



**TATTVA**  
SPA

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 TATTVA SPA  
AN EXCURSION TO TRANQUILITY



Tattva Spa invites you to experience the rich mystic fusion of ancient Indian philosophy with the latest contemporary wellness methods. Our specialized 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 well-designed, serene ambiance. 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 5600**

Like a comforting hug from your favourite person, Deep Sleep treatment is your requisite Stress-Buster. After a long day at work or a tiring sports event, after a delayed wearying flight or a strenuous day at home, this spa session reboots your energies.

Includes: Deep tissue massage (60 min), Indian head massage (30 min), and Leg fatigue reliever (30 min)

**NOURISH****120 minutes | INR 5600**

Your Tann, Mann, and Aatma need two hours of nourishment. Our professionally trained healers relieve your tired muscles to replenish and freshen your senses. Deep tissue massage is followed by a detoxifying facial to soothe your tensed mind and body.

Includes: Choice of swedish or deep tissue massage (60 min) and Shine facial (60 min)

**BLISS (COUPLE SPA)****90 minutes | INR 8800**

Set your job on hold while you enjoy a time out with your partner. Mix it up and revive your connection as both of you lose yourself to the healing power of the spa. In the tranquil setting, experience the bliss of love and life with your significant other.

Includes: Choice of full-body swedish or abhyanga massage (90 min)

**SERENITY (COUPLE SPA)****120 minutes | INR 12500**

Honour the timeless journey of love and togetherness. Why wait for a special occasion? Savor every moment as you and your partner relish in the serene ambiance of candlelight and essential oils.

Includes: Choice of full-body swedish or deep tissue massage (60 min) and Shine facial (60 min)

**REPLENISH****135 minutes | INR 7900**

Slow down as you loose yourself to the healing art of traditional Indian massage followed by a floral body polisher concluded with an energizing clay wrap. This therapy is an end-to-end journey to Nirvana for your Tann, Mann, and Aatma.

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

**SHINE****150 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: Vitamin facial (60min) | Pedicure (45min) | Hair spa (30min)

**UNWIND-REWIND****300 minutes | INR 13200**

Want to truly relish in the sensibilities of spa therapy?

Avail any 5 massages for 60 minutes each over a period of 15 days and have an unparalleled experience of relaxation and rejuvenation.

Includes: Choice of Indian Abhyanga, Deep-tissue, and Swedish massage (Valid only for 15 days)



# 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

The Signature Tattva Therapy incorporates massage with yoga stretches. This holistic wellness experience involves dry and oil-based massage, which eases muscle tension and energizes the body with acupressure movements and stretching. The deep pressure applied works effectively on muscles and balances the body's energy levels.

# International Selection

## SWEDISH MASSAGE

60 minutes | INR 3300

90 minutes | INR 4900

Popularly known as Swedish Massage, this is a medium-pressure full-body massage, which targets superficial muscles to provide muscle relaxation and increased blood circulation.

From strained muscles to tensed minds, the masseuse uses traditional long kneading strokes to relieve you after a long day of work and stress.

## DEEP TISSUE MASSAGE

60 minutes | INR 3300

90 minutes | INR 4900

Press the restart switch as you feel all your pain and tensions dissipate. Deep tissue massage is customizable to your needs. It targets reducing adhesions and muscle stiffness using varying pressure and distinct massage points.

## JETLAG RECOVERY

90 minutes | INR 4900

Win over the nasties of jetlag with our exclusive Jetlag Recovery massage therapy. It is an ideal massage to banish dehydration, fatigue, and sluggishness after a long flight. The techniques employed by our healers are designed to stimulate and invigorate your senses and body.



**BEAUTY ELIXIRS**

**FLORAL MIST (Body Polisher)****45 minutes | INR 3000**

From the abyss of Himalayan Valleys, Floral Mist Body Polisher is a misty fusion of aromatic oils- Palash, Saffron, and floral extracts. The gentle exfoliating polisher evens the skin tone, gives you a fresh dewy glow, and makes your skin soft and supple.

**KALP VRIKSHA (BODY SCRUB)****45 minutes | INR 3000**

Kalp vriksha, a herbal body scrub with nourishment tendencies of coconut, refurbishes dead skin cells making skin radiantly smooth and even-toned.

**VANILLA & NUTMEG SMOOTHIE (BODY POLISHER)****45 minutes | INR 3000**

A luxurious creamy treatment with a unique blend of exfoliating agents and balmy essential oils provides essential hydration. It repairs damaged skin, rejuvenates the undernourished body, and leaves your body with a delicate sweet fragrance.

**PRITHVI (EARTH'S NECTAR- BODY WRAP)****30 minutes | INR 2500**

With the therapeutic propensities of Prithvi, this body wrap stands true to its name. Refresh in the cocoon of balmy refined wrap that drains the toxins, tightens the skin, and gives a natural radiant glow.

**CLEANSING FACIAL****30 minutes | INR 1800**

Castaway blackheads, whiteheads, dead skin cells, and clogged pores with a cast for your face. The cleansing facial refines skin clarity and reduces acne blemishes, leaving you with fresh skin that breathes and glows.

**SHINE FACIAL (FOR SKIN BRIGHTENING)**

**60 minutes | INR 3000**

A skincare treatment that takes care of our skin's health and provides the nourishment it needs. This 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**

Combat aging, mend the damage, and restore freshness with the facial for all the superhumans of the world. Don't let the long hours of work have you neglect your skin. Achieve younger-looking radiant skin with Young & Radiant Facial.

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

**60 minutes | INR 4000**

Don't let the drying weather get the best of you! Boost skin cell regeneration and Improve skin's elasticity with the Hydra Facial. This treatment cleanses, extracts, hydrates, and nourishes your skin from deep within without leaving room for dryness.



# FACE MASK SELECTION

**WHITE MULBERRY PEEL-OFF MASK ( for mature skin)**

**INR 1500**

Enriched with anti-oxidant properties, White Mulberry Peel-Off mask delivers a unique glow for young, radiant, and even-toned skin. Refined mulberry extracts prevent premature aging, and calm the irritated skin.

**GREEN TEA TREE PEEL OF MASK ( for oily and acne-prone skin)**

**INR 1500**

Soothe redness and improve overall skin health with the nourishment of the green tea tree peel-off mask. The anti-fungal and anti-oxidant properties of green tea moisturize, stimulate, regulate skin's well-being, and soothes inflamed acne-prone skin by balancing excess oil production without being harsh.

**ACTIVATED CHARCOAL PEEL-OFF MASK (for cleansing and purifying)**

**INR 1500**

Activated Charcoal Peel-Off mask draws impurities, dirt, and excess sebum that causes acne and clogged pores. A deep cleansing mask that detoxifies and purifies the skin. Savor the bliss of smoother rejuvenated skin.



**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.



**EXPRESS THERAPIES**

### **INDIAN HEAD MASSAGE**

**30 minutes | INR 1500**

Relieve stress from the head, neck, and shoulders when our professionally trained healers use kneading strokes for the massage. This therapy stimulates hair growth, improves blood circulation, and infuses a profound sense of joy and relaxation.

### **LEG FATIGUE RELIEVER**

**30 minutes | INR 1800**

Leg fatigue reliever works on the age-old tradition of applying pressure to the more than 7,000 nerves in the foot which can mitigate blockages in the rest of the body. 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**

Soothe sore muscles, blockages, and joint pains with a massage derived from the Islands of Bali. A careful selection of aromatic oils and expert massage movements calm the nervous system, making this a serene experience.

### **TRAVEL ENERGIZER**

**30 minutes | INR 1800**

After a long flight or a tiringly beautiful vacation, a shot of travel energizer is what you need. Traditional foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage for the upper back, neck, and shoulders is a wholesome tranquilizing experience.



**SALON**

### **HAND & FOOT CARE**

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

### **HAIR CARE**

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Loreal hair spa (regular)	<b>INR 1500</b>
Loreal hair spa (anti-dandruff)	<b>INR 2500</b>
Amazon hair spa (Amaranth)	<b>INR 2500</b>
Amazon hair spa (almond)	<b>INR 2500</b>
Extrafor long Hair	<b>INR 500</b>

### **HAIRCUT (INCULDESHAIR WASH)**

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Hair cut for her	<b>INR 950</b>
Hair cut for him	<b>INR 800</b>

### **HAIR STYLING**

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Shampoo and conditioning	<b>INR 650</b>
Basic Blow-Dry	<b>INR 650</b>
Hair straighten (Ironing: short/long)	<b>INR 1500/ INR 2000</b>
Hair perming (short/long)	<b>INR 1500/ INR 2000</b>

## HAIR COLOR

Global (men/women)

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**INR 650/ INR 2500/ INR 6000**

Global sides (men)

**INR 700**

Root touch up

**INR 1500**

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

## Face & Body Essentials

Threading (eyebrows)

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**INR 150**

Threading (upper Lip)

**INR 100**

Threading (chin/forehead)

**INR 150**

Threading (fullface)

**INR 500**

Waxing - full legs\*\*

**INR 850/ INR 1050**

Waxing - UnderArms

**INR 650/ INR 950**

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 - neck & blouse line

**INR 950/ INR 1150**

Waxing - full body

**INR 2500/ INR 3000**

Bleach - face & neck

**INR 650**

Bleach - arms

**INR 1050**

Bleach - legs

**INR 1250**

Bleach - back

**INR 850**

Bleach - full body

**INR 2500/ INR 3000**

\*\*Choice of regular or premium

## **ESSENTIALS FORMEN**

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Shave	<b>INR 300</b>
Beard Trimming	<b>INR 300</b>
Moustache Trimming	<b>INR 150</b>
Threading (eye brows)	<b>INR 100</b>
Face clean-up	<b>INR 1800</b>

## **MAKE-UP & HAIR- DO**

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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>





# 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 enviroment. A good spa therapy will no longer be a drain on your pocket we invite you to escape the chaos of your daily life rejuvenate in an oasis 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.

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 package are non-refundable can be availed 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. It's 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 of the scheduled service.



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