



WELLNESS CIRCLE



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 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.





HOLISTIC HEALING THERAPIES

PRICE IN ZAR

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) 120 Minutes

2400

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) 120 Minutes

2400

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, release tension and calm your being. A languid face massage of your marma points and a dry scalp massage adds to your serenity. Slip into a cocoon of tranquility with our signature beverage.

Shodhana (Detox) 120 Minutes

2400

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



SIGNATURE THERAPIES

PRICE IN ZAR

Cape Fynbos (Uplifting) 120 Minutes

2200

Initiate your journey with a scrub and wrap and end your treatment off with a full body massage.

Trupti (Contentment) 120 Minutes

2200

This experience begins with our Indian head massage to relax and improve circulation, followed by a back and Indian foot massage.

Vishrama (Deep Muscular) 120 Minutes

2200

An application of hot compress of therapeutic Indian herbs works on your tired and sore muscles combined with a deep massage.

Sushupti (Deep Relaxation) 120 Minutes

2200

Pamper yourself with a scrub and wrap and rinse your cares away with warm milk. Finish off with a relaxation massage.

Vishuddi (Detoxifying) 120 Minutes

2200

Exfoliation is performed using silk gloves followed by a traditional Indian herb wrap. Ending off with a lymphatic drainage massage (light pressure).

Pehlwan Malish (Warrior Massage) 90 Minutes

1950

This deep tissue massage relieves aching, sore and tense muscles and includes stretching.





INDIAN THERAPIES

PRICE IN ZAR

Ventoz (Indian Cupping) 90 Minutes

1950

By creating vacuum suction with the cups we ease knots and sore points of the body. This cupping technique is combined with a leisurely deep massage.

Indian Aromatherapy Massage 60/90 Minutes

1380/1980

In this traditional full body massage our essential signature oils are absorbed through the skin, circulating their relaxing and therapeutic properties through your body.

Pada Mardana (Indian Foot Massage) 45/60 Minutes

950/1050

A sublime massage treatment performed on the soles of your feet to create a profoundly relaxing massage.

Champi (Indian Head Massage) 30/45 Minutes

800/950

This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation.

Relaxing Back, Neck and Shoulders Massage 45 Minutes

1140

Focusing on the areas that accumulates the highest strain in our bodies we gently induce relaxation by applying gentle pressure to dissipate the tension accumulated in our daily lives

Dristi Eye Therapy 30 Minutes

1140

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

PRICE IN ZAR

Posha (Nourishing) 30/70/90 Minutes

960/1200/2160

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

-  Posha Scrub
-  Posha Wrap
-  Posha Bath

Vishuddi (Detoxifying) 30/70/90 Minutes

960/1200/2160

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

-  Vishuddi Scrub
-  Vishuddi Wrap
-  Vishuddi Bath



SPA INDULGENCES

PRICE IN ZAR

Sukha (Half Day Package) 4 Hours

3950

-  Scrub and wrap of your choice
-  90 min Indian powerful oil massage Pehlwan Malish
-  60 min Signature Facial
-  Includes canapés and a glass of champagne

Somä (Couples Package) 2 Hours

4750

A romantic couples massage followed by a rose petal bath together and some exclusive time alone with fresh fruit, canapés and a bottle of champagne.

Threading & Hair Removal Services on request



BEAUTY

PRICE IN ZAR

Signature Facial (For all Skin Types) 60/90 Minutes

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 luxurious experience for a balanced and radiant glow.

1650/1950

Deep Cleansing (For Oily and Acne-prone Skin)

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

1350

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.

1350

Soothing (For Normal/Sensitive Skin)

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

1350

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.

1350



BEAUTY SUITE

PRICE IN ZAR

Pada Snana (Spa Pedicure) 75 Minutes

The ultimate extravagance for weary soles.

660

Hast Snana (Spa Manicure) 60 Minutes

Revive and deeply moisturizes your hands.

600

CANCELLATION POLICY

- 🌿 If you arrive late for your appointment, we will endeavor to accommodate you to the best of our abilities. However, your treatment time may be shortened or rescheduled to avoid inconvenience to the next guest.
- 🌿 A 24 hour cancellation notice is required to help us reschedule your appointment, subject to availability.
- 🌿 Cancellations or rescheduling made with less than 3 hour's notice will incur a 50% cancellation fee.
- 🌿 In the case of a "No Show", a 100% cancellation fee will be charged on your next visit to the spa.
- 🌿 We encourage you to arrive 15 minutes prior to your scheduled appointment for a full consultation with our therapist.


TAJ
 CAPE TOWN
 SOUTH AFRICA

To make a booking / purchase a Gift Voucher
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jwellnesscircle.capetown@tajhotels.com
 Located on the first floor. Open from 08:00 - 20:00.
 All prices are quoted per person unless specified.

