







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.

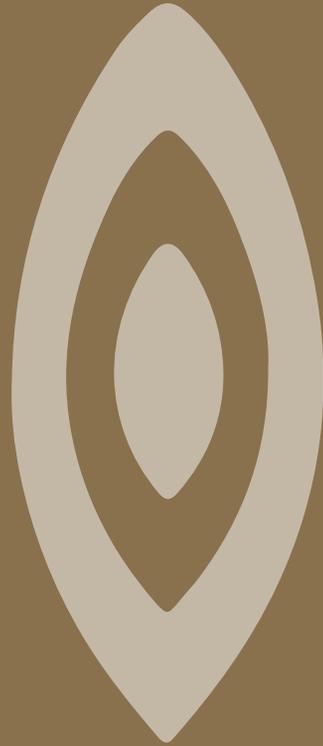
Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

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

MEWĀR KHĀS Speciality of the Region of Mewar	120 min
SHRINGAAR Bridal Experience	120 min
SUSHUPTI Dreamless Sleep	120 min
VISHRAMĀ Deep Muscular	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

## ✿ INDIAN THERAPIES

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

VISHUDDI Detox	30 / 70 min
POSHA Nourishing	30 / 70 min
NARIKELĀ House Favourite	45 min

## ✿ BEAUTY

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

## ✿ SPA INDULGENCES

SUKHA Bliss	210 min
SOMĀ Nectar of the Gods	120 min
ABHISARANA Rendezvous of Romance	90 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.

## **MEWĀR KHĀS** Speciality of the Region of Mewar Duration - 120 mins

Feel an immense sense of renewal with this experience inspired by the Royal House of Mewar. This was an essential ritual in preparation for their wedding. Blending the natural delights of the local culture, this primordial service offers a calming sense of well-being and the flowing strokes bring back firmness to your skin.

Transport vitality and glow to your skin with this scrub made from fresh natural ingredients, mixed with auspicious saffron and almond. Let the active ingredients and the richly scented aroma of fresh cardamom work magic to soothe and lighten your skin. Enjoy an age-old relaxing massage enhanced with our signature relaxing blend that leaves your skin softer and firmer.

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

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



## **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.

## **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.

## **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.

## **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.

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

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

Vishuddi Scrub

Vishuddi Wrap

## **POSHA** Nourishing    Duration - 30 mins / 70 mins

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

Posha Scrub

Posha Wrap

## **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.



# 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)**

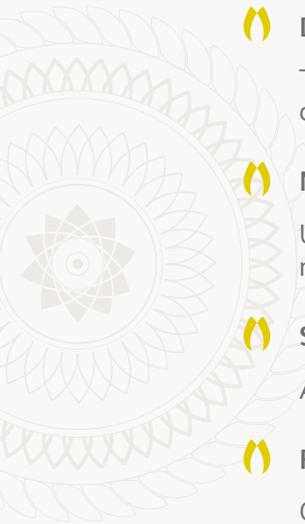
Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

### **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.





# 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 a relaxing one-hour facial

## **FOR TWO;**

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

Two therapists will perform a romantic candle-lit, Indian Aromatherapy massage using evocative oils to set the mood. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of sparkling wine.

## **ABHISARANA** Rendezvous of Romance    Duration - 90 mins

Relax with an hour of Indian Aromatherapy massage of your choice. 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

The J Wellness Circle Spa consists of one couple massage suite with soak, steam and shower. Three single treatment rooms with steam and shower. The Spa also boasts of a unisex salon, fitness centre and relaxation area. Our wet areas include steam, sauna, chill shower, regular shower & changing room. We provide robes, towels, slippers, and personal amenities. An outdoor swimming pool for adults and kids.

## RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification, and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five-minute pre-therapy and post-therapy ritual.

## TIMINGS

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

## VALUABLES

While we endeavor 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 the wet areas. Disposable innerwear (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**  
**LALIT BAGH**  
UDAIPUR

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# PRICES

## ✿ SIGNATURE THERAPIES

MEWĀR KHĀS	120 mins	₹ 13000
SHRINGAAR	120 mins	₹ 13000
SUSHUPTI	120 mins	₹ 13000
VISHRAMĀ	120 mins	₹ 13000
PEHLWĀN MĀLISH	90 mins	₹ 9750

## ⚙️ INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 mins	₹ 6500 / ₹ 9750
PĀDA MARDANĀ	60 mins	₹ 5200
CHAMPI	45 mins	₹ 5200
DRISTI	30 mins	₹ 3900

## ⚙️ BODY RITUALS

VISHUDDI	30 / 70 mins	₹ 3250 / ₹ 6500
POSHA	30 / 70 mins	₹ 3250 / ₹ 6500
NARIKELA	45 mins	₹ 5200

## ✿ BEAUTY

ANANA LEPA FACIAL	60 mins	₹ 6500
SIGNATURE FACIAL	60 / 90 mins	₹ 6500 / ₹ 9750

## ✿ SPA INDULGENCES

SUKHA	210 mins	₹ 19300
SOMĀ	120 mins	₹ 24500
ABHISARNA	90 mins	₹ 20000

# PRICES

## \* BEAUTY SALON

### NAIL CARE

PADA SNANA

₹ 2500

HAST SNANA

₹ 2000

### CUTS, FILE & POLISH

CUT & FILE

₹ 400

CHANGE OF POLISH

₹ 300

### CUTS & STYLE

HAIR WASH

₹ 700 / ₹ 1000 / ₹ 1500

### CUTS & STYLE

• MEN

₹ 1000

• WOMEN

₹ 1800

HAIR STYLING / BLOW DRY

₹ 1200/ ₹ 1500 / ₹ 2000

ROLLER-SET

₹ 2500

### HAIR COLOUR

ROOTS TOUCH-UP

₹ 2500

GLOBAL

₹ 3500 / ₹ 4500 / ₹ 5500

### HAIR CARE

HAIR SPA FOR WOMEN

₹ 3500

HAIR SPA FOR MEN

₹ 2500



## ADDITIONAL FOR MEN

SHAVE STUDIO	₹ 800
BEARD AND MOUSTACHE TRIM	₹ 650
HEAD SHAVE	₹ 1000

## WAXING

FULL ARMS	₹ 900	BACK	₹ 1500
FULL LEGS	₹ 1200	UNDERARMS	₹ 600

## EYEBROWS SHAPING & THREADING

EYEBROWS	₹ 200	FOREHEAD	₹ 200
UPPER LIPS	₹ 100	FACE	₹ 500

## Medical Conditions

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

- Prices are in Indian Rupees, exclusive of applicable government taxes.
- Body treatments can also be offered in the spa, two hours prior and two hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of 1.5 times of the treatment price.
- For early morning appointments, i.e., before operational hours, intimation is required by 6 pm the prior evening..
- For late evening appointments, i.e., after operational hours, intimation is required by 6 pm the same day.
- Body treatments can be offered in-room at an additional charge of 1.5 times of the treatment price. However, no cross-gender treatment will be offered in the room.

