







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.

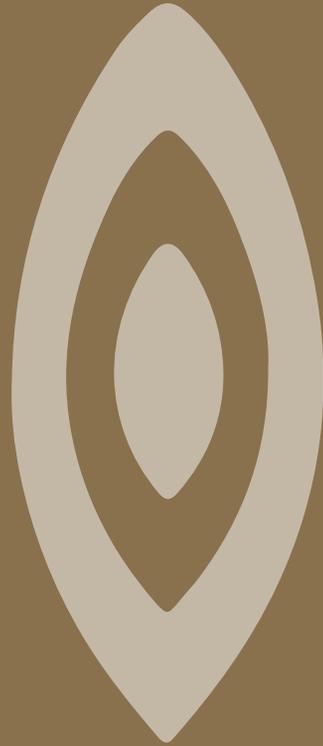
Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

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

VISHRAMĀ Deep Muscular	120 min
SUSHUPTI Dreamless Sleep	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

### INDIAN THERAPIES

VENTOZ Indian Cupping	90 min
INDIAN AROMATHERAPY	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 min
VISHUDDI Detoxify	30 / 70 min

### BEAUTY

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

### WELLNESS EXPERIENCE

PARIMARJANA Deep Cleansing	90 min
NĀDĀ Sound Healing	60 min

### SPA INDULGENCES

SUKHA Bliss	240 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.

## **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.

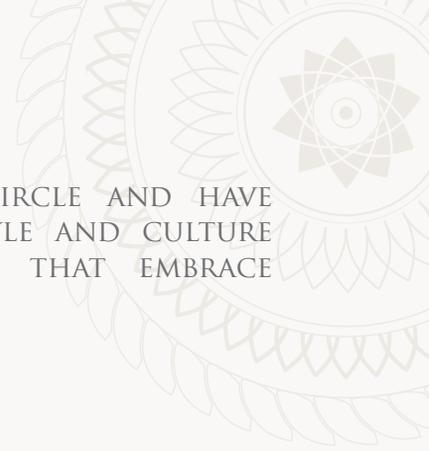
## **SUSHUPTI** Dreamless Sleep    Duration - 120 mins

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.

## **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.

## **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.

## **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 / 70 mins

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

Posha Scrub

Posha Wrap

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

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

Vishuddi Scrub

Vishuddi Wrap



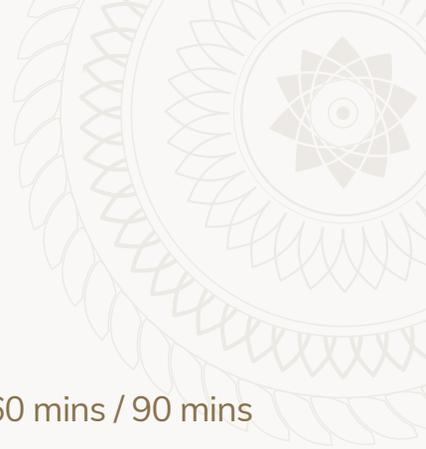
# BEAUTY

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.





## **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.

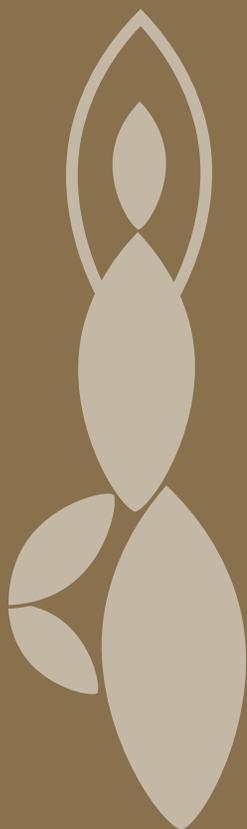
### **🌿 Soothing (For Normal/Sensitive Skin)**

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.





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.

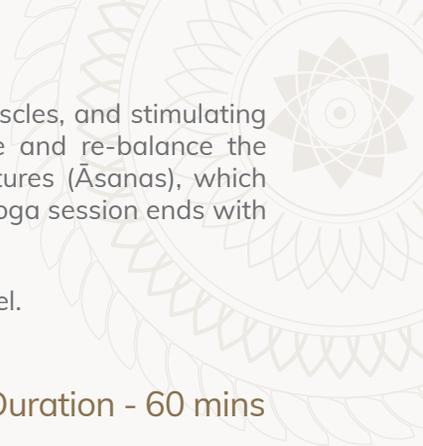
A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Āsanas), Breath (Prānāyāmās), Gestures of Energy Flow (Mudrās), and Awareness of Mind (Meditation). The basic intention is to bring about harmony in the Physical, Mental, Psychic, and Spiritual aspects of the practitioner.

### **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.



## **SHATKARMA**

### **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.



## MEDITATION

### **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

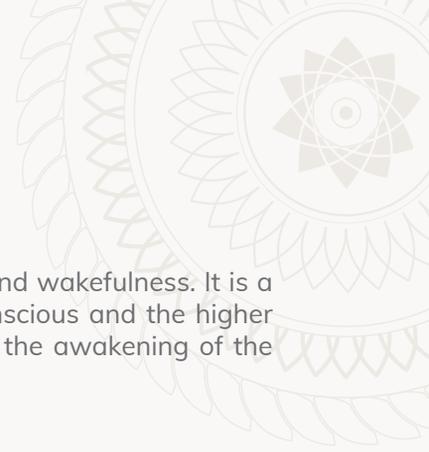
For awakening of the energy centres.

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.





prāc=

śradhdhā

Faith

श्रद्धा



# WELLNESS EXPERIENCE

WELLNESS IS A HOLISTIC INTEGRATION OF PHYSICAL, MENTAL, AND SPIRITUAL WELL-BEING FUELLING THE BODY, ENGAGING THE MIND, AND NURTURING THE SPIRIT. OUR WELLNESS EXPERIENCES HELP CREATE BALANCE AND HARMONY; REJUVENATE YOU, AND IMPROVE YOUR OVERALL WELL-BEING MAKING YOU FEEL HAPPY AND FULFILLED.

## **PARIMARJANA** Deep Cleansing    Duration - 90 mins

A unique bathing ritual with natural ingredients that purifies and rejuvenates. Linger in the vapours of warm water gently poured from a traditional urn, on your body. Your body is gently soaped with our natural cleansing soap and the expert hands of your therapist gently scrape away all dead skin from your body, leaving it soft and supple. An exfoliating scrub is applied and after its therapeutic ingredients soak into the skin, it is rinsed as well. The body is then enveloped with our signature 22 herbs mask which re-mineralises and tightens the skin. The skilled touch of the therapist eases the stress knots followed by stretches to improve mobility. As a result, the body is realigned and the energy flow within is restored.

## **NĀDĀ** Sound Healing    Duration - 60 mins

Experience the divine synergy of Music and Wellness, coming together to craft the most unique Soundscapes involving sound instruments which include wind instruments, metallic, and string instruments embodying the principles of the five elements of nature. As you immerse yourself in this sublime experience, you will experience holistic well-being, upliftment of the spirit, a sense of harmonisation, and grounding. The sound waves emit a frequency of profound healing, enhance creativity, bring a heightened state of awareness, & lead you to sublime state of meditateness.



# 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 - 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;**

## **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

J Wellness Circle consists of two couple treatment suites with Jacuzzi, steam and shower, six single treatment suites with steam and shower, a relaxation lounge, a wellness café, and a unisex fitness centre. The experiential treatment area consists of hammam, vichy shower, a sauna, steam, an ice chute with changing and shower area, and separate changing areas with shower and lockers. Our wet area encompasses steam, Jacuzzi, and a regular shower. Outdoor swimming pool with separate changing area with shower room and lockers.

The Ayurveda sanctuary at J Wellness Circle is the high point of this wellness retreat. The four Ayurveda suites are designed in traditional style as an Ayurveda physician – Vaidya's house, with an indoor yoga studio, outdoor yoga pavilions, reflexology path, courtyards, and landscaped relaxation spaces. This tranquil pocket or wellness offers authentic, holistic, and comprehensive Ayurveda programmes by qualified and experienced Ayurveda physicians.

## 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.

## 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**  
GANDHINAGAR RESORT & SPA  
GUJARAT

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[www.tajhotels.com](http://www.tajhotels.com)

# PRICES

## ✿ HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	₹ 12350
NIDRA	120 mins	₹ 12350
SHODHANA	120 mins	₹ 12350

## ✿ SIGNATURE THERAPIES

VISHRAMĀ	120 mins	₹ 11250
SUSHUPTI	120 mins	₹ 11250
PEHLWĀN MĀLISH	90 mins	₹ 8500

## ☼ INDIAN THERAPIES

VENTOZ	90 mins	₹ 8500
INDIAN AROMATHERAPY	60 / 90 mins	₹ 5650 / ₹ 8400
PĀDA MARDANĀ	60 mins	₹ 4500
CHAMPI	45 mins	₹ 4500
DRISTI	30 mins	₹ 3350

## ☼ BODY RITUALS

POSHA	30 / 70 mins	₹ 2850 / ₹ 5600
VISHUDDI	30 / 70 mins	₹ 2850 / ₹ 5600

## ✿ BEAUTY

ĀNANA LEPĀ	60 mins	₹ 5600
SIGNATURE FACIAL	60 / 90 mins	₹ 5600 / ₹ 8500

## ✿ YOGA

BALANCED	90 mins	₹ 3350
ADVANCED	90 mins	₹ 3350
ABHILAYA	60 mins	₹ 2250
ADVANCED SURYA NAMASKAR	60 mins	₹ 2250

GENTLE	60 mins	₹ 2250
DYNAMIC	60 mins	₹ 2250
PRĀNĀYĀMĀ	60 mins	₹ 2250
LAGHOO SHANKHAPRAKSHĀLANA	90 mins	₹ 4500
KUNJAL KRIYA	55 mins	₹ 2700
JALA NETI	45 mins	₹ 2000
YOGA NIDRĀ	25 mins	₹ 1250
YOGA NIDRĀ ADVANCED	50 mins	₹ 2250
HRIDAYĀKASHA DHĀRANA	50 mins	₹ 2150
ĀJAPA JAPA	50 mins	₹ 2250
ANTAR MOUNA	40 mins	₹ 2000

### ✿ WELLNESS EXPERIENCE

PARIMARJANA	90 mins	₹ 8500
NĀDĀ	60 mins	₹ 6750

### ✿ SPA INDULGENCES

SUKHA	240 mins	₹ 19100
ABHISARANA	120 mins	₹ 16850

- 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 Rs. 1200/- per treatment.
- 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 Rs. 1500/- per treatment. However, no cross-gender treatment will be offered in the room.