







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

## ✿ SIGNATURE THERAPIES

JIVANIYA Invigorate	120 min
TRUPTI Contentment	120 min
VISHRAMA Deep Muscular	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

## ✿ INDIAN THERAPIES

SAMMARDANĀ Indian Deep Tissue Massage	60 min
PĀDA MARDANĀ Indian Foot Massage	60 min
PRISHTA MARDANĀ Back Treatment	60 min
CHAMPI Indian Head Massage	45 min

## ✿ INDIAN AROMATHERAPY

VISHRĀM Relaxation Massage	60 min
ORJA DAYAKA Energising Massage	60 min
PAVITHRI Lymphatic Drainage	60 min

## ✿ BODY RITUALS

NARIKELĀ House Favourite	45 min
PRITHVI MRIT Earth's Nectar	45 min
VISHUDDI Detoxify	30/70 min
POSHA Nourishing	30/70 min

## ✿ BEAUTY

ĀNANA LEPĀ Facial	60 min
JIVA Signature Facial	90 min
JAMAROSA ROOT Deep Cleansing Facial	60 min
TULSI Nourishing Facial	60 min
CHAMPAK Soothing Facial	60 min
NEEM FACIAL For Gentlemen	60 min
SPA Energising Facial	30 min



# 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.

## **JIVANIYA** Invigorate Duration - 120 mins

An energising treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from the hills of India, a heat-stimulating wrap, followed by a revitalising massage.

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

Embrace harmony and loose 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 therapists 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.

## **VISHRAMA** 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.

## **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.

\*We need 24 hour advance notice for the above treatment.



# 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 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.

## **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.

## **PRISHTA MARDANĀ** Back Treatment    Duration - 60 mins

The first casualty of a stressful life is the shoulders and back, resulting in pain and tension. This treatment has been created to eliminate tension and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation, steam, and the application of a herbal mask. Ideal for sore back muscles.

## **CHAMPI** Indian Head Massage    Duration - 45 mins

This luxuriant hair invigorating treatment is believed to promote hair growth, 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 are 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.



# INDIAN AROMATHERAPY

AROMATIC OIL BLENDS FROM AYURVEDA PHARMACOPOEIAS HAVE BEEN CAREFULLY CHOSEN FOR THESE TREATMENTS, WHICH HAVE POWERFUL HEALING PROPERTIES. ALL INGREDIENTS USED FOR THESE TREATMENTS ARE NATIVE TO INDIA.

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

A full-body relaxing massage to melt away your stress.

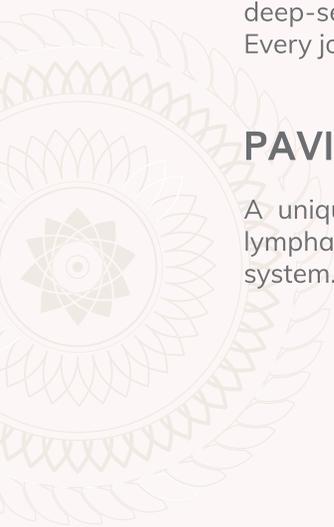
Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant signature oil blends with the richness of Kewda, Frankincense and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquillity to your entire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

## **ORJA DAYAKA** Energising Massage    Duration - 60 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 Ashwagandha, 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.

## **PAVITHRI** Lymphatic Drainage    Duration - 60 mins

A unique blend of oils with the goodness of Tulsi, Ginger and Lime, combined with the lymphatic drainage technique, works from within, eliminating toxins and refining the whole system. Cleansed anew, you will face the world again revived and re-energised.





# 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 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.

## VISHUDDI

Detoxify

Duration- 30/70 mins

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

Vishuddi Scrub

Vishuddi Wrap

## POSHA

Nourishing

Duration 30/70mins

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

Posha Scrub

Posha Wrap



\* 24 hours prior notice required.



# 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.

## **JIVA** Signature Facial (For all skin types)    Duration - 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 moisturized. A therapeutic mask completes this wonderfully relaxing treatment. Your hands and feet will be gently massaged during the facemask. Immerse yourself in this luxurious experience for a balanced and radiant glow. Your treatment is complimented with a full back massage and a fresh juice.

## **JAMAROSA ROOT** Deep Cleansing Facial (For oily and acne prone skin)    Duration - 60 Mins

This treatment focuses on deep cleansing using our natural hand-made products. The key ingredients of Green Tea, Jamarosa Root and Ginger lend properties that offer a visible difference and a clearer complexion.

## **TULSI** Nourishing Facial (For dry/dehydrated skin)    Duration - 60 Mins

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

## **CHAMPAK** Soothing Facial (For normal / sensitive skin)

Duration - 60 Mins

A balancing facial using Magnolia, Lavender and Jasmine to soothe, calm and restore the skin's natural texture and radiance.

## **NEEM FACIAL** For Gentlemen Duration - 60 Mins

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. Our cleanser, toner and face mask contain extracts of neem that gently heals and nourishes the skin. Get a fresh, clean masculine look with this men's facial.

## **SPA** Energising Facial (For all skin types) Duration - 30 Mins

This cleansing express mini-facial is designed to stimulate and tighten skin. A quick pick-me-up for men and women who want to look brighter and feel younger.





# 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

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
- End with a relaxing one hour Facial

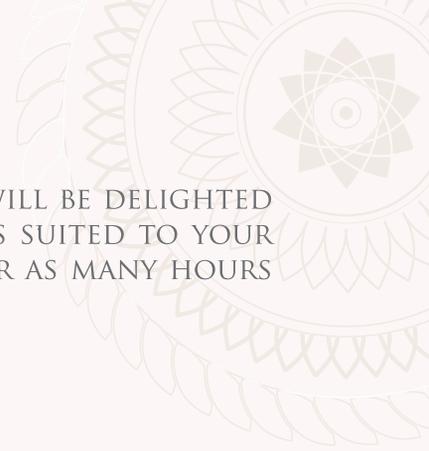
## **FOR TWO;**

## **SOMĀ** Nectar of the Gods Duration - 120 mins

Two therapists will perform 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

Inspired by Royal encampments, Jiva tented Spa boasts of a couple massage suite with soak tub, steam and shower and two single treatment suites with steam and shower facilities. Indulge in some of the finest outdoor relaxing lounges which will give you an out of the ordinary experience. The spa also offers a Unisex Gym and an outdoor pool with shower and changing room. 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 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 spa locker.



## 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**  
DEVI RATN RESORT & SPA  
JAIPUR

**Taj Devi Ratn Resort & Spa, Jaipur**  
Khasra No. 8 & 9, Ballapura Farms, Jamdoli Agra Road, Jaipur 302 031, Rajasthan, India  
Tel.: 91 141 350 7555  
Email: [jwellnesscircle.deviratn@tajhotels.com](mailto:jwellnesscircle.deviratn@tajhotels.com)  
[www.tajhotels.com](http://www.tajhotels.com)

# PRICES

## ✿ SIGNATURE THERAPIES

JIVANIYA Invigorate	120 mins	₹ 12000
TRUPTI Contentment	120 mins	₹ 12000
VISHRAMA Deep Muscular	120 mins	₹ 12000
PEHLWĀN MĀLISH Warrior Massage	90 mins	₹ 8500

## ✿ INDIAN THERAPIES

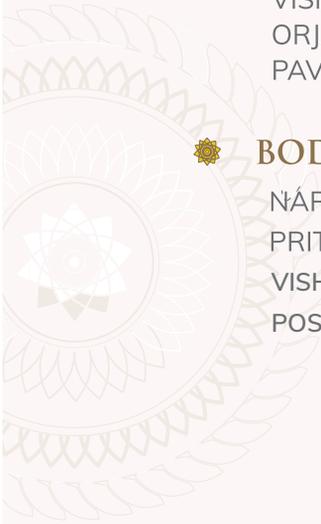
SAMMARDANĀ Indian Deep Tissue Massage	60 mins	₹ 6000
PĀDA MARDANĀ Indian Foot Massage	60 mins	₹ 4500
PRISHTA MARDANĀ Back Treatment	60 mins	₹ 4500
CHAMPI Indian Head Massage	45 mins	₹ 4500

## ✿ INDIAN AROMATHERAPY

VISHRĀM Relaxation Massage	60 mins	₹ 6000
ORJA DAYAKA Energising Massage	60 mins	₹ 6000
PAVITHRI Lymphatic Drainage	60 mins	₹ 6000

## ✿ BODY RITUALS

NĀRIKELĀ House Favourite	45 mins	₹ 4000
PRITHVI MRIT Earth's Nectar	45 mins	₹ 4000
VISHUDDI Detoxify	30/70 mins	₹ 3000/5500
POSHA Nourishing	30/70 mins	₹ 3000/5500





## ✿ BEAUTY

ANANALEPA FACIAL	60 mins	₹ 6000
JIVA SIGNATURE FACIAL	90 mins	₹ 8500
JAMAROSA ROOT FACIAL	60 mins	₹ 6000
TULSI FACIAL	60 mins	₹ 6000
CHAMPAK FACIAL	60 mins	₹ 6000
NEEM FACIAL FOR GENTLEMEN	60 mins	₹ 6000
SPA ENERGISING FACIAL	30 mins	₹ 3000

## ✿ SPA INDULGENCES

SUKHA	210 mins	₹ 16000
SOMĀ	120 mins	₹ 23000
ABHISARANA	90 mins	₹ 18000

- 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 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.