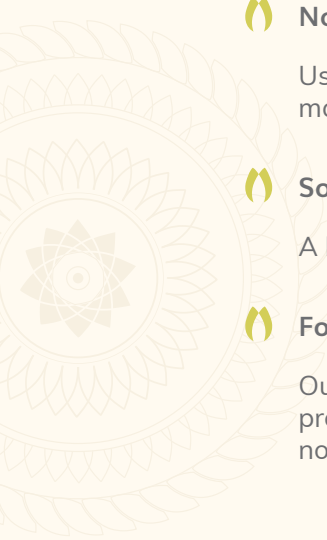
Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

(M) **Soothing (For Normal/Sensitive Skin)**

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

(M) **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.





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 - 300 mins**

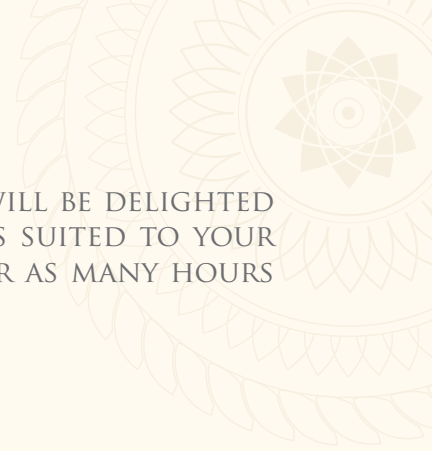
A Day of Beauty to draw out your inner radiance

- 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 Mālish
- Ends with a relaxing one-hour facial





SPA INFORMATION

SPA FACILITIES

J Wellness Circle consists of two single and one couple treatment rooms, separate wet areas for men and women with lockers, change, and shower facilities. Our wet areas encompass steam, sauna, and shower. 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 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

UKUCHINA	90 mins	ZMW 850
JIVANIYA	120 mins	ZMW 1200
TRUPTI	120 mins	ZMW 1200
PEHLWĀN MĀLISH	90 mins	ZMW 950
JAGR	45 mins	ZMW 600

☼ INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 mins	ZMW 630 / ZMW 950
SAMMARDANĀ	60 mins	ZMW 680
PĀDA MARDANĀ	60 mins	ZMW 600
CHAMPI	45 mins	ZMW 500

☼ BODY RITUALS

NARIKELĀ	45 mins	ZMW 600
MASĀLĀ	45 mins	ZMW 600
PRITHVI MRIT	45 mins	ZMW 600

* BEAUTY

SIGNATURE FACIAL	60 / 90 mins	ZMW 700 / ZMW 900
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* SPA INDULGENCES

SOUNDARYA	300 mins	ZMW 2500
SUKHA	240 mins	ZMW 2000

PRICES

* NAIL CARE

MANICURE - REGULAR / GEL (Revives and Deeply Moisturises Your Hands)	ZMW 300 / ZMW 350
PEDICURE - REGULAR / GEL (The Ultimate Extravagance for Weary Soles)	ZMW 350 / ZMW 450
CUT, FILE & REGULAR POLISH / CUT, FILE & GEL POLISH	ZMW 180 / ZMW 250
GEL POLISH REMOVAL	ZMW 100

- Prices are in Zambia Kwacha 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 an additional amount of ZMW 200.
- An additional ZMW 300 would be charged in case a client needs the treatment to be done in the room.
- Body treatments can be offered in-room at an additional charge of ZMW 300 per treatment. However, no cross-gender treatment will be offered in the room.



TAJ
PAMODZI
LUSAKA

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