



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

MEWĀR KHĀS Speciality of the Region of Mewar	120 min
NAWAB-E-KHAAS Regal Splendour	120 min
JIVANIYA Invigorate	120 min
VISHRAMĀ Deep Muscular	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

## INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 min
PĀDA MARDANĀ Indian Foot Massage	60 min
PRISHTA MARDANĀ Back Therapy	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 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	210 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.

## **MEWĀR KHĀS** Speciality of the Region of Mewar **Duration - 120 mins**

Feel an immense sense of renewal with this experience inspired by the Royal House of Mewar. This was an essential ritual in preparation for their wedding. Blending the natural delights of the local culture, this primordial service offers a calming sense of well-being and the flowing strokes bring back firmness to your skin.

Transport vitality and glow to your skin with this scrub made from fresh natural ingredients, mixed with auspicious saffron and almond. Let the active ingredients and the richly scented aroma of fresh cardamom work magic to soothe and lighten your skin. Enjoy an age-old relaxing massage enhanced with our signature relaxing blend that leaves your skin softer and firmer.

## **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.





## **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.

## **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.

## **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.

## **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 Therapy 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.

## **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.

### **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.



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





# SPA INFORMATION



## SPA FACILITIES

One couple treatment suite, two single treatment rooms, a salon with pedi-spa and manicure station, a beauty suite, a unisex gym, and separate changing areas for men and women with lockers and shower facilities. Our wet area encompasses steam and hot & cold showers. In addition, we have an outdoor swimming pool.

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

The Spa is 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.

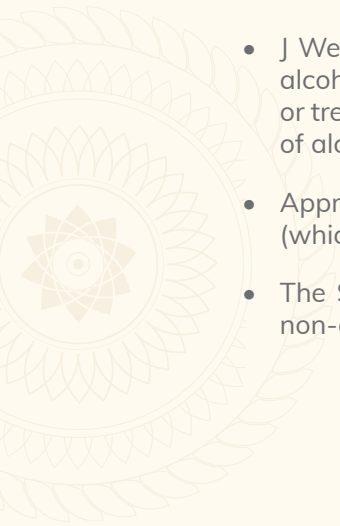
## CANCELLATION

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.

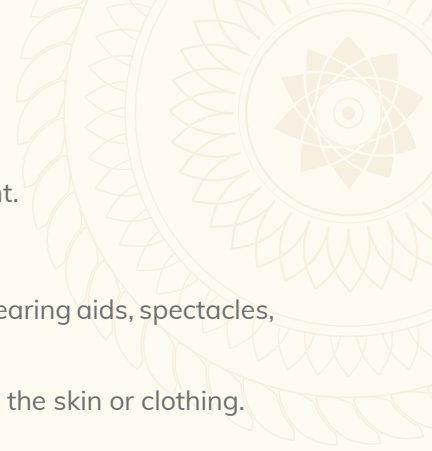
## SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you 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 FATEH PRAKASH PALACE  
UDAIPUR

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# PRICES

## \* SIGNATURE THERAPIES

MEWĀR KHĀS	120 mins	₹ 13000
NAWAB-E-KHAAS	120 mins	₹ 13000
JIVANIYA	120 mins	₹ 13000
VISHRAMĀ	120 mins	₹ 13000
PEHLWĀN MĀLISH	90 mins	₹ 9750

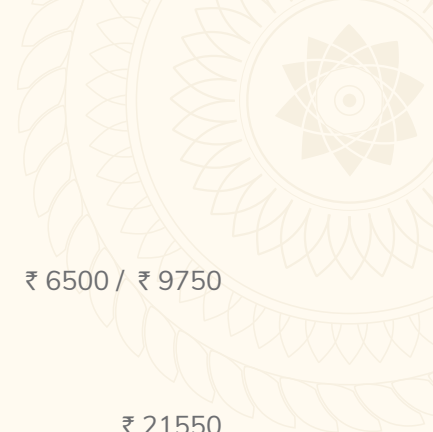
## ☼ INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 mins	₹ 6500 / ₹ 9750
PĀDA MARDANĀ	60 mins	₹ 5200
PRISHTA MARDANĀ	60 mins	₹ 5200
CHAMPI	45 mins	₹ 5200
DRISTI	30 mins	₹ 3900

## ☼ BODY RITUALS

NARIKELĀ	45 mins	₹ 5200
MASĀLĀ	45 mins	₹ 5200
PRITHVI MRIT	45 mins	₹ 5200





## BEAUTY

SIGNATURE FACIAL

60 / 90 mins

₹ 6500 / ₹ 9750



## SPA INDULGENCES

SOUNDARYA

300 mins

₹ 21550

SUKHA

210 mins

₹ 18250

- 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.