



CROWNE PLAZA®

AN IHG® HOTEL

TODAY GURUGRAM

BODY ZONE

Contact No. 0124 453 4053



SPA

Unwind and replenish your senses at our serene spa, a sanctuary within Crowne Plaza Today Gurugram. Let the expert touch of our therapists transport you to a state of pure bliss, leaving you renewed and ready to embrace the world anew.

Gymnasium - 0530hrs. to 2300 hrs.
2400hrs. for in-house guests

Swimming Pool - Summer: 0700 hrs. to 2100 hrs.
Winter: 0800 hrs. to 2000 hrs.

Sauna Steam Rooms - 0700 hrs. to 2230 hrs.

CROWNE SIGNATURE
MASSAGE

90 MIN 6000 /-

Holistic-light to medium pressure soothing message with long and flowing movements
Oriental - an Integrative style of full body massage with acupressure and stretching techniques
Energizer - a reviving upper body massage focusing on key areas to relleva muscle tension

BALINESE MASSAGE

60/90 MIN 5000/6000/-

The Balinese massage uses a combination of gentle stretches, acupressure and aromatic oils to stimulate the flow of blood, oxygen and 'chi' (energy) throughout the body. This brings relaxation.

CLASSICAL SWEDISH

60/90 MIN 5000/6000/-

A classic, full-body Swedish massage works on the muscles and key meridian lines to eliminate toxins and reduce tension.

COUPLE'S ROMANTIC GET AWAY

(NO OFFER VALID)

90 MIN 14000 /-

Indulge in a coffee scrub for silky smooth skin and a Balinese body massage with face massage in the couple's spa treatment suite.

LUXURIOUS VITAMIN E
CREAM MASSAGE

60/90 MIN 5000/6000/-

Vitamin E cream has been used as a beautification treatment for many years and known to reduce the appearance of scars and stretch marks. Vitamin E is an antioxidant that helps neutralise free radicals and aids in balancing cell membranes.

DEEP TISSUE MASSAGE

60/90 MIN 5000/6000/-

Back massage will speed up muscle recovery and relax short muscles; the perfect choice for relieving soreness after a workout.

JET LAG REMEDY

45 MIN 4000 /-

Specific massage for post-flight to re-oxygenise the body. This massage starts with a hot compress that specifically concentrates on the shoulder, back and calf muscles to relieve travel fatigue. During this massage session, emphasis is puton relieving the bloating, fatigue and muscle ache caused by long flights. Check in to the jet lag massage after a flight and you will walk out feeling renewed and energised.

SPORTS MASSAGE

(WITH DRY PRESSURE POINTS)

45 MIN 4500/-

This full body massage will speed up muscle recovery and relax short muscles; the perfect choice for relieving soreness after a workout.



AROMA THERAPY MASSAGE

60/90 MIN 5000/6000/-

This calming massage will shower your body with relaxing sensations that not only ease your tension but also calms you into an aromatic repose. The divine essential oils used release their healing properties into the skin to balance your body and mind, restoring a feeling of well-being.

AROMATIC BACK MASSAGE

45 MIN 3000/-

During an aromatic back massage, it is essential to inhale the essential oils or have them absorbed through the skin. Through either of these methods, one will gain beneficial therapeutic benefits - like relaxation or pain relief.

FOOT REFLEXOLOGY

45 MIN 3000 /-

Massaging the foot's reflex points can boost health by improving the natural flow of the body's energy. Recover physical and mental harmony with this ancient healing therapy.

HYDRATING SEA SALT SCRUB

30 MIN 3500 /-

This unique signature treatment uses a blend of rich mineral salts and citrus oil for radiant and refreshed skin. In addition, this mild scrub stimulates the lymphatic system, removes dry skin cells and encourages the free flow of energy throughout the body.

NATURAL MINERAL SCRUB

30 MIN 3500 /-

Using a combination of nutrient rich ingredients such as Dead Sea minerals, Jojoba oil and Vitamin E. This invigorating body scrub has been formulated to gently exfoliate and moisturise the skin leaving it silky smooth and totally refreshed.

CHOCOLATE MASSAGE

60 MIN 5500 /-

Cocoa has been used as an ingredient in skin and beauty products since a ient times. Cocoa based massage lotions and oils are used to slough off dead skin, revi kin cells and boo helps firm up the skin when ap sent in chocolate also oxidant properties of chocolate help protect the skin against damage and may help reduce the appearance of wrinkles and fine lines on the skin.

CHOCOLATE WRAP

40 MIN 4000 /-

Hydrates your skin with this full body treatment. It helps detoxify, tone, tighten skin and take inches off a person's frame almost instantly. The polyphenols in cocoa delay the ageing process, causing you to look younger. Also said to decrease the risks of stroke, improve heart health, protect the skin from sun damage and enhance the flow of blood. So enjoy the benefits of chocolate, without consuming huge amount of it.

CHOCOLATE SCRUB

30 MIN 3500 /-

The special rich and creamy formula of natural cocoa and cocoa butter that is used in this treatment will lift your spirits, stimulate your soul and nourish your skin.

THAI COFFEE SCRUB

30 MIN 3000 /-

Coffee has been gaining ground for its beneficial skincare properties. Exfoliating with coffee grounds leave you with smooth and glowing skin. Furthermore, the caffeine in coffee can temporarily reduce the appearance of cellulite and give your skin a firmer appearance.

FITNESS STRETCHING

30 MIN 1500 /-

YOGA SESSION

60 MIN 2000 /-

AYURVEDIC TREATMENT

ABHYANGA 60/90 MIN 5000/6000

Abhyanga is one of the ancient old massages that include warm oil. The oil is applied on the entire body, from the hair roots to the soles of the feet. This significant massage has been used since the beginning of Ayurveda, a traditional system of medicine from India.

SHIRODHARA 60 MIN 6000
(NO OFFER VALID)

Shirodhara is derived from the Sanskrit words Shiro (head) and Dhara (flow). It remains one of the most divine Ayurvedic rituals. During the session, a fine and steady stream of warm herbal oil is poured on the third eye. The treatment induces tranquillity, leaving you with mental clarity. Shirodhara is also an effective way to treat stress, anxiety, insomnia and restlessness.

SHIROABHYANGAM 90 MIN 7000
(NO OFFER VALID)

In this deeply relaxing treatment, lukewarm herbal oil is poured in a slow continuous stream on the third eye or Anjana Chakra accompanied by a slow gentle massage. This treatment promotes deep sleep, relieves insomnia, migraine, stress related problems and improves memory. Experience the complete holistic cleansing by including the Abhyanga and enhance your relaxation.

(KIZHI) POTLI MASSAGE 60/90 MIN 5500/7000

The Potli massage is based on the ancient Ayurvedic principle that focuses on a confluence of universal elements. In the case of Potli massage, the focus is on harnessing the benefits of fire and water elements. When combined with specific ayurvedic herbs, a heated Potli can help balance a person's doshas and bring relief from a variety of chronic pain and soreness.

STONE THERAPY

CHAKRA BALANCING 90 MIN 6500

This relaxing massage focuses on the head, neck and shoulder areas to loosen muscles and ease tension. Varying degrees of pressures are used in different areas to stimulate blood circulation and improve energy flow.

HOT STONE THERAPY 70 MIN 6000

This therapy comes from ancient Indian customs and consists of different oil massages and the application of various stones on the body's energy points. This treatment facilitates lymphatic drainage and relaxes muscles.



MEN'S CARE

HAIR CUT MALE 1000

HAIR TRIM 800

HAIR CUT CHILD 600

BEARD TRIM 400

SHAVE 400

HEAD SHAVE 700

BEARD COLOR 700

MOUSTACHE COLOUR 300

HAIR COLOR - MEN 1500

SHAMPOO 350

MASSAGE

SALON

MAKE-UP		FULL FRONT	1400
BRIDAL MAKEUP	20000	FACE	600
PRE-BRIDAL	25000	THREADING	
PARTY MAKEUP	7000	FULL FACE	700
EYE MAKEUP	3500	EYEBROWS	200
		UPPER LIP	200
NORMAL WAX		CHIN	200
FULL BODY WAX	4000	FOREHEAD	200
FULL LEGS	1000		
HALF LEGS	700	HAIR CARE	
FULL ARMS	750	HAIR CUT LADIES	1500
HALF ARMS	600	HAIR TRIM	1000
UNDER ARMS	300	SHAMPOO	500
BRAZILIAN WAX	1500	BLOWDRY	800
FULL BACK	1000	IRONING	1000
FULL FRONT	1000	CURLING TONG	1500
		SHAMPOO & BLOWDRY	1300
RICA WAX			
FULL BODY	6000	HAIR COLOR (LOREAL)	
FULL LEGS	1400	ROOT TOUCH UP LADIES	2000
HALF LEGS	1000	APPLICATION	1200
FULL ARMS	1050	GLOBAL COLOR LADIES	3000/5000/7000
HALF ARMS	900	EYEBROWS TINT	300
UNDER ARMS	400	HAIR SPA	2000
BRAZILIAN WAX	2100	HAIR RITUAL	2500
FULL BACK	1400		

GOVERNMENT TAXES AS APPLICABLE ARE CHARGED EXTRA*



SALON

HAIR COLOR (SCHWARZKOPF)		
ROOT TOUCH UP LADIES		2500
GLOBAL COLOR LADIES		3500/5500/7500
HAIR SPA		2500
HAND & FOOT CARE		
SPA MANICURE	45 MIN	1400
SPA PEDICURE	60 MIN	1700
PARAFFIN MANICURE	45 MIN	1000
PARAFFIN PEDICURE	45 MIN	1500
FRENCH MANICURE	30 MIN	1400
FRENCH PEDICURE	45 MIN	1700
CHANGE OF POLISH	—	300
NAIL CUT & FILES	—	300
NECK & SHOULDER MASSAGE	30 MIN	2000
HEAD MASSAGE	30 MIN	1500
FACIALS		
DIAMOND FACIAL LUXURY	60 MIN	6000
ANTI AGING FACIAL	60 MIN	5000
AROMA FACIAL	60 MIN	4500
BRIGHTENING & WHITENING FACIAL	60 MIN	6000
DEEP FACE CLEANSING	30 MIN	2500
FACE MASSAGE	20 MIN	1500
FACE PACK	20 MIN	1500

GOVERNMENT TAXES AS APPLICABLE ARE CHARGED EXTRA*

WHILE YOU PAY ONLY
Rs 10999*
AVAIL SERVICES WORTH
Rs 15999
(VALIDITY TILL 6 MONTHS)

WHILE YOU PAY ONLY
Rs 24999*
AVAIL SERVICES WORTH
Rs 34999
(VALIDITY TILL 6 MONTHS)

WHILE YOU PAY ONLY
Rs 49999*
AVAIL SERVICES WORTH
Rs 69999
(VALIDITY TILL 8 MONTHS)

KINDLY REFER TO OUR CANCELLATION POLICY

OFFERS



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TODAY GURUGRAM

Body zone

Contacts No. 0124 453 4053 / 0124-4534000

CROWNEPLAZA.COM/GURGAON

CROWNE PLAZA TODAY GURUGRAM

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