







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.

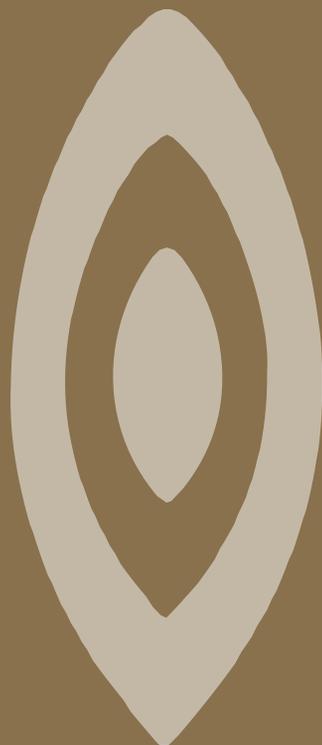
Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

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**

VRIKSHAMLA Soothing	120 min
JIVANIYA Invigorate	120 min
SHUDHIKARĀ Detoxifying	120 min
SAMA Balance	100 min
PEHLWĀN MĀLISH Warrior Massage	90 min

### **INDIAN THERAPIES**

INDIAN AROMATHERAPY	60 / 90 min
SAMMARDANĀ Indian Deep Tissue	60 min
PĀDA MARDANĀ Indian Foot Massage	60 min
PRISHTA MARDANĀ Back Therapy	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
MASĀLĀ Spice Scrub	45 min
MOCHA PATRA Plantain Leaf Wrap	45 min

### **BEAUTY**

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

### **SPA INDULGENCES**

SOUNDARYA Beauty	300 min
SUKHA Bliss	210 min
SVASHAKTI Find the Power Within	180 min
AJINV Refreshing Boost	90 min
SOMĀ Nectar of the Gods	120 min
ABHISARANA Rendezvous of Romance	120 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 Aloevera 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.

## **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.

## **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

\*24 hours prior notice required.

## **SAMA** Balance Duration - 100 mins

A special yoga experience to help you attain poise and equilibrium in mind and body.

A sequence of 'Āsanās' (mind and body postures) gently stretch and relax your muscles, while Prānāyāmā (controlled breathing techniques) make you aware of your breath and help to clear your thoughts. This is followed by Trātaka (focused gazing at a steady flame) for enhanced concentration. End the session with Yoga Nidrā (a state of conscious deep sleep) which unfolds an exquisitely calm state of mind and body. You emerge from the experience refreshed, balanced, and with a heightened sense of well-being.

## **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.

## **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.

## **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 Therapy 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 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 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.

## **MASĀLĀ** Spice Scrub    Duration - 45 mins

For this invigorating treatment, a traditional mixture of Indian spices is used to promote deep cleansing, relieve muscular soreness, and improve blood circulation, leaving you refreshed and recharged.

## **MOCHA PATRA**\* Plantain Leaf Wrap    Duration - 45 mins

This unique treatment uses the healing properties of the plantain leaf to purify the skin. It eliminates toxins by opening the pores and inducing sweating, thereby restoring the skin's natural vitality. It is completed with the application of a skin nourisher to leave you renewed.

\* 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.

## **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.

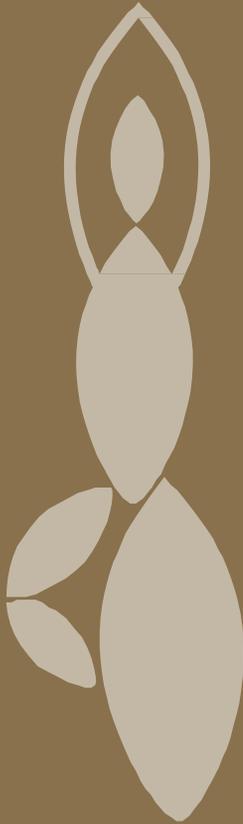
### **For Gentlemen**

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.

## **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.





## YOGA

### ✿ YOGA

BALANCED	90 min
ADVANCED	90 min
ABHILAYA Journey Towards Your Inner Rhythm	60 min
ADVANCED SURYA NAMASKAR Sun Salutations	60 min
GENTLE	60 min
DYNAMIC	60 min
PRĀNĀYĀMĀ with Mudrās & Bandhās	60 min
LAGHOO SHANKHAPRAKSHĀLANA	90 min
KUNJAL KRIYA	55 min
JALA NETI	45 min
YOGA NIDRĀ Yogic Relaxation	25 min
YOGA NIDRĀ ADVANCED	50 min
HRIDAYĀKASHA DHĀRANA with Trātaka	50 min
ĀJAPA JAPA	50 min
ANTAR MOUNA Inner Silence	40 min



# YOGA & mEDITATION

YOGA IS AN ETERNAL SCIENCE REPRESENTING THE UNIVERSAL NEED TO EVOLVE AND TRANSCEND ALL LIMITATIONS. ANCIENT MYSTICS AND SEERS DISCOVERED A WAY OF CONNECTING TO THE SOURCE OF LIFE WITHIN US. J WELLNESS CIRCLE CONTINUES THIS TIME-HONOURED TRADITION BY ABIDING BY THE RULES AND PRACTICES OF THE BIHAR SCHOOL OF YOGA – A HOLISTIC FORM OF YOGA THAT INTEGRATES PHYSICAL, PSYCHOLOGICAL, AND SPIRITUAL DIMENSIONS EQUALLY.

Group classes, as well as individual sessions, are offered. The individual session will be specially designed to suit your personal requirements and level of prior yoga practice. A consultation with our yoga teacher to assist you in choosing the appropriate programme.



## ĀSANA, PRĀNĀYĀMĀ, mUDRĀ, BANDHĀ

### **BALANCED** Duration - 90 mins

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Āsanas), Breath (Prānāyāmās), Gestures of Energy Flow (Mudrās), and Awareness of Mind (Meditation). The basic intention is to bring about harmony in the Physical, Mental, Psychic, and Spiritual aspects of the practitioner.

### **ADVANCED** Duration - 90 mins

Static, classic Postures (Āsanas) will be performed to have a profound influence on your well-being. With the appropriate guidance of our teachers, intermediate and advanced practitioners can feel an enhanced level of awareness through the exploration of various Breath Control (Prānāyāmā), Gestures of Energy Flow (Mudrā), and Psychic Lock (Bandhā) practices. The session comes to a close with a short relaxation practice.

## **ABHILAYA** Journey Towards Your Inner Rhythm    Duration - 60 mins

Transport yourself to new heights of relaxation with this ideal Yoga session designed to diminish the effects of jet lag. This will harmonise your disturbed body rhythm, restore your disturbed sleep, eliminate body aches, fatigue, and general disorientation.

The session starts with a nasal cleansing technique, soothing facial muscles, and stimulating your mind. Special breathing practice (Prānāyāmā) helps synchronise and re-balance the body, thereby refreshing your system. This is followed by simple postures (Āsanas), which relieve muscular pain and stiffness and enhance blood circulation. The Yoga session ends with meditative sleep (Yoga Nidrā) that helps in restoring your sleep cycle.

This 60-minute session is recommended both prior to and after your travel.

## **ADVANCED SURYA NAMASKAR** Sun Salutations    Duration - 60 Mins

For a complete energisation of the body.

Bring out your inner radiance with this, ancient sequential practice of Yoga that pays tribute to the Sun, a symbol of radiance and spiritual consciousness. An effective way to loosen up, stretch, massage, and tone all joints, muscles, and internal organs of the body. Done with advanced Awareness of Movements, Breaths, and special Sound Vibrations (Mantras), which activate the energy centres (Chakras) thereby energising the body-mind system. A group of 12 dynamic Āsanas form the physical matrix around which the practice is woven. Wrap up this invigorating session with a short relaxation practice.

## **GENTLE** Duration - 60 mins

As the name suggests, this group of āsanas is extremely gentle, but works hard at loosening all the major joints of the body. In this practice, you will experience the benefits of a series of anti-rheumatic exercises. An exclusive of the Bihar School of Yoga, these practices are recommended if vigorous physical exercise is not possible. End the session with a short relaxation or meditation practice.

## **DYNAMIC** Duration - 60 mins

Dynamic practices primarily involve energetic movements of the body. These are intended to increase flexibility, stimulate circulation, and release energy blocks from different parts of your body. Feel a renewed energy infusing vitality into your being. Bring your energised body to a state of calm with Prānāyāmā (controlled breathing) and a short relaxation session.

## **PRĀNĀYĀMĀ** with Mudrās & Bandhās Duration - 60 mins

Balancing vital energy – through Breath, Gestures, and Psychic Locks.

Prānāyāmā is a Yogic technique to control the intake and outflow of breath to expand the vital energy within us. Prānāyāmās, when used with Mudrās (Psychic, Emotional, and Aesthetic Gestures) and Bandhās (Psychic Locks) create an intense flow of conscious energy in a specific region. Feel your breathing improve with this practice and also bring your nervous and pranic systems into equilibrium. End the session with a short meditation or relaxation practice.

## **LAGHOO SHANKHAPRAKSHĀLANA** Duration - 90 mins

Cleansing and rejuvenation of the alimentary canal.

An early morning practice of cleansing the intestine by drinking saline water and performing a series of Postures (Āsanās). The combination of the saline water and the peristaltic movement, stimulated by the āsanās, works to wash and clear the intestines of underlying impurities. An extremely rejuvenating practice.

## **KUNJAL KRIYA** Duration - 55 mins

Cleansing of the stomach and throat. Decongesting the chest and lungs.

A practice of cleansing the digestive tract, chest, and stomach with saline water. On a physical level, this practice is exceptionally beneficial in alleviating chronic respiratory and digestive problems, such as asthma and acidity. On a more subtle level, it works to release suppressed emotional and mental disturbances. The session ends with a meditation practice.

## **JALA NETI** Duration - 45 mins

Cleansing of the nasal passage: Activating the energy centres in the facial region. An ancient Indian Yoga technique of cleansing and purifying the nasal passages with saline water. Using a special Neti pot, this process flushes the nostrils and clears the nasal passages. This practice ends with a short Prānāyāmā session, leaving you with a feeling of lightness and clarity. It is a panacea against colds and sinusitis. It also brings about a complete activation of the five senses.

## **YOGA NIDRĀ** Yogic Relaxation Duration - 25 mins

Psychic sleep for relaxation of the mind and body.

Yoga Nidrā is a state of consciousness where one flits between sleep and wakefulness. It is a state of inner awareness, wherein, one communicates with the subconscious and the higher conscious. This practice relaxes the mind and the entire body through the awakening of the sense of hearing and feeling.

## **YOGA NIDRĀ ADVANCED** Duration - 50 mins

Psychic sleep for the evolution of the dormant potential within.

The advanced level of Yoga Nidrā (Psychic Sleep) brings about a complete relaxation of the internal organs and synchronisation in the flow of breath and energy, leading to a balanced state of mind. Through creative visualisations, you explore the dormant potential within and you sow a seed of resolve (Sankalpa) in the subconscious mind to bring a positive change in you.

## **HRIDAYĀKASHA DHĀRANA** with Trātaka Duration - 50 mins

Experience balance and develop the emotional aspects of your personality.

In this practice, one can be guided to become aware of the heart space. One observes the heart space with the attitude of a witness watching one's prevailing and changing emotions. This practice allows us to communicate with our emotions and provides a detached space to view and express one's emotional being. This practice is combined with Trātaka (candle-flame gazing), a powerful technique to alleviate mental tension, anxiety, insomnia, and depression.

## **ĀJAPA JAPA** Duration - 50 mins

For awakening of the energy centres.

An advanced practice in which you become aware of your breath and the psychic passage of energy (Prānās), followed by the visualisation of the movements of breath and repetition of the spontaneous mantra – Soham. This is an extraordinarily calming and therapeutic practice that brings about an awakening in your energy centres, leading to a higher level of awareness.

## **ANTAR MOUNA** Inner Silence Duration - 40 mins

Management of thoughts.

In this practice, one remains a silent witness of every thought that is traversing the mind. One focuses on what the mind is thinking, how it is reacting, and what images are appearing from the subconscious. Antar Mouna teaches one to observe the process of the mind and to find ways to bring it under control.





# 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 - 300 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 - 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 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

## **AJINV** Refreshing Boost    Duration - 90 mins

For those running short of time but in need of a quick pick-me-up

- Enjoy a 30-minute 'Pāda Mardanā'
- Follow it up with half an hour 'Champi', our Indian head massage
- End with a hair wash and blast dry

## **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 - 120 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

Four single treatment rooms, one couple room, a beauty salon with manicure and pedicure station, Pedispa, facial room, an Ayurveda consultation room with two treatment suites, a Yoga pavilion, unisex fitness centre, and separate changing areas for men and women with lockers and shower facilities. Our wet area encompasses steam, a shower, and a hot Jacuzzi. 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.

Gymnasium : 7 am to 9 pm (trainer will be available from 7 am to 4 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**

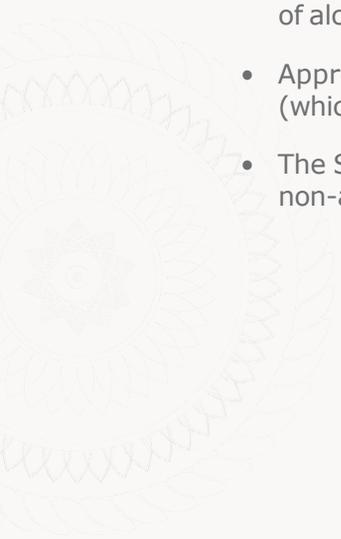
A 24-hour cancellation notice is required to help us reschedule your appointment subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.

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  
EXOTICA RESORT & SPA  
GOA

**Taj Exotica Resort & Spa**

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Email: [jwellnesscircle.texgoa@tajhotels.com](mailto:jwellnesscircle.texgoa@tajhotels.com)  
[www.tajhotels.com](http://www.tajhotels.com)

# PRICES

## ✿ HOLISTIC HEALING THERAPIES

NIDRA	120 mins	` 14000
SHODHANA	120 mins	` 14000

## ✿ SIGNATURE THERAPIES

VRIKSHAMLA	120 mins	` 14000
JIVANIYA	120 mins	` 14000
SHUDHIKARĀ	120 mins	` 14000
PEHLWĀN MĀLISH	90 mins	` 10500

## INDIAN THERAPIES

✿ INDIAN AROMATHERAPY	60 / 90 mins	` 7000 / ` 10500
SAMMARDANĀ	60 mins	` 7000
PĀDA MARDANĀ	60 mins	` 5200
PRISHTA MARDANĀ	60 mins	` 5200
CHAMPI	45 mins	` 5200
DRISTI	30 mins	` 3900

## BODY RITUALS

✿ NARIKELĀ	45 mins	` 5200
PRITHVI MRIT	45 mins	` 5200



## BEAUTY

SIGNATURE FACIAL	60 / 90 mins	` 6500 / ` 9500
ĀNANA LEPĀ	60 mins	` 6500



## YOGA

BALANCED	90 mins	` 2500
ADVANCED	90 mins	` 2500
ABHILAYA	60 mins	` 2000
ADVANCED SURYA NAMASKAR	60 mins	` 2000
GENTLE	60 mins	` 2000
DYNAMIC	60 mins	` 2000
PRĀNĀYĀMĀ	60 mins	` 2000
LAGHOO SHANKHAPRAKSHĀLANA	90 mins	` 2000
KUNJAL KRIYA	55 mins	` 2500
JALA NETI	45 mins	` 1500
YOGA NIDRĀ	25 mins	` 1000
YOGA NIDRĀ ADVANCED	50 mins	` 1500
HRIDAYĀKASHA DHĀRANA	50 mins	` 1800
ĀJAPA JAPA	50 mins	` 1800
ANTAR MOUNA	40 mins	` 1500



## SPA INDULGENCES

SOUNDARYA	300 mins	` 20300
SUKHA	210 mins	` 18020
SOMĀ	120 mins	` 24000
ABHISARANA	120 mins	` 19000

# PRICES

## ✿ HAIR

### HAIR CUTS & STYLES

SHAMPOO & CONDITIONING	S / M / L	` 850 / ` 1200 / ` 1500
HAIR CUT INC. SHAMPOO – MEN		` 1400
HAIR CUT INC. SHAMPOO – WOMEN		` 3200
CHILD HAIR CUT		` 700
HAIR TRIM – MEN		` 1200
HAIR TRIM – WOMEN		` 2100
CHANGE OF STYLE – MEN		` 2000
CHANGE OF STYLE – WOMEN		` 3200
BLOW DRY / STYLING	S / M / L	` 1800 / ` 2000 / ` 2500
HAIR IRONING		` 2800
ROLLER SET		` 2800
BEARD & MOUSTACHE TRIM		` 800
SHAVE		` 800
SHAVE STUDIO		` 1800
HEAD SHAVE		` 900

### HAIR TREATMENTS

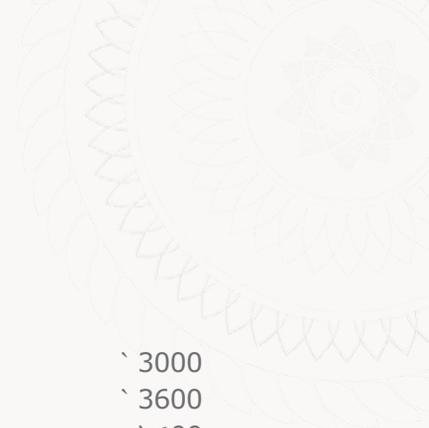
ROOT TOUCH-UP		` 2900
GLOBAL HAIR COLOUR	S / M / L	` 4000 / ` 4600 / ` 5000
HIGHLIGHTS		` 700 Per Streak
HAIR SPA – MEN		` 2800
HAIR SPA – WOMEN		` 4500
HAIR DO	S / M / L	` 2500 / ` 3200 / ` 4000

 **BEAUTY****NAIL CARE**

MANICURE	` 3000
PEDICURE	` 3600
NAIL CUT & FILE (HANDS)	` 600
NAIL CUT & FILE (FEET)	` 600
NAIL CUT, FILE & POLISH	` 1000
CHANGE OF POLISH	` 600

**THREADING**

EYEBROWS	` 300
UPPER LIPS	` 300
CHIN	` 300
FOREHEAD	` 300
SIDE LOCKS	` 400
FULL FACE	` 1200



## **WAXING**

UNDERARMS	` 700
FULL ARMS	` 950
HALF ARMS	` 700
FULL LEGS	` 1800
HALF LEGS	` 900
BIKINI WAX	` 1800
BRAZILIAN WAX	` 1800
STOMACH	` 1200
BACK	` 1400
FULL FACE	` 1200
WAXING PACKAGE (FA + FL + UA)	` 2800
FULL BODY WAX (FA + FL + UA + ST + BK)	` 4600

## **WAXING FOR mEN**

CHEST	` 1400
BACK	` 1400
STOMACH	` 1200

- 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.