





In the lap of our universe, an intricate dance ensues between the five sacred elements - Akash, Vayu, Agni, Jal, and Prithvi. In this delicate rhythm, the path toward holistic healing unfolds.

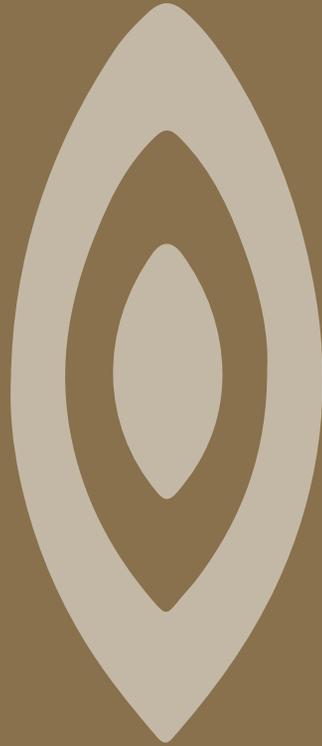
Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

Embark on a journey through your inner world. Immerse yourself in healing energies and experiences. Awaken to a revived consciousness, guided by soothing scents, serene sounds, and touch - gentle yet transformative. When you emerge, find your mind, body & soul aligned and in harmony.

Feel at one with yourself and the universe.







THERAPIES

HOLISTIC HEALING THERAPIES

SVASTHA Pain Relief	120 min
NIDRA Sleep	120 min
SHODHANA Detox	120 min

SIGNATURE THERAPIES

ALEPA The Art of Anointing the Body	120 min
ABHISHEKA	120 min
VISHRAMĀ Deep Muscular	120 min
SUSHUPTI Dreamless Sleep	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min
SAMATTVA Balance	120 min

INDIAN THERAPIES

VENTOZ Indian Cupping	90 min
INDIAN AROMATHERAPY	60 / 90 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min

BODY RITUALS

POSHA Nourishing	30 / 70 / 90 min
VISHUDDI Detoxify	30 / 70 / 90 min

BEAUTY

ĀNANA LEPĀ Facial	60 min
SIGNATURE FACIAL (For all Skin Types)	60 / 90 min

SPA INDULGENCES

SUKHA Bliss	240 min
SVASHAKTI Find the Power Within	180 min
SOMĀ Nectar of the Gods	120 min
ABHISARANA Rendezvous of Romance	90 min



HOLISTIC HEALING THERAPIES

THE ETHOS OF OUR CAREFULLY RECREATED THERAPIES IS INSPIRED BY THE RICH WELLNESS HERITAGE OF INDIA. BASED ON THE PRINCIPLES OF AYURVEDA, THESE THERAPEUTIC EXPERIENCES ARE DESIGNED TO HEAL AND RESTORE. USING NATURAL PRODUCTS, THESE THERAPIES ARE PERFORMED BY SPECIALLY-TRAINED HANDS AND HELP WITH ENHANCED MOBILITY AND PROVIDE RELIEF.

EACH OF THESE THERAPIES COMES WITH A PRE-THERAPY STEAM RITUAL AND A POST-THERAPY RELAXATION LOUNGE EXPERIENCE FOR ENHANCED EFFICACY.

SVASTHA Pain Relief Duration - 120 mins

An invigorating therapy using ancient Indian wellness techniques of cupping and fomentation. Your healing process starts with Indian cupping, where the heat in a glass is used to create a vacuum and ease knots and sore points on your back. This is followed by fomentation therapy, an application of a hot compress of therapeutic Indian herbs that works on your tired and sore muscles as you slip into sheer bliss. As a result, the body is re-aligned and the energy flow within is restored.

Complete your experience with our restoring signature beverage.

NIDRA Sleep Duration - 120 mins

Commence your experience with a hot-water shower to ease out your stress. A full-body relaxing massage with soothing strokes and fragrant bespoke blends with the richness of Kewda, Frankincense, and Brahmi, infused in Sandalwood and Sesame, releases tension and calms your being. A languid face massage of your marma points and a dry scalp massage adds to your serenity.

Slip into a cocoon of tranquillity with our signature beverage.

SHODHANA Detox Duration - 120 mins

A unique combination of therapies to purify and leave you in an optimum state of well-being.

Gharshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. Our bespoke detox blend with the goodness of Lime, Ginger, and wild Turmeric, combined with the lymphatic drainage technique, works from within, eliminating toxins. A sublime massage performed on the soles of your feet leaves you feeling light and refreshed.

Cleansed anew, you will face the world again, revived, and re-energised.





SIGNATURE THERAPIES

THESE TREATMENTS ARE EXCLUSIVE TO J WELLNESS CIRCLE AND HAVE BEEN CAREFULLY RECREATED FROM THE FABLED LIFESTYLE AND CULTURE OF INDIAN ROYALTY AND THE HEALING THERAPIES THAT EMBRACE INDIAN SPIRITUALITY.

ALEPA The Art of Anointing the Body Duration - 120 mins

This signature experience evokes the aura of the fabled and privileged lifestyle of Indian royalty. Alepa literally the act of anointing the body is drawn from sacred and ceremonial time-honoured Indian bathing rituals. Alepa may be experienced exclusively by a single guest or in a group. You may apply the paste on yourself or on each other for an interactive, engaging, and bonding experience. Alepa believes by anointing the body oneself, a person honours the body as the temple of God. Traditional Indian therapies believe the application of herbal pastes and essential oils is much more than a physical act for physical benefits. Anointments have traditionally been an integral part of ceremonies and rites of passage. At the beautiful Indian Royal Mud Bath Pavilion, this act of anointing connects you with the elements, your inner self, and also your loved one. You initiate yourself into this intimate inner journey as you pass the portal of the Indian Mud Bath Pavilion that marks the transitional threshold of the external and private world. Step into a serene space that prepares you for your royal mud and hydrotherapy experience. Shower and slip into a spa robe as garden views soothe your senses.

Linger in the vapours of the hammam. Feel the steam moisten and soften your skin. Your pores will open - slowly and gently - and detox the skin of impurities. Refreshed by the hammam, make your way to the private space.

Choose from an array of therapeutic mud preparations, scrubs and masks placed in bowls. Savour the sacred act of anointing the paste on your body yourself by your companion or the therapist as you relax. Feel the comfort of application, the touch of paste on your skin and the smooth layering of mud on your body in a ritual that is unhurried, uplifting, and meditative. Savour the sweet fragrance of essential oils and the cool touch of clay speckled with herbs. Stretch out on the smooth surfaced, contoured sun beds, relax undisturbed in this pocket of paradise as the medicinal attributes of mud, herbs, and essential oils work on your skin to draw out impurities, stimulate nerve endings, revitalise your blood circulation, and renew your vitality.

After the mud dries and works its magic on your body, spray yourself or your companion with rose water to soften the dry clay. Step under the water ledge for an invigorating outdoor shower- akin to a natural waterfall to rinse off the mud. Feel the freshness and tautness of your skin while stepping out.

Sip light herbal refreshments or organic tea in the relaxation room. You may choose to deliciously wrap up your experience with a lymphatic drainage massage which will aid in the detoxification process of the mud application. Feel your skin soak in the essential oils and your body relax with the gentle yet firm strokes applied by skilled hands. Allow your Alepa experience to transport you to another world of Indian wellness.

We use a range of muds that cover over 40 ingredients from the Indian array of herbs starting with the very common and readily found neem, brahmi, and amla including the more exotic and rare sandalwood and jatamansi.

ABHISHEKA Duration - 120 mins

Abhisheka from J Wellness Circle presents the global spa guest with an experience of the essence of India's ancient ceremonial cleansing rituals. Offered with the purest natural ingredients. Abhisheka brings guests a purifying, rejuvenating, and healing spa experience like no other.

A gentle pouring of healing seawater from the Arabian Sea and panchamruta (five purifying nectars that promote well-being) followed by a relaxing massage recreates the sanctity of traditional purifying rituals in the comfort and privacy of a contemporary spa. Enveloped in an ambience of spirituality.

Abhisheka from J Wellness Circle cleanses the body bringing the guest in touch with the divinity that resides within.

THE ABHISHEKA EXPERIENCE

A steam bath that opens the skin pores and removes toxins from the body heralds the Abhisheka experience. The guest steps into a serene treatment room infused with the fragrance and soft light of traditional Indian incense and lamps. Soothing chants of verses invoking the goddesses of India's seven holy rivers create an aura of peace and sanctity.

The guest is seated on an exquisite stool and water from the Arabian Sea rich in minerals and salts and known for its healing and therapeutic properties is gently poured, from a traditional urn on the body. Panchamruta then is applied to the body. After its therapeutic ingredients soak into the skin, it is rinsed with water from the Arabian Sea. Soothing sandalwood paste is applied over the body and rinsed after a while.

Cleansed and calmed, the guest lies down for a relaxing massage with signature soothing oils. As the skilled touch of the therapist eases the stress knots in the body, the restorative resonance of ancient Vedic prayers invokes a sense of spirituality and calms the mind. The rhythmic cadence of the sublime verses and the therapist's strokes creates an aura of peace and piety, purifying the heart and mind and ushering in a feeling of joyfulness, wellness, and divinity.

Experience the bliss of Abhisheka in the serene and luxurious environs of J Wellness Circle.



VISHRAMĀ Deep Muscular Duration - 120 mins

A deep muscular massage for profound relaxation.

An application of a hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within is restored.

SUSHUPTI Dreamless Sleep Duration - 120 mins

An indulgent treatment for deep relaxation and glowing skin.

Set the mood for this pure indulgence as you commence with an aromatic footbath. Pamper yourself with the richness of nature, a natural blend of 22 herbs, green gram flour, honey, and fresh cream. A heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Soak your cares away with a warm bath of nourishing raw milk enhanced with rose essence and rose petals to wash away the traces of the wrap. Succumb to the rhythmic strokes of a relaxation massage, during which hot packs are placed on the body dissolving aches and strains. Complete your experience with a face massage leaving you languid and thoroughly pampered from head to toe.

PEHLWĀN MĀLISH Warrior Massage Duration - 90 mins

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature aromatherapy oil or mustard oil, which is extremely good for the skin, and relieves aching, sore, and tense muscles.



SAMATTVA Balance Duration - 120 mins

Our signature Yoga treatment takes you through a profoundly contemplative and meditative journey, leading to a heightened state of well-being.

After a personalised consultation, our yoga expert will guide you through a series of 'Āsanās' (body and mind postures) and 'Prānāyāmās' (controlled breathing techniques) leaving you energised and balanced. Experience higher levels of concentration with 'Trātaka' (steady flame gazing) and Kaya Sthairyam (consciously stilling the body).

Restore the body's chakras (energy centres) and enhance the clarity of mind with gem stone visualisation, an intense colour therapy experience. You will then be asked to pick a contemplation card. The inspiring word inscribed upon it needs to be reflected upon and an intention - 'Sankalpa' - is to be made. Guided meditation followed by Yoga Nidrā (a state of conscious deep sleep) amplifies your relaxed state of being and offers you pristine moments of lucidity. Journal writing ends this introspective experience.

This spiritual therapy embracing ancient practices is effective in helping you attain poise and equilibrium in mind, body, and emotion.





INDIAN THERAPIES

J WELLNESS CIRCLE PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

VENTOZ Indian Cupping Duration - 90 mins

An ancient Indian treatment where the heat in a glass is used to create a vacuum and ease knots and sore points of the body. This is followed by a leisurely deep massage where our signature spa oil is readily absorbed by the skin. While cupping may cause mild bruising (part of the therapeutic process), often guests report immediate relief from long-term chronic ailments.

INDIAN AROMATHERAPY Duration - 60 mins / 90 mins

During this indulgent massage, our essential signature oils are generously applied and absorbed through the skin, circulating their relaxing and therapeutic properties throughout your body. You can choose from our bespoke range of all-natural energising, relaxing, or detoxifying blends.

PĀDA MARDANĀ Indian Foot Massage Duration - 60 mins

A sublime massage treatment is performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

CHAMPI Indian Head Massage Duration - 45 mins

This luxuriant hair-invigorating treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves, and Neem is known to propagate long-lasting and enriching benefits. This massage releases muscular tension from the head, neck, and shoulders creating a deep sense of relaxation and joy as well as clarity of thought.

DRISTI Eye Therapy Duration - 30 mins

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation, and reduce dark circles. Relief for tired and puffy eyes.



BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING, AND NOURISHING PROPERTIES OF OUR BATHS, SCRUBS, AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS, SEA SALTS, AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE, AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

AN EXFOLIATING AND CLEANSING SCRUB IS APPLIED AND THE TREATMENT IS COMPLETED WITH A WRAP, WHICH NOURISHES YOUR SKIN AND DRAWS OUT IMPURITIES.

SCRUBS CAN BE TAKEN INDIVIDUALLY AND ARE HIGHLY RECOMMENDED AS AN ADDITIONAL SPA TREATMENT BEFORE A BODY MASSAGE FOR BETTER ABSORPTION OF THE MASSAGE OIL. BODY WRAPS ARE BEST TAKEN AFTER A SCRUB TO ENCOURAGE BETTER RESULTS FROM THE NOURISHING EFFECTS OF THE MASK.

CHOOSE FROM THE TWO LUXURIANT TREATMENTS MENTIONED BELOW.

POSHA Nourishing Duration - 30 / 70 / 90 mins

Nourishes your skin and makes it silky-smooth and supple.

Posha Scrub

Posha Wrap

Posha Bath

VISHUDDI Detoxify Duration - 30 / 70 / 90 mins

Cleanses and refreshes your body and eliminates all toxins for complete purification.

Vishuddi Scrub

Vishuddi Wrap

Vishuddi Bath





BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT J WELLNESS CIRCLE. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

ĀNANA LEPĀ Facial Duration - 60 mins

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all-natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.

SIGNATURE FACIAL (For all Skin Types) Duration - 60 mins / 90 mins

Using our exclusive range of 100% natural and rare hand-blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged, and moisturised. A therapeutic mask completes this wonderfully relaxing treatment. Immerse yourself in this luxurious experience for a balanced and radiant glow.

Deep Cleansing (For Oily and Acne-prone Skin)

This treatment focuses on deep cleansing using our natural handmade products that offer a visible difference and a clearer complexion.

Nourishing (For Dry/Dehydrated Skin)

Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

Soothing (For Normal/Sensitive Skin)

A balancing facial to soothe, calm, and restore the natural texture and radiance of the skin.

For Gentlemen

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. The key extracts gently heal and nourish the skin. Get a fresh, clean masculine look with this men's facial.



SPA INDULGENCES

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY TAILORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS - AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

SUKHA Bliss Duration - 240 mins

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage - Pehlwān Mālish
- Ends with a relaxing one-hour facial

SVASHAKTI Find the Power Within Duration - 180 mins

Encounter spirituality, balance, and inner peace

- Commence with our Indian head massage 'Champi'
- Detox with our Indian Aromatherapy massage 'Pavithri'
- Relax with a one-hour yoga session of your choice
- End with a refreshing wholesome fresh fruit juice





FOR TWO;

SOMĀ Nectar of the Gods Duration - 120 mins

Two therapists will perform a romantic candle-lit, Indian Aromatherapy massage using evocative oils to set the mood. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of sparkling wine.

ABHISARANA Rendezvous of Romance Duration - 90 mins

Relax with an hour of Indian Aromatherapy massage of your choice. Relax in a rose petal soak tub to romance your senses. Stimulate your taste buds with the freshly-prepared aromatic hors d'oeuvre. Lastly, quench your thirst with a wholesome fresh juice.



SPA INFORMATION

SPA FACILITIES

Two generously sized single massage suites and three double massage suites. All the treatment suites have their own private courtyards for post-treatment relaxation; each courtyard is idyllically designed against a setting of serene water gardens and lush tropical landscaping.

A separate area dedicated to our signature Alepa experience consists of an Alepa massage room, lounge, mud suite, and hammam.

The spa also boasts of a yoga pavilion, two suites dedicated to beauty treatments, a relaxation room, indoor & outdoor meditation sanctuaries, hammam, and a fully equipped gym. Dedicated wet area experiences and separate changing areas for men and women with lockers, change, and shower facilities. Our wet area encompasses steam, a sauna room, vitality pools, a swimming pool, and regular showers. We provide robes, towels, slippers, and personal amenities.

The Ayurveda sanctuary at J Wellness Circle is the high point of this wellness retreat. The two Ayurveda suites are designed in traditional style as an Ayurveda physician – Vaidya's house, built by the backwaters with its satvik dining lounge, courtyards, landscaped relaxation spaces, and meditation nooks, a full-fledged wellness library and water bodies, this tranquil pocket or wellness offers authentic, holistic, and comprehensive Ayurveda programmes, by qualified and experienced Ayurveda physicians.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification, and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five-minute pre-therapy and post-therapy ritual.

TIMINGS

Spa : Open daily from 8 am to 8 pm.

VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above.

Entire charge will also be levied for the cancellation of a 30-minute treatment.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones and electronic devices at all times. We also request you use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa facilities.
- J Wellness Circle is an alcohol and smoke-free environment. Guests under the influence of alcohol, high-energy drugs, and medication will not be allowed to use the wet areas, gym, or treatment facility. During the course of the therapy, if the guest is found under the influence of alcohol, the therapy will be discontinued.
- Appropriate swimwear is to be worn in wet areas. Underwear/disposable underwear (which is provided by the spa) must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles, or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, or who have any medical complications are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- As a policy, we do not offer spa body treatments to pregnant women.
- Entry to J Wellness Circle is at guests' own risk and although strict policies and procedures are implemented to maximise safety, J Wellness Circle, its employees, and its representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.





TAJ
BEKAL RESORT & SPA
KERALA

Taj Bekal Resort & Spa
Kappil Beach, Kasaragod - 671 319, Kerala, India
Tel.: 91 467 2302 710
Email: jwellnesscircle.tajbekal@tajhotels.com
www.tajhotels.com

PRICES

✿ HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	₹ 15400
NIDRA	120 mins	₹ 15400
SHODHANA	120 mins	₹ 15400

✿ SIGNATURE THERAPIES

ALEPA	120 mins	₹ 14000
ABHISHEKA	120 mins	₹ 14000
VISHRAMĀ	120 mins	₹ 14000
SUSHUPTI	120 mins	₹ 14000
PEHLWĀN MĀLISH	90 mins	₹ 10500
SAMATTVA	120 mins	₹ 5600

✿ INDIAN THERAPIES

VENTOZ	90 mins	₹ 10500
INDIAN AROMATHERAPY	60 / 90 mins	₹ 7000 / ₹ 10500
PĀDA MARDANĀ	60 mins	₹ 5600
CHAMPI	45 mins	₹ 5600
DRISTI	30 mins	₹ 4200

✿ BODY RITUALS

POSHA	30 / 70 / 90 mins	₹ 3500 / ₹ 7000 / ₹ 10500
VISHUDDI	30 / 70 / 90 mins	₹ 3500 / ₹ 7000 / ₹ 10500





BEAUTY

ĀNANA LEPĀ	60 mins	₹ 7000
SIGNATURE FACIAL	60 / 90 mins	₹ 7000 / ₹ 10500



SPA INDULGENCES

SUKHA	240 mins	₹ 20800
SVASHAKTI	180 mins	₹ 12000
SOMĀ	120 mins	₹ 26000
ABHISARANA	90 mins	₹ 21500

- Prices are in Indian Rupees, exclusive of applicable government taxes.
- Body treatments can also be offered in the spa, two hours prior and two hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of Rs. 1500/- per treatment.
- For early morning appointments, i.e., before operational hours, intimation is required by 6 pm the prior evening.
- For late evening appointments, i.e., after operational hours, intimation is required by 6 pm the same day.
- Body treatments can be offered in-room at an additional charge of 1.5 times of the treatment price. However, no cross-gender treatment will be offered in the room.