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

NIDRA Sleep	120 min
VISHUDDHI Detox	120 min

SIGNATURE THERAPIES

TRUPTI Contentment	120 min
SHUDHIKARĀ Detoxifying	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

INDIAN THERAPIES

SAMMARDANĀ Indian Deep Tissue	60 / 90 min
VISHRANTI Relaxation Massage	60 / 90 min
ŌRJA DĀYAKĀ Energising Massage	60 / 90 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min

BODY RITUALS

NARIKELĀ House Favourite	45 min
PRITHVI MRIT Earth's Nectar	45 min

BEAUTY

ĀNANA LEPĀ Facial	60 min

SPA INDULGENCES

SUKHA Bliss	210 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.

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.

VISHUDDHI 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.

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.

SHUDHIKARĀ* Detoxifying Duration - 120 mins

A unique combination of therapies is used to purify the system. A lymphatic drainage massage, a wholesome cleansing scrub, and a plantain leaf wrap will leave you with a feeling of lightness.

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.

*24 hours prior notice required.

INDIAN THERAPIES

J Wellness Circle presents traditional therapies inspired by the rich and ancient wellness heritage of India and rituals of Indian royalty.

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.

VISHRANTI 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 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.

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, Pachouli, 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.

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.

NARIKELĀ House Favourite Duration - 45 mins

Coconut, a household ingredient in India, has many uses to its name. It has been used for centuries as a natural skin softener. We will gently exfoliate and moisturise your body with a mix of ingredients. This all-over treatment has a cooling effect on the body.

PRITHVI MRIT Earth's Nectar Duration - 45 mins

This rich detoxifying and firming wrap is made from 22 exotic Indian herbs and clay. Its therapeutic properties tighten the skin and leave it with a radiant, youthful glow. Excellent for all skin types.

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.

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 - 210 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 Ānana Lepā 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. 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

J Wellness Circle consists of two single treatment rooms, one couple treatment suite with a soak tub, a beauty salon with a manicure station and Pedi-spa, a unisex fitness centre, and separate changing areas for men and women with lockers and shower facilities. Our wet area encompasses a steam, shower, and swimming 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

Spa : Open daily from 9 am to 9 pm.
Swimming Pool : 6 am to 9 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
CONNEMARA
CHENNAI

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PRICES

HOLISTIC HEALING THERAPIES

NIDRA	120 mins	₹ 12000
VISHUDDHI	120 mins	₹ 12000

SIGNATURE THERAPIES

TRUPTI	120 mins	₹ 12000
SHUDHIKARĀ	120 mins	₹ 12000
PEHLWĀN MĀLISH	90 mins	₹ 9000

INDIAN THERAPIES

SAMMARDANĀ	60 / 90 mins	₹ 6000 / ₹ 9000
VISHRANTI	60 / 90 mins	₹ 6000 / ₹ 9000
ŌRJA DĀYAKĀ	60 / 90 mins	₹ 6000 / ₹ 9000
PĀDA MARDANĀ	60 mins	₹ 4800
CHAMPI	45 mins	₹ 4800
DRISTI	30 mins	₹ 3600

BODY RITUALS

NARIKELĀ	45 mins	₹ 4800
PRITHVI MRIT	45 mins	₹ 4800

BEAUTY

ĀNANA LEPĀ	60 mins	₹ 6000

SPA INDULGENCES

SUKHA	210 mins	₹ 17000
SOMĀ	120 mins	₹ 23500
ABHISARANA	90 mins	₹ 18500

BEAUTY SALON

NAIL CARE

PADA SNANA	₹2400
HASTA SNANA	₹2200
CUT, FILE & POLISH	₹600
CUT & FILE	₹300
CHANGE OF POLISH	₹300

CUTS & STYLE

WASH & BLAST DRY	₹ 800 / ₹ 1000 / ₹1200

SHAMPOO & HAIR CUT

• MEN	₹ 1100
• WOMEN	₹1600
• CHILDREN	₹1000
HAIR STYLING / BLOW DRY	₹ 1100 / ₹ 1300 / ₹ 1500
HAIR IRONING	₹ 1200 / ₹ 1500 / ₹ 2000
ROLLER-SET	₹ 1200 / ₹ 1500 / ₹ 2000

HAIR COLOUR

ROOTS TOUCH-UP MEN	₹ 1700
ROOTS TOUCH-UP WOMEN	₹ 2000
GLOBAL	3500 ONWARDS

HAIR CARE

HAIR SPA FOR WOMEN	₹ 4500
HAIR SPA FOR MEN	₹ 3500

WAXING

FULL ARMS	₹ 1000
HALF ARMS	₹ 500
FULL LEGS	₹ 1400
HALF LEGS	₹ 700
UNDER ARMS	₹ 700
FULL BODY WAXING	₹ 6000

TREADING

EYEBROW	300
UPERLIP	300
FORHEAD	300
CHIN	300
FULL FACE	800

- 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.