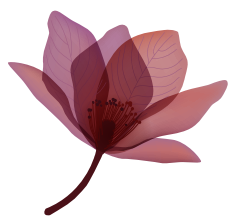




TATTVA
—WELLNESS—





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 require. Thank you for your consideration.







WELCOME TO TATTVA WELLNESS SPA YOUR WELLBEING. OUR PASSION



Tattva Wellness Spa opened its doors to guests in 2013. For more than a decade now, Tattva Spas has been lovingly crafting premium wellness experiences in India. The word ‘Tattva’, Sanskrit & Hindi for ‘Elements’, is symbolic of the “Balance of the five elements” - that constitute the human body & the universe. The fine balance of the five elements is nature's well-kept secret to holistic well-being. At Tattva Wellness Spas, you will embark on an immersive journey of wellbeing and emerge refreshed, balanced & invigorated.



PRITHVI



VAYU



AGNI



JAL



AAKASH



INTRODUCING TATTVA WELLNESS EXPERIENCE



Tattva Wellness Spa is an experience of serenity & relaxation. A journey where our kind and experienced healers create those perfect moments of calm for you. From the moment you step inside our peaceful environs, you will experience warm hospitality. You are advised on a suitable wellness spa therapy and invited to choose from our exquisite range of massage oils before being led to a well-furnished therapy room and ensuite bath with premium amenities. Indulge with some refreshments, including herbs & fruits infused waters and herbal teas. A Tattva wellness experience is crafted to evoke a soothing symphony of deep relaxation, gentle pampering & rejuvenation.





❖ SPA SOJOURNS ❖

» DEEP SLEEP

120 Min | INR 6800

Indulge in Tattva's Deep Sleep Experience, an unparalleled spa journey meticulously crafted to facilitate profound relaxation and promote restorative sleep. Surrender to the sublime, as expert hands employ time-honored techniques to alleviate deep-seated tension, remove toxins, and balance the energies coursing through your body. From the crown of your head to the soles of your feet, every muscle will sigh in relief, every thought will float away, and you will be enveloped in a tranquil cocoon that readies you for a night of deep, revitalizing sleep. Emerge from this spa experience not just rested, but profoundly restored.

Package Inclusions:

Deep Tissue Massage (60 min)

Indian Head Massage (30 min)

Leg Fatigue Reliever (30 min)

Embrace the serenity that comes with the finest sleep and wake up to a world more radiant and rejuvenated.

» NOURISH

120 Min | INR 7000

Tattva's Nourish is a two-hour spa experience that goes beyond relaxation—it's a journey of rejuvenation. You have the choice between a blissful Deep Tissue massage or a soothing Swedish massage. Our skilled healer employs their best skills as per your choice of massage. Expert thumb and deep pressure techniques in deep tissue massage to alleviate tired muscles and long kneading strokes with the palms for a Swedish massage to gently melt away stress and tension accumulated throughout the day. Following your massage, immerse yourself in our revitalizing spa facial therapy that cleanses and nourishes to bring forth bright & smooth textured facial skin.

Package Inclusions:

Choice of Swedish or Deep Tissue Massage, Indian Abhyanga (60 min)

Choice of Facial (60 min)

Experience pampering & gentle care, where every moment is designed to leave you feeling refreshed, rejuvenated, and deeply nourished and the feeling stays.

» REPLENISH

150 Min | INR 8000

Discover Tattva's Replenish, a spa package designed to add back the energy that drains from your body as you go about life. Begin your session with the gentle Aromatherapy massage, which combines the soothing power of touch with the therapeutic benefits of aromatic essential oils to promote relaxation and well-being. Following the massage, our healers will slather your skin with our fragrant Floral mist body polisher & gently buff away dead skin leaving it smooth & supple, and glowing. Finally, we apply a soothing body mask - the Prithvi wrap to cocoon your body in a nurturing embrace of nature's finest. Your experience ends with a soothing head massage, leaving you with an enduring radiance & a calm bliss.

Package Inclusions:

Aromatherapy Massage (60 min)
Floral Mist Body Polisher (45 min)
Prithvi Wrap (30 min)
Soothing head Massage (15 min)

Where indulgence meets transformation, and every moment blooms with the promise of radiant renewal.

» COUPLE'S RETREAT

90 Min Each | INR 12000

Experience the finest in pampering & indulgence with the Couple's Retreat. In our well-appointed couple's spa therapy suite, where all worries vanish, just togetherness & love stay. Share the profound benefits of a therapeutic massage administered side-by-side for you and your partner. As stress and tiredness drift off, relax with a decadent fruit bowl & detox juice in the privacy of your couple's suite.

Package Inclusions:

Choice of Full Body Swedish or Deep Tissue Massage (90 min)
A bowl of fruits & detox juice
Room decoration - only on prior request & availability

Celebrate togetherness & your unique journey of love with the Couple's Retreat and be revitalized, reconnected, and poised to savour life's most treasured moments.

Taxes Extra
Add our premium oil blends at an additional charge



❖ MASSAGE SELECTIONS ❖

❧ SWEDISH MASSAGE 60 Min | INR 3500 / 90 Min | INR 5300

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 therapist uses traditional long kneading strokes to relieve you after a long day of work and stress.

❧ DEEP TISSUE MASSAGE 60 Min | INR 3700 / 90 Min | INR 5600

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

❧ INDIAN ABHYANGA 60 Min | INR 3500 / 90 Min | INR 5300

Rise above the Doshas with Ayurveda. A massage based on the principles of traditional Indian techniques, Abhyanga Massage Therapy helps reduce the knots in the muscles and treats overall body fatigue. An amalgamation of time-honoured healing art with herbal essential oils brings tranquility to your mind and body.

❧ JETLAG RECOVERY 90 Min | INR 5800

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.

❧ SIGNATURE TATTVA THERAPY 90 Min | INR 5600

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.

❧ AYURVEDIC POTALI MASSAGE 60 Min | INR 4600

Alleviate the agony with the restorative power of Potli. Ayurvedic Potli Massage is based on the philosophy of warmth transmitted with linen potlis stuffed with essential herbs and oils. It aims to bring a therapeutic effect on the body by relaxing, nourishing, and rejuvenating.



❖ BEAUTY ELIXIRS ❖

- ❖

FLORAL MIST (Body Polisher)

45 Min | 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 Min | 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 Min | 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 Min | 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 toxins, tightens the skin and gives a natural radiant glow.
- ❖

CLEANSING FACIAL

30 Min | INR 2300

Cast away 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 Min | INR 3000

A skin care 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.

» HYDRA FACIAL (For Dry & Patchy Skin)

60 Min | INR 4500

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

» YOUNG & RADIANT FACIAL (For Neglected Skin)

60 Min | INR 4000

Combat ageing, 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.



❖ EXPRESS THERAPIES ❖

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INDIAN HEAD MASSAGE

30 Min | INR 1800

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 Min | INR 2100

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.
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ORIENTAL BACK MASSAGE

30 Min | INR 2100

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 Min | INR 2100

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 the shoulder is a wholesome tranquilizing experience.

Commit to wellness with Tattva Revibe!

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.

Membership Category	Pay	Opening Balance	Effective Discount**	Expected No. of Services**	Validity (in months)	Sharing with Friends & Family
Peace	INR 18000*	INR 24000	25%	6	8	Yes
Serenity	INR 24000*	INR 36000	33%	10	12	Yes
Tranquility	INR 39600*	INR 72000	45%	20	18	Yes



MORE SPA
Attractive membership discounts get you more spa services



CASHLESS
No hassles of payments on each visit



SHARING
Spread wellness cheer with your friends & family



MORE DISCOUNTS
Avail flat 25% off on spas across 85+ Tattva locations

Terms and Conditions

- *Taxes extra
- **Example referring to 60 minutes Swedish Massage. The number of services will change upon choosing different services. (Calculated assuming only 60 minutes of Swedish Massage at MRP 3500)
- 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 the membership
- Memberships can be availed during spa operational hours
- 24 hours prior appointment required
- Membership plans are not applicable to spa packages
- Avail 25% discount through Tranquility Membership at select Tattva locations

» GENERAL INFORMATION

- **Reservation And Cancellation**

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, kindly inform us of any cancellations at least 4 working hours before your appointment.
- Late cancellations will result in 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.
- Disposable undergarments will be provided for your convenience. Kindly wear these during your session for optimal comfort.
- Our therapists are committed to ensuring your privacy. They will consistently utilize draping techniques during treatments to maintain your comfort and respect your privacy.

- **Considerations**

- Membership packages are non-refundable and can only be accessed using a membership card or 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 offered by Elementia Wellness Pvt. Ltd. serve general purposes and are not intended as a substitute for professional medical treatment, regardless of any condition guests may have, whether medical or otherwise. Neither its employees nor representatives will 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 behaviour, 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.

VOCO®

AN IHG HOTEL

Jim Corbett

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121 Jim Corbett Ramnagar Nainital
Uttarakhand 244715 | Tel : 0594 726 6400



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