



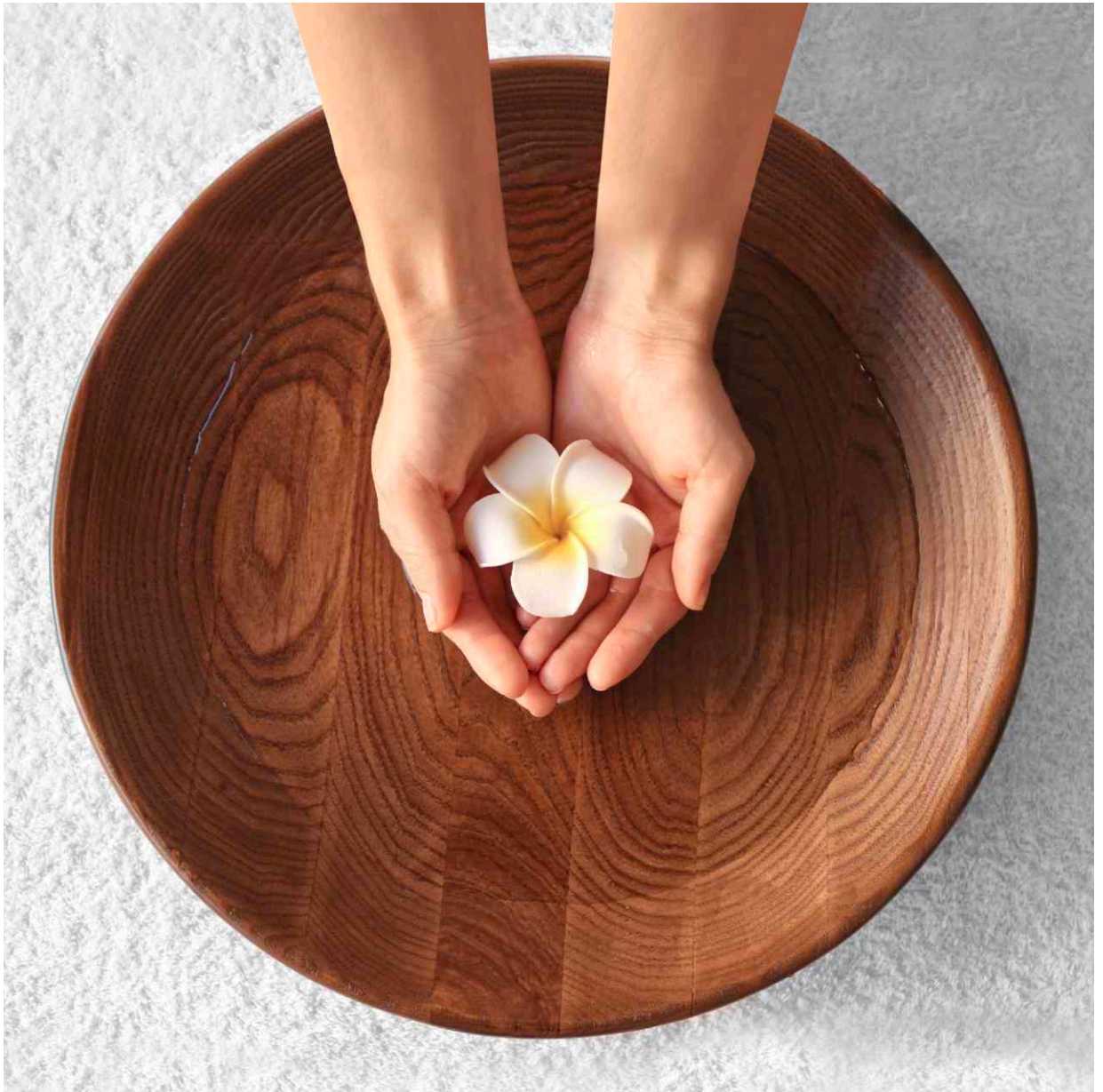
Clube Saúde





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PLEASE LEAVE THIS MENU BEHIND AT THE  
SPA FOR THE CONVENIENCE OF OTHER GUESTS.  
OUR TEAM WOULD BE HAPPY TO SHARE A SOFT  
COPY OF THIS MENU INCASE YOU SHOULD REQUIRE.  
THANK YOU FOR YOUR CONSIDERATION.





WELCOME TO SERENITY,  
WELCOME TO TATTVA SPA



Tattva Spa invites you to experience the rich mystic fusion of ancient Indian philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements:  
Prithvi (Earth), Vayu (Air), Agni (Fire), Jal (Water), Aakash (Sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our a well-designed, serene ambience. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and International massages, express therapies and beauty elixirs, to our traditional spa baths with salt therapy, and signature spa rituals.



SPA  
SOJOURNS



## DEEP SLEEP

120 minutes | INR 5900

Hours hunched over a computer, seated in meetings or crammed into an aeroplane seat leads to stress & strain in the lower back, shoulders, neck, hands and eyes. This spa session is your much-needed stress buster.

**Includes:** Deep tissue massage (60 min) | Indian head massage (30 min) | Leg fatigue reliever (30 min)

## NOURISH

120 minutes | INR 5600

Give in to two hours of nourishment for your mind, body and soul. Tattva healer will begin with a deep tissue massage for your tired muscles that uses thumb pressures and deep pressures followed by a revitalising spa facial therapy to detoxify and enliven your facial skin. Be nourished.

**Includes:** Choice of Swedish, Deep tissue massage (60 min) | Shine facial (60 min)

## BLISS (COUPLE SPA)

90 minutes each | INR 8800

Our therapists treat you like royalty in a tranquil natural setting and lead you and your love to a state of bliss with the perfect combination of our luxurious therapies of rejuvenation.

**Includes:** Choice of full body Swedish, Deep tissue or Abhyanga massage (90 min)

## SHINE

135 minutes | INR 5100

Luxuriate in the candlelight of the couple's treatment suite as you both relax and rejuvenate. Why wait for an anniversary to celebrate togetherness?

**Includes:** shine facial (60 min) | Pedicure (45 min) | Hair spa (30 min)

\*Taxes Extra

## SERENITY (COUPLE SPA)

120 minutes | INR 11000

Luxuriate in the candlelight of the couple's treatment suite as you both relax and rejuvenate. Why wait for an anniversary to celebrate togetherness?

**Includes:** Choice of full body Swedish or Deep tissue massage (60 min) and Shine facial (60 min)

## REPLENISH

135 minutes | INR 7900

You are initiated into a journey to reconnect with your inner self through traditional Indian massage, followed by a floral body polisher and ending with an energising clay wrap. A truly rejuvenating experience that balances your body, mind and spirit.

**Includes:** Abhyanga massage (60 min) | Floral mist body polisher (45 min) | Prithvi wrap (30 min)

## UNWIND-REWIND

300 minutes | INR 13200

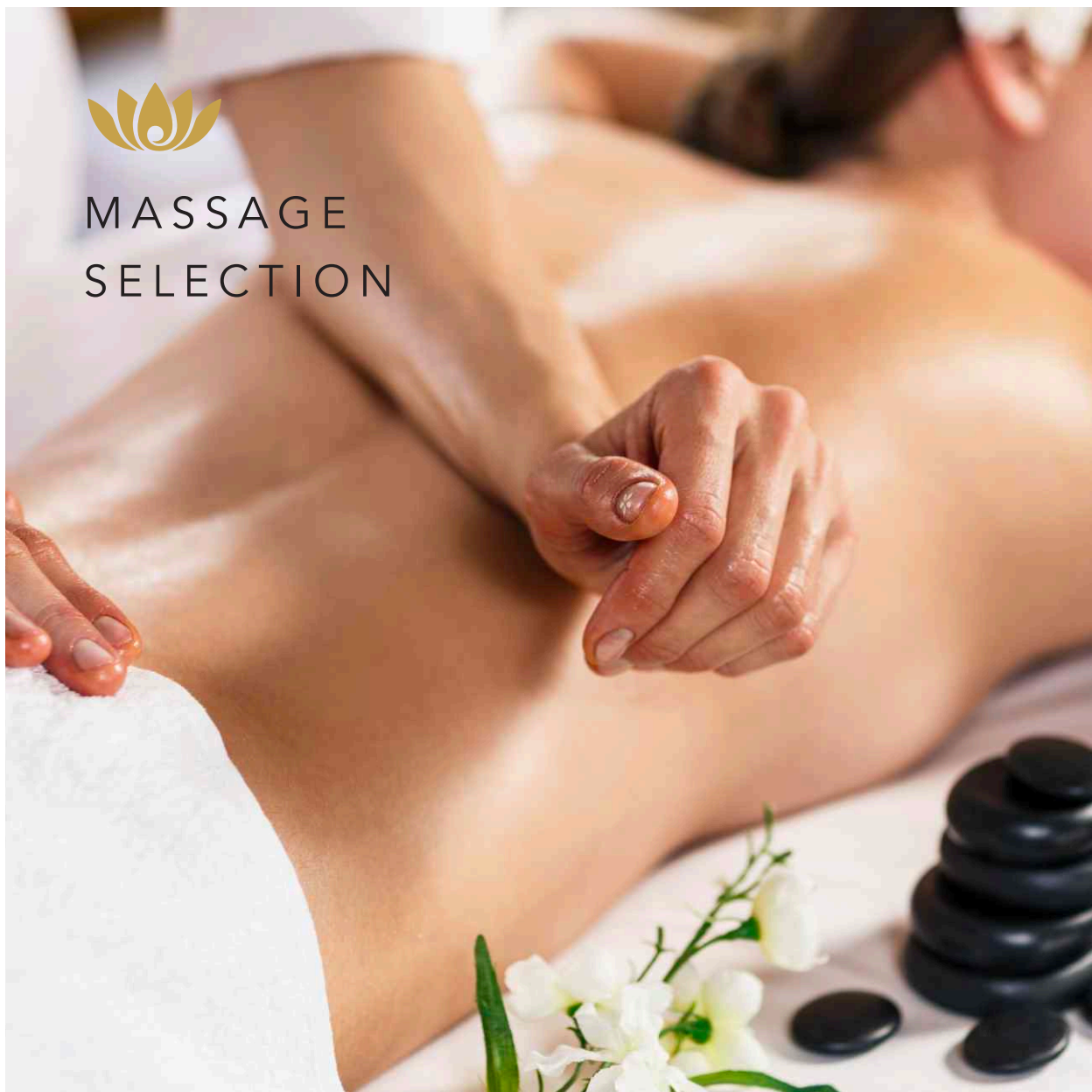
Avail any 5 massages of 60 minutes each over 15 days.\*

(Choice of Swedish, Deep tissue or Abhyanga massage)

\*Valid for 15 days only.



# MASSAGE SELECTION





# Pavitra - Indian Selection

## **VISHRAM**

**60 minutes | INR 3000**

**90 minutes | INR 4500**

Our therapists' alternating palm and thumb strokes softly work on your fatigue and aching body to de-stress and tone up the skin. This full body massage is done with the signature herbal oil to energize your senses.

## **AKHARA MALISH**

**60 minutes | INR 3300**

**90 minutes | INR 4900**

The traditional aroma-therapeutic massage oil works vigorously on your body to rekindle your energy flow. Tattva uses this powerful oil massage to release your body pain and to rejuvenate your sore, tense muscles.

## **SIGNATURE TATTVA THERAPY**

**90 minutes | INR 4900**

This is a signature wellness service at Tattva, incorporating yoga stretches along with a massage. This unique technique involves dry and oil based massage, eases muscle tension and energises the body with acupressure movements and stretching. The deep pressure applied during this massage works effectively on muscles and balances the energy levels of the body.

# International Selection

## SWEDISH

**60 minutes | INR 3300**

**90 minutes | INR 4900**

A medium pressure body massage, which uses one of the most effective proven massage techniques. The masseur will use various traditional, long kneading strokes to energise your body. The Swedish massage targets tired muscles and enhances blood circulation.

## DEEP TISSUE

**60 minutes | INR 3300**

**90 minutes | INR 4900**

Feel all your tension melt away as this therapy helps reduce adhesions & loosens muscles. Highly customised for your needs, our masseur will focus on relieving muscle tension & pain from your tired body.

## JETLAG RECOVERY

**90 minutes | INR 4900**

The ideal massage to banish the dehydration, fatigue and sluggishness associated with jetlag. These movements are designed to stimulate and invigorate you. Surrender your weary self to our expert healers to leave you feeling renewed.

\*Taxes & Service Charges Extra



# AYURVEDIC TREATMENT



# Ayurvedic Treatment

## **PIZHICHIL**

**60 minutes | INR 3500**

Pizhichil is a combination of oil massage and heat treatment. A cloth dipped in lukewarm medicated oil is squeezed over the body uniformly and then the oil is rubbed smoothly over the body by masseurs on either side.

## **UDVARTHANAM (POWDER MASSAGE)**

**45 minutes | INR 3200**

A traditional massage with herbal powder; this treatment helps fight obesity and provides complete rejuvenation of the body and mind.

## **PADAMARMABHYANGA (FOOT MASSAGE)**

**30 minutes | INR 1800**

Virtual points of the feet (marma) are massaged with fingertips, activating the nervous system, inducing sleep and improving posture.

## **SHIROABHYANGA (HEAD MASSAGE)**

**30 minutes | INR 1500**

A pampering head and face massage with medicated oils induces sound sleep, improves concentration and memory power and prevents hair fall and wrinkles.

## **LEPAN**

**30 minutes | INR 3000**

This rich, detoxifying and firming wrap draws from the goodness of exotic Indian herbs and clay, its therapeutic properties, drains out the toxins, tighten the skin and leave it with a radiant, youthful glow. Good for all skin types. Recommend with massage or scrub.

## **KATIVASTI**

**60 minutes | INR 3500**

Kati Vasti involves retention of warm thick medicated oil over the lower back or other parts of the spine. Effective treatment for any type of back pain & spinal disorders, stiffness and other back concerns related to spinal disc problems.

## **JANOVASTI**

**60 minutes | INR 3500**

Among all the remedies available for acute or chronic knee pain, JanuVasti (JanuBasti) is the most popular Ayurvedic therapies. It gives a magical relief from the pain and stiffness associated with knee pain.

## **SHIROVASTI**

**60 minutes | INR 3500**

A highly effective treatment from the leaf of Ayurvedic wisdom which makes the person undergoing it strong and immune, physically and mentally such that he or she can tolerate the extremes of life including diseases, stress etc.

## **NETRATARPAN**

**30 minutes | INR 1800**

Netra means eye and Tarpan means giving strength to the eyes. The medicated ghee is poured over the eyelids in an enclosure built around the eye out of wheat flour. It is said to be an excellent treatment to improve vision and clarity of the mind.

## **INDIAN ABHYANGA**

**60 minutes | INR 3300**

**90 minutes | INR 4900**

In this traditional Indian technique, your body is massaged with the finest herbal oils inspired by ancient Indian Ayurveda. This helps reduce the knots in your muscles and overall body fatigue. Sit back and let our healers bring time-honoured healing arts back to life by relaxing your mind and body.

## **POTALI**

**75 minutes | INR 4000**

Our unique therapy based on the Ayurvedic principles of therapeutic application of warmth. The body is massaged with linen potalis stuffed with essential herbs and oils, resulting in relaxation and detoxification. This also helps with harmonising the chi.

## **SHIRODHARA (RECOMMENDED AS AN ADD-ON)**

**30 minutes | INR 2500**

A therapy that involves a consistent flow of warm oil over the forehead, specifically on the 'third eye'. This is the chakra point just above and between the eyebrows and is said to be the seat of human consciousness. The oils are allowed to over the scalp and through the hair. Experience a blissful sensation with this

## MUKHLEPAM

**30 minutes | INR 1800**

A simple yet effective deep cleansing treatment that helps exfoliate dead skin and blackheads and unclog pores. This treatment refines skin clarity and reduces acne blemishes to leave you with a fresh skin that breathes and glows.

\*Taxes & Service Charges Extra



BEAUTY  
ELIXIRS





### **FLORAL MIST (BODY POLISHER)**

**45 minutes | INR 3000**

Tattva brings to you a misty fusion of aromatic oils - including palash, saffron and specialty floral extracts from the Himalayan valley. The gentle exfoliating polisher evens out the skin tone, leaving your skin soft and supple and giving you that dewy glow.

### **KALP VRIKSHA (BODY SCRUB)**

**45 minutes | INR 3000**

Kalp vriksha is an exceptional coconut-based herbal body scrub that helps hydrate your body and gives you an everlasting effect. This exceptional body tonic cleanses and hydrates the uneven and patchy skin from within.

### **PRITHVI (EARTH'S NECTAR - BODY WRAP)**

**30 minutes | INR 2500**

This rich, detoxifying and firming wrap draws from the goodness of exotic Indian herbs and clay. Its therapeutic properties, drains out the toxins, tighten the skin and leave it with a radiant, youthful glow. Good for all skin types. Recommended with massage or scrub.

### **VANILLA & NUTMEG SMOOTHIE (BODY POLISHER)**

**45 minutes | INR 3000**

A luxurious creamy treatment that leaves your skin soft and supple, this aromatic mixture provides essential hydration and conditions damaged skin, leaving your body with a delicate sweet fragrance.

\*Taxes & Service Charges Extra

## **CLEANSING FACIAL**

**30 minutes | INR 1800**

A simple yet effective deep cleansing treatment that helps exfoliate dead skin and blackheads and unclog pores. This treatment refines skin clarity and reduces acne blemishes to leave you with a fresh skin that breathes and glows.

## **SHINE FACIAL (FOR SKIN BRIGHTENING)**

**60 minutes | INR 3000**

With Tattva's Shine facial treatment, indulge your skin with a vivacious experience. Tattva's gentle facial massage, with well-crafted, detoxifying ingredients, revitalizes the skin-Cells, rehabilitating the natural texture of your skin. Don't just glow, get your shine back.

## **YOUNG & RADIANT FACIAL (FOR NEGLECTED SKIN)**

**60 minutes | INR 3500**

Tattva's professional facial for mature or neglected skin infuses the skin with scientific ingredients proven to slow the ageing process, helps repair damage and restores freshness back into your skin. The result? Younger-looking radiant skin.

## **HYDRA FACIAL (FOR DRY & PATCHY SKIN)**

**60 minutes | INR 4000**

This facial offers deep hydration & nourishment to your skin. It improves skin elasticity and boosts natural skin cell regeneration thereby giving you that flawless smooth skin.

\*Taxes & Service Charges Extra



# FACEMASK SELECTION



### **WHITE MULBERRY-PEEL OFF MASK (FOR MATURE SKIN)**

**INR 1500**

The antioxidant & skin smoothening properties of pure white mulberry enriched facial peel off mask is a perfect quick fix for your skin. This whitening & firming marine algae mask, gives a cool, & firm feel to the skin while lightening the skin and delivering a uniform glow across leaving you with a smooth, fresh, youthful & radiant skin.

### **GREEN TEA TREE-PEEL OFF MASK (FOR OILY / ACNE PRONE SKIN)**

**INR 1500**

This Green Tea Tree peel off mask is rich in anti-oxidants, anti-fungal ingredients that encourage healing and rejuvenation of the skin. It gives a natural glow to tired, dull skin & soothes inflamed, acne prone skin by balancing excessive oil production. Get that natural glow back!

### **ACTIVATED CHARCOAL-PEEL OFF MASK (FOR CLEANSING & PURIFYING)**

**INR 1500**

A deep cleansing mask that helps to detoxify & purify the skin, activated charcoal acts like a magnet to draw out the most deeply rooted impurities, unblocking the clogged pores while naturally derived ingredients calendula and rosemary help to rebalance and restore a glowing complexion.

\*Taxes & Service Charges Extra



BATH



### **TRADITIONAL UBTAN (RECOMMENDED WITH SHOWER)**

**INR 600**

Shine bright with this traditional ubtan bath with freshly hand-blended sandalwood and garbanzo beans which are rich natural cleansers. A mild scrub to go along with your spa bath to nourish and cleanse your delicate skin, leaving your skin naturally soft and radiant.

### **ROYAL ROSE CONCOCTION (RECOMMENDED WITH SHOWER)**

**INR 600**

Relax your mind and re-kindle your senses with luxurious rose, milk and essential oil concoction. This aromatic natural scrub with your spa bath, a favourite with the Indian royalty and the mughals, will deeply nourish your skin and leave you pampered and glowing.

### **JACUZZI (FOR SINGLE/COUPLE)**

**20 minutes | INR 1500**

Guest are welcome to use the jacuzzi facility with the spa therapy at nominal charges.

### **STEAM**

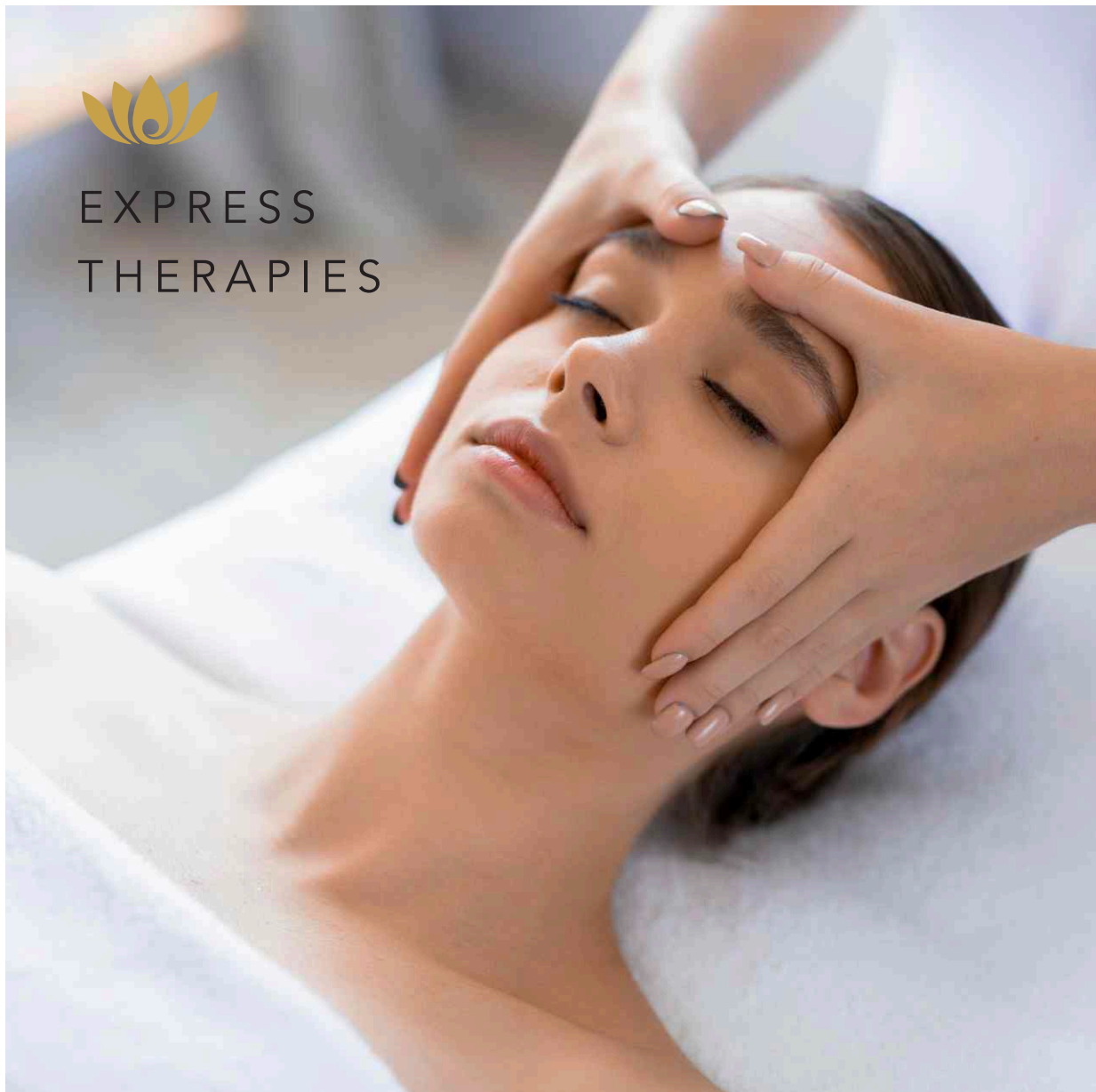
**30 minutes | INR 350**

Steam usage is complimentary with all 60/ 90 minutes spa services. Guests are welcome to use the steam facility without the spa therapy at nominal charges.

\*Taxes & Service Charges Extra



EXPRESS  
THERAPIES



### **INDIAN HEAD MASSAGE**

**30 minutes | INR 1500**

This invigorating therapy helps restore the natural sheen of the hair fibre. This massage helps relieve stress from the head, neck and shoulders, creating a profound sense of joy and relaxation

### **LEG FATIGUE RELIEVER**

**30 minutes | INR 1800**

Based on ancient eastern techniques, reflex zones on the feet and calf muscles are worked on. This is a treatment that balances the energy flow in the body and eases swollen legs and ankles, using a hand-picked combination of soothing natural oils.

### **ORIENTAL BACK MASSAGE**

**30 minutes | INR 1800**

Originating from the island of Bali, this therapy will soothe internal tissues, and relieve strained muscles and joint pain. We use carefully chosen aromatic oils during the massage to calm the nervous system, making this a serene experience indeed

### **TRAVEL ENERGIZER**

**30 minutes | INR 1800**

The perfect combination of a foot massage and a back massage that is a quick fix relaxation for your body. Our traditional foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage of the upper back, neck and shoulders is a soothing experience that relaxes you.

\*Taxes & Service Charges Extra





SALON



**HAND & FOOT CARE**

Luxurious chocolate foot spa	INR 1500
Organic foot spa	INR 1200
Luxurious chocolate manicure	INR 1200
Organic manicure	INR 900
Nail Paint Change (Feet/ Hands)	INR 250

**HAIR CARE**

Loreal hair spa (regular)	INR 1500
Loreal hair spa (anti-dandruff)	INR 2500
Amazon hair spa (amaranth)	INR 2500
Amazon hair spa (almond)	INR 2500
Extra for long hair	INR 500

**HAIR CUT (INCLUDES HAIR WASH)**

Hair cut for Her	INR 950 (Taxes extra)
Hair cut for Him	INR 800 (Taxes extra)

**HAIR STYLING**

Shampoo And Conditioning	INR 650
Basic Blow-Dry	INR 650
Hair Straightening (Ironing: Short/ Long)	INR 1500/INR 2000
Hair Perming (Short/Long)	INR 1500/INR 2000

**HAIR COLOR**

Global (men/women)*	INR 1500/INR 2500/INR 6000
Global sides (men)	INR 700
Root touch up (women)	INR 1500

**\*Hair colour charges may vary depending on length/density of hair**

**\*Taxes & Service Charges Extra**

## FACE & BODY ESSENTIALS

Threading (Eyebrows)	INR 150
Threading (Upper Lip)	INR 100
Threading (Chin/Forehead)	INR 150
Threading (Full Face)	INR 500
Waxing – Full Legs**	INR 850/INR 1050
Waxing – Half Legs	INR 650/INR 950
Waxing – Full Arms	INR 850/INR 1050
Waxing – Under Arms	INR 150/INR 250
Waxing – Full (Includes Full Legs, Arms And Under-Arms)	INR 1600/INR 2100
Waxing – Bikiniline	INR 650/INR 950
Waxing – Stomach	INR 650/INR 950
Waxing – Brazilian	INR 950/INR 1150
Waxing – Neck & Blouse Line	INR 650/INR 900
Waxing – Full Body	INR 2500/INR 3000
Bleach – Face And Neck	INR 650
Bleach – Arms	INR 1050
Bleach – Legs	INR 1250
Bleach – Back	INR 850
Bleach – Full Body	INR 2500/INR 3000

## ESSENTIALS FOR MEN

Shave	INR 300
Beard Trimming	INR 300
Moustache Trimming	INR 150
Threading (Eyebrows)	INR 100
Face Clean-Up	INR 1800

\*\*Choice of Regular or Premium | \*Taxes & Service Charges Extra

**MAKE-UP & HAIR-DO**

Basic eye make-up	<b>INR 3500</b>
Evening Party make-up	<b>INR 6500</b>
Day Party make-up	<b>INR 6000</b>
Bridal make-up	<b>INR 15000 Onwards</b>
Dressing/ Sari-draping	<b>INR 600</b>
Indian hair-styling (jooda, puff etc)	<b>INR 1500</b>
Hair accessories	<b>INR 250 Onwards</b>

\*Taxes & Service Charges Extra





# TATTVA REVIBE

SPA Memberships from Tattva

Tattva Revibe is the perfect solution for making wellness a part of your routine. A membership with Tattva offers you a wide range of value-added extras, in a luxurious environment. A good spa therapy will no longer be a drain on your pocket. We invite you to escape the chaos of your daily life and rejuvenate in an oasis of calm.

Commit to wellness with Tattva Revibe!

MEMBERSHIP CATEGORY	PAY	OPENING BALANCE	EFFECTIVE DISCOUNT***	EXPECTED NO. OF SERVICES***	VALIDITY (IN MONTHS)	SHARING WITH FRIENDS & FAMILY
PEACE	INR 18000*	INR 24000	25%	7	8	YES
SERENITY	INR 24000*	INR 36000	33%	10	12	YES
TRANQUILITY	INR 39600*	INR 72000	45%	21	18	YES

Tattva Revibe is a prepaid spa membership plan from Tattva.  
The membership can be redeemed only at your home centre.\*\*  
Pay in advance and go cashless for every booking under membership.  
Memberships can be availed during Spa operational hours.  
Avail 25% discount through Tranquility Membership for other Tattva locations.  
24-hours prior appointment required.  
Membership plans are not applicable on spa packages.

\* Taxes extra  
\*\* Centre where membership is purchased  
\*\*\* Example referring to 60 minutes Swedish Massage  
Number of services will change upon choosing different services  
(Calculated assuming only 60 minutes Swedish massage at MRP 3300)

# GENERAL INFORMATION

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## RESERVATION AND CANCELLATION

It is recommended that you arrive 15 minutes prior to the scheduled spa session.

For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

## SPA ETIQUETTE

Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.

Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.

Smoking and consumption of alcohol are prohibited within the spa area.

The spa management has the discretion of not serving guests under the influence of alcohol.

Gentlemen are advised to shave at least 3 hours prior to a facial session.

## What should guests wear during a treatment?

Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

## CONSIDERATIONS

Membership packages are non-refundable and can be availed against a valid membership card / booklet.

Pregnant lady guests and other guests with any medical condition, are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.

The spa treatments rendered by Elementia Wellness Pvt. Ltd. are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have.

Tattva Spa, its employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.

The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature.

Any illicit or sexually suggestive behavior, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges for the scheduled service.



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

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