







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

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## ✿ SIGNATURE THERAPIES

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## ✿ INDIAN THERAPIES

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ORJA DAYAKA Energising Massage	60 / 90 min
VISHRĀM Relaxation Massage	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

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

## ✿ SPA INDULGENCES

SOUNDARYA Beauty	330 min
SUKHA Bliss	240 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.

## **VRIKSHAMLA** Soothing    Duration - 120 mins

Pamper yourself with the richness of nature - a natural blend of Kokum and Aloe vera helps soothe and tighten your skin. A heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Succumb to the rhythmic strokes of a relaxation massage with Cashew nut oil, rich in vitamins and essential nutrients, to hydrate, repair and nourish your skin.

Complete your indulgence with a refreshing and cooling signature beverage, native to Goa.

## **SHRINGAAR** Bridal Experience    Duration - 120 mins

The pleasure of anticipation. The circle of family, friends, and loved ones. The discoveries and delight of being in love. Every bride is beautiful. Shringaar, our bridal experience, enhances and perfects your beauty. With a series of traditional rituals that soothe your body, mind, and spirit, so that you emerge serene and carry that glow through to your special day and into your shared life beyond. Commence your experience with Aukshan a traditional ritual to bless the bride, to protect her aura. A traditional Ubtan made with Sandalwood, Saffron, Turmeric, and fresh cream exfoliates the body, symbolising the leaving behind of the old and preparing to welcome the new. Gentle head massage with fresh coconut milk, soothe and soften the skin with a ritualistic bath with fresh milk and rose petals, a dhoop ritual for your hair. An indulgent aromatherapy skin toning massage pampers and relaxes you. A traditional “blessings” ritual complete with Kumkum Tikka, Kajal, Turmeric, and Bangles initiate you on your new life journey.

## **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.

## **TRUPTI** Contentment    Duration - 120 mins

Embrace harmony and lose yourself in this entrancing experience designed to lead you to a state of nostalgia.

Inspired to give you a captivating night's sleep, this experience begins with our Indian head massage to relax and improve circulation and ease sore, tired neck muscles. Let the gentle rhythm of our therapist's hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.

## **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.





# 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.

## **SAMMARDANĀ** Indian Deep Tissue    Duration - 60 / 90 mins

A customised technique of muscle massage performed by specially-trained hands, which works on your deep-seated stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

## **ŌRJA DĀYAKĀ** Energising Massage    Duration - 60 / 90 mins

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Patchouli, Tulsi and Aswagandha, will work on your deep-seated aches, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle and sinew will pulse with new-found vigour.

## **VISHRĀM** Relaxation Massage    Duration - 60 / 90 mins

A full-body relaxing massage to melt away your stress. Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant signature oil blends with the richness of Kewda, Frankincense and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquillity to your entire system.

## **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 mins / 70 mins / 90 mins

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

Posha Scrub

Posha Wrap

Posha Bath

## **VISHUDDI** Detoxify Duration - 30 mins / 70 mins / 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.

## **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.

### **(M)** 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.

### **(M)** 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.

### **(M)** Soothing (For Normal/Sensitive Skin)

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

### **(M)** 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.

## **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.





# 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.

## **SOUNDARYA** Beauty    Duration - 330 mins

A Day of Beauty to draw out your inner radiance

- Begin with a deeply nourishing scrub and wrap of your choice
- Invigorate your senses with an indulgent aromatherapy massage
- Then give your skin a natural glow with a one-hour facial of your choice
- As a final touch, give in to a Spa Manicure and Pedicure, coupled with a cup of green tea and a fresh fruit platter

## **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

## **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. Enjoy a rose petal bath 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

The J Wellness Circle spa consists one couple massage suite with a soak tub, shower, steam, and five single treatment rooms with steam and shower area. The spa also boasts of relaxing lounges that beckon you to relax and unwind with dedicated wet areas for men and women with a sauna, Jacuzzi, chill shower, and regular showers.

We have a Unisex Salon with Manicure & Pedicure Spa Stations and one room dedicated to beauty treatments.

An Unisex gym and swimming pool with a wet area - steam, sauna, shower, changing room, and a breathtaking terrace infinity pool. We provide robes, towels, slippers, and personal amenities.

## 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

The Spa is open daily from 8 am to 8 pm.

## PARKING

Valet parking available for members, in-house guests, and spa visitors.

## 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 wet area 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.
- Appropriate swimwear is to be worn in the 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  
CIDADE DE GOA  
GOA

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# PRICES

## \* HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	₹ 13000
NIDRA	120 mins	₹ 13000
SHODHANA	120 mins	₹ 13000

## \* SIGNATURE THERAPIES

VIKSHAMLA	120 mins	₹ 13000
SHRINGAAR	120 mins	₹ 13000
VISHRAMĀ	120 mins	₹ 13000
SUSHUPTI	120 mins	₹ 13000
TRUPTI	120 mins	₹ 13000
PEHLWĀN MĀLISH	90 mins	₹ 9750

## 🌀 INDIAN THERAPIES

VENTOZ	90 mins	₹ 9750
SAMMARDANĀ	60 / 90 mins	₹ 6500 / ₹ 9750
ORJA DAYAKA	60 / 90 mins	₹ 6500 / ₹ 9750
VISHRĀM	60 / 90 mins	₹ 6500 / ₹ 9750
PĀDA MARDANĀ	60 mins	₹ 5200
CHAMPI	45 mins	₹ 5200
DRISTI	30 mins	₹ 3900

## 🌀 BODY RITUALS

POSHA	30 / 70 / 90 mins	₹ 3250 / ₹ 6500 / ₹ 9750
VISHUDDI	30 / 70 / 90 mins	₹ 3250 / ₹ 6500 / ₹ 9750

## \* BEAUTY

SIGNATURE FACIAL	60 mins / 90 mins	₹ 6500 / ₹ 9750
ĀNANA LEPĀ FACIAL	60 mins	₹ 6500

## \* SPA INDULGENCES

SOUNDARYA	330 mins	₹ 24000
SUKHA	240 mins	₹ 22750
SOMĀ	120 mins	₹ 24500
ABHISARANA	90 mins	₹ 20000

# PRICES

## \* BEAUTY SALON

### NAIL CARE

PADA SNANA	75 mins	₹ 3000
HASTA SNANA	60 mins	₹ 2500
CUT, FILE, & POLISH		₹ 800
CUT & FILE		₹ 500
CHANGE OF POLISH		₹ 400

### CUTS & STYLE

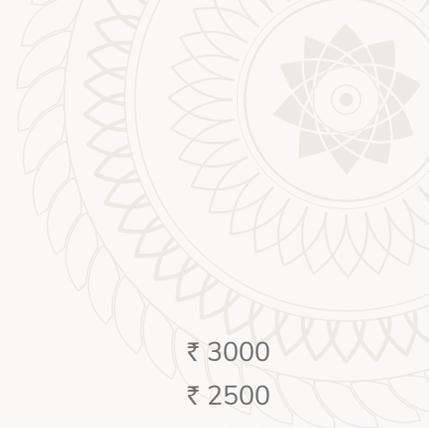
SHAMPOO & CONDITIONER	S / M / L	₹ 800 / ₹ 1000 / ₹ 1500
SHAMPOO & HAIR CUT		
• MEN		₹ 1500
• WOMEN		₹ 2000
HAIR STYLING / BLOW DRY	S / M / L	₹ 1500 / ₹ 1800 / ₹ 2100
HAIR IRONING	S / M / L	₹ 1700 / ₹ 2000 / ₹ 2300
TONGS	S / M / L	₹ 1700 / ₹ 2000 / ₹ 2300

### HAIR COLOUR

ROOTS TOUCH-UP	S / M	₹ 1500 / 2000
GLOBAL	S / M / L	₹ 3000 / ₹ 4000 / ₹ 5000
HIGHLIGHTS	S / M / L	₹ 3500 / ₹ 4500 / ₹ 5500

### HAIR CARE

HAIR SPA WOMEN		₹ 4000
HAIR SPA MEN		₹ 3000



## ADDITIONAL FOR MEN

SHAVE STUDIO	₹ 1200
BEARD & MOUSTACHE TRIM	₹ 500
HEAD SHAVE	₹ 1500

## WAXING

FULL ARMS	₹ 800	FULL LEGS	₹ 1100
UNDERARM	₹ 500	HALF LEGS	₹ 600
BACK (WOMEN / MEN)	₹ 1200 / ₹ 1500		

## EYEBROW SHAPING & THREADING

EYEBROWS	₹ 250	FOREHEAD	₹ 250
UPPER LIPS	₹ 250	FACE	₹ 1000

### Medical Conditions

Please inform us of any medical conditions or other special needs that require our attention.

- 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 1.5 times of the treatment price.
- 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.



