



CROWNE PLAZA®

AN IHG® HOTEL

TODAY NEW DELHI OKHLA



SPAZZO

MIND • BODY • SOUL





MIND • BODY • SOUL

THE WELLNESS SANCTUARY



When your urban lifestyle gets the better of you and you seek some tranquil moments, then **Spazzo**, our wellness sanctuary, will lead you to the stairway to heaven. Soak in the goodness of holistic Asian and European therapies to restore balance and harmonize energy. Our menu masterfully blends wellness principles from both ancient as well as contemporary therapeutic wisdom.

◆ **Introducing the 'Ayurvedic Therapy Zone'**

Our experts have travelled back to the roots to pick the best of Ayurveda secrets & healing remedies to align your 'chakras'. Enchant yourself by experiencing time-honored therapies such as Abhyangam, Shirodhara, Kashyadhara, Spine Basti, Udvartnam & more.

Switch on the Zen Mode!





SIGNATURE THERAPIES



✦ Gentle Breeze

60/90 minutes

Feel the harmonious synergy of the softened Swedish Massage technique that helps in distress, unwind and achieve the ultimate state of relaxation.

₹4000 /5000

✦ Rejuvenating Bali

60/90 minutes

A combination of gentle stretches, and acupressure that stimulates the flow of blood, oxygen, and energy in the body.

₹4500/5500

✦ Awaken The Spirit

60/90 minutes

Soothing and relaxing, ideal for those seeking a relaxing time.

₹4000/5000

✦ Traditional Abhyanga

60/90 minutes

A traditional Indian Massage that helps to regulate the circulatory and nervous system of the body.

₹5000/ 7000

✦ Awakening Shirodhara

45 minutes

An ancient ayurvedic therapy of pouring lukewarm oil on the center of the forehead to awaken your senses.

₹6000

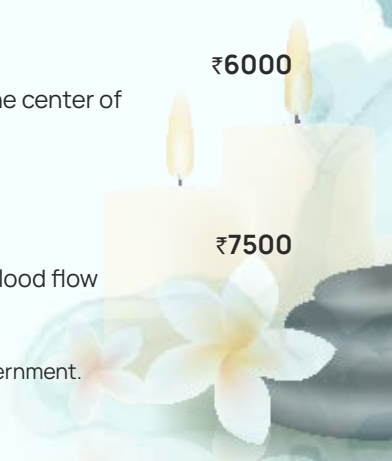
✦ Hot Stone Massage

60 minutes

The hot stone expands blood vessels which encourages blood flow throughout the body.

₹7500

- ✦ All prices are in Indian Rupees, taxes are as applicable by the Government.
- ✦ To book Appointment Please call **011-4646-2025**



✦ **Crowne Therapy**

45 minutes

₹3500

A calming yet energizing massage focusing on vital energy point. This compact treatment reduces tension, increases blood circulation, and boosts your feeling of well-being.

✦ **Jet lag Treatment**

30/ 60 minutes

₹3500/ 4500

This therapy focuses on specific body parts affected by spending extended periods of time in one position, such as the neck, back, glutes, hips, and legs.

✦ **Potli Therapy**

60/90 minutes

₹5000/7000

This focuses on massaging specific pressure points to speed up healing and relaxation. This therapy helps stimulate blood circulation, faster recovery times, and healthier, nourished skin.

✦ **Stress Relieving Head and Back Massage**

45 minutes

₹3500

A quick fix for your hectic and stressful day to release the muscular tension from your head, neck and back.

✦ **Foot Rituals**

30/ 60 minutes

₹2500/3500

A therapeutic foot ritual designed to soothe tired feet and calves, stimulate blood circulation and reduce swelling.

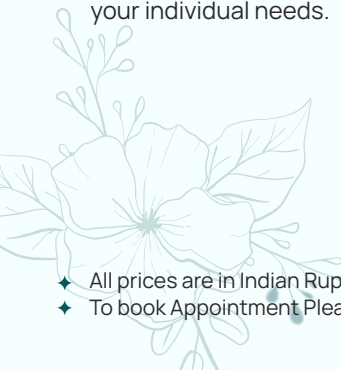
✦ **Couple Delight**

60/90 minutes

₹9000/ 14000

Enjoy time to connect with your best friend, family or loved one in our couple's room. Choose whichever massage which suits your individual needs.

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◆ FACIAL

Facials help to bring brighter and younger-looking skin to the surface. Regular facials can delay the signs of aging, relax and destress you, while also increasing blood flow to your entire face. Choose from the variety of facials which suits your skin and feel relaxed, refreshed and rejuvenated.

	DURATION	PRICES
Honey Cucumber Facial	60 mins	₹3000
Soothing Sensitive Skin Facial	60 mins	₹3550
Balancing Combination Skin Facial	60 mins	₹3550
Mattifying Oily Skin Facial	60 mins	₹3550
Face Massage	30 mins	₹2000
Deep Cleaning and Massage	40 mins	₹2500
Brightening and Whitening Facial	60 mins	₹4000

◆ BODY TREATMENTS

Your body needs to be pampered, a successful body care program helps in soften the skin and uplift your body texture. Indulge yourself in a variety of body wraps and scrub.

Chocolate Body Wrap	45 mins	₹3000
Dead Sea Salt Scrub	30 mins	₹3000
Milk and Honey Polish	30 mins	₹2500
Restoration Mud Wrap	45 mins	₹2500
Thai Coffee Scrub	30 mins	₹2500
Papaya Polish	30 mins	₹2500

◆ SALON

HAIR DRESSING AND STYLIST

Ladies Hair Cut	30 mins	₹950
Ladies Hair Cut with Shampoo	60 mins	₹1500
Gents Hair Cut	30 mins	₹600
Gents Hair Cut With Shampoo	60 mins	₹1000
Hair Cuts Kiddies	30 mins	₹500
Shampoo & Conditioner	30 mins	₹1000

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Shampoo & Blow Dry	50 mins	₹1500
Hair Styling	50 mins	₹1100
Blow Dry	45 mins	₹700
Roller Setting	60 mins	₹2000
Hair Ironing	60 mins	₹1500
Crimping	60 mins	₹2000



✦ SHAVING

Gents Shave	30 mins	₹400
Beard Trim	30 mins	₹350
Head Shave	30 mins	₹800
Hair Trimming Full Body	45 mins	₹2500

✦ HAIR COLOURING*

Root Touch Up	60 mins	₹1750
Root Touch Up (Ammonia Free)	60 mins	₹2000
Gents Hair Colour	60 mins	₹2500
Ladies Hair Colour Short	90 mins	₹3500
Ladies Hair Colour Long	90 mins	₹7000
Beard Colouring	30 mins	₹800

✦ HAIR SPA AND TREATMENTS*

Hair Spa	60 mins	₹3750
Deep Conditioning Treatments	60 mins	₹2750

✦ WAXING

Half Arms	15 mins	₹1750
Full Arms	30 mins	₹2000
Half Legs	20 mins	₹2500
Full Legs	40 mins	₹3500
Under Arms	15 mins	₹700
Bikini Line	20 mins	₹800
Full Waxing Arms, Legs & Under Arms	90 mins	₹2500
Full Body Wax	120 mins	₹3500
Midriff	15 mins	₹1000



- ✦ Depending on hair length, as applicable.
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✦ WAXING

	DURATION	PRICES
Back	20 mins	₹1750
Face Waxing Sides	15 mins	₹500
Face Waxing Upper lips	10 mins	₹500
Face Waxing Full	30 mins	₹1500
Front/Chest	30 mins	₹1500
Shoulder	15 mins	₹1000

✦ THREADING

Eyebrows	15 mins	₹300
Upper Lip	15 mins	₹250
Chin	15 mins	₹200
Lower lip	15 mins	₹200
Forehead	15 mins	₹200
Sides	15 mins	₹400
Face	30 mins	₹1000
Elbow	15 mins	₹200

✦ HANDS AND FEET

Manicure	45 mins	₹1200
Pedicure	60 mins	₹1800
Hand Massage	20 mins	₹800
Feet Massage	30 mins	₹1500
Nail Paint Application Hands	15 mins	₹500
Nail Paint Application Feet	15 mins	₹500
Nail Cut & File	15 mins	₹300

✦ MAKE UP

Day Make up	₹5000
Evening Make up	₹6000
Engagement make up	₹9000
Eye make-up	₹3000
Saree draping	₹1500

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