

आयुर्वेद – The Science of Life

Ancient philosophers used to call India the thousand Yojans (leagues) of land that stretches from the magnificent Himalayas to the intense oceans, intertwined with rivers deemed sacred. Embark on a serene journey through the diversity of ancient rituals and geography of India ~ a profound experience at Tattva Spa delivered through authentic oil blends, natural herbs & spices.

All our indigenous spa therapies are based on Indian Ayurveda (the science of life) that works on the principal of harmony & balance of the elements in the human body and the universe.

श्रद्धा
shraddha inn
SHIRDI

TATVA
SPA
De-stress Rejuvenate Pamper

MASSAGES

The use of massages in India can be traced back in time to the first Indo-Aryan settlements to promote fitness and well being.

ĀBHYĀNGĀ Ayurvedic Relaxation Massage

60 min | 90 min

Based on the ancient Indian science, this medium pressure massage will use a mix of traditional organic herbal oils. Sit back and let our masseurs bring the age old magic in your body to help your mind relax and restore its inner calm.

VISHUDDHI Ayurvedic Powerful Massage

60 min | 90 min

Feel all your tension melt away under our masseur's expert hands with this high pressure massage - helps to reduce adhesions and knots and loosen muscles. Customized for your needs, our masseur will focus on relieving pain from specific body regions.

POTĀLI Ayurvedic poultice massage

75 min

Our unique massage based on the Ayurvedic application of healing and warmth. The body is massaged with linen Potaliś stuffed with essential herbs and oils. Results in detoxification and rebalancing the natural body energy.

SHIRODHĀRĀ Ayurvedic Massage

45 min

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 flow over the scalp and through the hair. Experience a blissful sensation with this Ayurvedic oil massage.

PĀDĀ MĀRDĀNĀ Indian Foot Massage

20 min | 30 min

Based on the techniques of reflexology, our masseur works carefully on your tired feet – perfect after a long journey. A treatment that balances the flow of energy in your body and removes system blockages - makes you feel like you are walking on the air.

PRISHTĀ MĀRDĀNĀ Indian Foot Massage

20 min | 30 min

Originating from the islands of far east, the masseur uses a variety of techniques to soothe your stressed back and shoulders, and relieve sore muscles. This stimulating massage will leave you charged for the rest of the day.

CHĀMPI Head Massage

20 min | 30 min

This ancient technique releases stress as tension is eased out of tight muscles in the head and upper back. Our signature brew of ancestral hair nourishing herbal oil will invigorate the entire body, balance the *Chakras* and infuse deep calm and relaxation.

SKĀNDHĀ Indian Travel Energizer Massage

30 min

The masseur welcomes you with our foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage of the neck and shoulders. A soothing experience that relaxes your tired body.

***Add a detoxifying Lymphatic Face Massage to comfort aching temples for INR 400 only ~ your face and skin will exude vitality.*

***Add a detoxifying face pack to your relaxing massage experience for INR 500 only*

BEAUTY ELIXIRS

Early day skin care products were prepared at home using very effective household remedies that have been passed down through centuries and generations. Based on this ancient wisdom, our specialty services will take adequate care of your dreams of everlasting youth and beauty.

RĀSIKĀ Indian Spice Bath

45 min

Pamper yourself in this ancient Indian tikta snana with our Spice of Life Scrub. You are slathered in a rich healing blend of cardamom and authentic herbs, which is massaged gently into the body to promote deep cleansing.

FLORĀL MIST Indian Purifying Body Polisher

45 min

Tattva brings to you a misty fusion of aromatic oils, saffron and specialty floral extracts from the Himalayan valley that will make you glow and maintain the suppleness of your skin.

SOUNDĀRYĀ Vitamin Enriched Facial

60 min

Experience our Active detoxifying face treatment, rich in essential skin vitamins. The rejuvenating pressure point massage relaxes your facial muscles and improves blood and lymph circulation making your skin look younger and brighter.

SUKESH Hair Spa

30 min

Our masseur pampers you with a pressure point head massage; followed by the application of our unique Triphala Rasayana hair mask that promotes deep conditioning and makes it healthy. You witness improved texture with restored shine and softness.

ĀYURVEDIC RITUĀL Traditional Wellness

150 min

Ayurveda adopted the physics of the “five elements” Prithvī (earth), Jala (water), Agni (fire), Vāyu (air) and Ākāśa (Sky) — that compose the universe, including the human body and emphasized on the balance of the same in the human body. Our Ayurvedic spa ritual tries to bring back this balance in your body in a luxurious environment.

Includes –

- 75 min Ayurvedic Potali Massage focussed on energizing the body *chakras*
- 45 min Rasika Ritual with healing Ayurvedic herbs for skin repair & nourishment
- 30 min Sukesh (*Hair Spa*) with a relaxing pressure point head massage and nourishing Triphala Rasayana hair mask

MYSTIC ROMĀNCE Couple Spa

120 min each

Sit back and cherish some precious moments of relaxation and togetherness ~ an experience you will never forget. 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.

Includes –

- 60 min pampering Floral Mist Body Polisher ritual for glowing skin
- 30 min Pada Mardan (*Foot Massage*) with soothing oils for complete rejuvenation
- 30 min Indian Champi (*Head Massage*) using nourishing hair oil for mental relaxation and peace

* All prices are exclusive of government taxes

*We levy a 3% service charge on your bill

GENERAL INFORMATION

Reservations, Arrival and Cancellations

- Please book your spa session 24 hours in advance to ensure availability
- We recommend that you arrive 15 min prior to the scheduled session time and relax in our spa
- We will try our best to accommodate your session, in case you are running late
- 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.
- Non arrival for the spa session without prior cancellation will attract the entire service charges

Spa Etiquette

- Help us maintain the serene environment of the spa by keeping the area quiet and speaking volume low. Please keep your mobile phones and other electronic devices switched off.
- Guests under the age of 16 are not permitted within the spa area, 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 and can request them to leave the premises in case of non-adherence to the spa etiquette

General

- Treatment packages are non-refundable and non-exchangeable
- We accept payment by cash or all major credit cards
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- Please arrive at the spa wearing comfortable and light clothing
- Gentlemen are advised to shave atleast 3 hours prior to a facial session

Considerations

- Guests with high blood pressure, heart conditions, allergies or have any medical complications, are advised to consult their doctors before signing up for any services. Please inform your spa therapist of any medical conditions. Pregnant ladies are also advise to consult their doctors before availing any services
- The spa treatments rendered at Tattva Spa 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, it's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service

Products & Oils

- Most of the skin care products and oils used in our spa treatments are available for purchase by the guests. Please advise the masseurs of your choice and they will assist you in your purchase



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SPA PRICES

ĀYURVEDIC RITUĀL Traditional Wellness	150 min	INR 3000
MYSTIC ROMĀNCE Couple Spa	120 min each	INR 4100
ĀBHYĀNGĀ Relaxation Massage	60 min 90 min	INR 1100 INR 1500
VISHUDDHI Powerful Oil Massage	60 min 90 min	INR 1200 INR 1600
POTĀLI Poultice massage	75 min	INR 1500
SHIRODHĀRĀ Traditional Massage	45 min	INR 1500
PĀDĀ MĀRDĀNĀ Foot Massage	20 min 30 min	INR 400 INR 600
PRISHTĀ VĀRDHĀN Back Massage	20 min 30 min	INR 400 INR 600
CHĀMPI Head Massage	20 min 30 min	INR 400 INR 600
SKĀNDHĀ Travel Energizer Massage	30 min	INR 650
RĀSIKĀ Indian Spice Bath	45 min	INR 1400
FLORĀL MIST Purifying Body Polisher	45 min	INR 1400
SOUNDĀRYĀ Vitamin Enriched Facial	60 min	INR 1400
SUKESH Hair Spa	30 min	INR 700

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