





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.

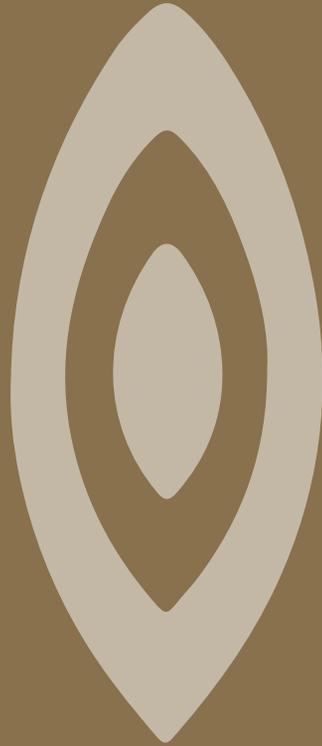
Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

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

| | |
|--------------------------------|---------|
| VISHRAMĀ Deep Muscular | 120 min |
| TRUPTI Contentment | 120 min |
| PEHLWĀN MĀLISH Warrior Massage | 90 min |

✿ INDIAN THERAPIES

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|----------------------------------|-------------|
| SAMMARDANĀ Indian Deep Tissue | 60 / 90 min |
| VISHRĀM Relaxation Massage | 60 / 90 min |
| ORJA DAYAKA Energising Massage | 60 / 90 min |
| PĀDA MARDANĀ Indian Foot Massage | 60 min |
| CHAMPI Indian Head Massage | 45 min |
| DRISTI Eye Therapy | 30 min |

✿ BODY RITUALS

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

✿ BEAUTY

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|-------------------|--------|
| ĀNANA LEPĀ Facial | 60 min |
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✿ SPA INDULGENCES

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|----------------------------------|---------|
| 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.

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.

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.

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.

SAMMARDANĀ Indian Deep Tissue Duration - 60 / 90 mins

A customised technique of muscle massage performed by specially-trained hands, which works on your deep-seated stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

VISHRĀM Relaxation Massage Duration - 60 / 90 mins

A full-body relaxing massage to melt away your stress. Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant 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.

ĀRJA DĀYAKĀ Energising Massage Duration - 60 / 90 mins

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Patchouli, Tulsi and Aswagandha, will work on your deep-seated aches, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle and sinew will pulse with new-found vigour.

PĀDA MARDANĀ Indian Foot Massage Duration - 60 mins

A sublime massage treatment is performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

CHAMPI Indian Head Massage Duration - 45 mins

This luxuriant hair-invigorating treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves, and Neem is known to propagate long-lasting and enriching benefits. This massage releases muscular tension from the head, neck, and shoulders creating a deep sense of relaxation and joy as well as clarity of thought.

DRISTI Eye Therapy Duration - 30 mins

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation, and reduce dark circles. Relief for tired and puffy eyes.



BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING, AND NOURISHING PROPERTIES OF OUR BATHS, SCRUBS, AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS, SEA SALTS, AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE, AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

AN EXFOLIATING AND CLEANSING SCRUB IS APPLIED AND THE TREATMENT IS COMPLETED WITH A WRAP, WHICH NOURISHES YOUR SKIN AND DRAWS OUT IMPURITIES.

SCRUBS CAN BE TAKEN INDIVIDUALLY AND ARE HIGHLY RECOMMENDED AS AN ADDITIONAL SPA TREATMENT BEFORE A BODY MASSAGE FOR BETTER ABSORPTION OF THE MASSAGE OIL. BODY WRAPS ARE BEST TAKEN AFTER A SCRUB TO ENCOURAGE BETTER RESULTS FROM THE NOURISHING EFFECTS OF THE MASK.

CHOOSE FROM THE TWO LUXURIANT TREATMENTS MENTIONED BELOW.

NARIKELĀ House Favourite Duration - 45 mins

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

PRITHVI MRIT Earth's Nectar Duration - 45 mins

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





BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT J WELLNESS CIRCLE. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

ĀNANA LEPĀ Facial Duration - 60 mins

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all-natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.



SPA INDULGENCES

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY TAILORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS - AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

SUKHA Bliss Duration - 210 mins

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage - Pehlwān Mālish
- Ends with a relaxing one-hour facial .

FOR TWO;

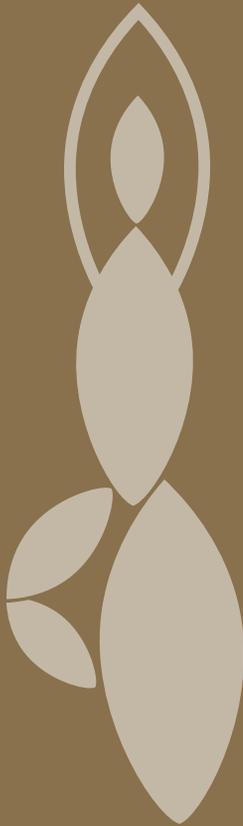
SOMĀ Nectar of the Gods Duration - 120 mins

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.





YOGA

* YOGA

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| 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 |
| 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 synchronize and re-balance the

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 āsanās 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 āsanās 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.

YOGA NIDRĀ Yogic Relaxation Duration - 25 mins

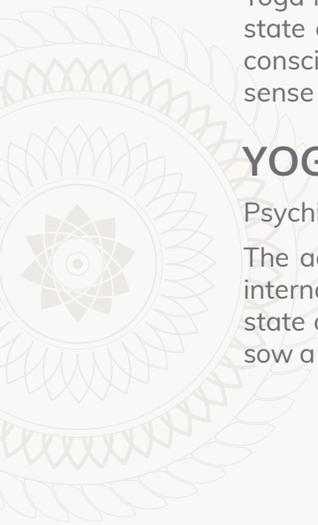
Psychic sleep for relaxation of the mind and body.

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 INFORMATION

SPA FACILITIES

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

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
MUSSOORIE FOOTHILLS
DEHRADUN

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Tel.: +91 135 614 1414

Email: jwellnesscircle.tmfdehradun@tajhotels.com

www.tajhotels.com

PRICES

* SIGNATURE THERAPIES

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|----------------|----------|---------|
| VISHRAMA | 120 mins | ₹ 11000 |
| TRUPTI | 120 mins | ₹ 11000 |
| PEHLWĀN MĀLISH | 90 mins | ₹ 8250 |

☼ INDIAN THERAPIES

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|--------------|--------------|-----------------|
| SAMMARDANĀ | 60 / 90 mins | ₹ 5500 / ₹ 8250 |
| VISHRĀM | 60 / 90 mins | ₹ 5500 / ₹ 8250 |
| ORJA DAYAKA | 60 / 90 mins | ₹ 5500 / ₹ 8250 |
| PĀDA MARDANĀ | 60 mins | ₹ 4400 |
| CHAMPI | 45 mins | ₹ 4400 |
| DRISTI | 30 mins | ₹ 3300 |

☼ BODY RITUALS

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|--------------|---------|--------|
| NARIKELA | 45 mins | ₹ 4400 |
| PRITHVI MRIT | 45 mins | ₹ 4400 |

* BEAUTY

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|------------|---------|--------|
| ĀNANA LEPĀ | 60 mins | ₹ 5500 |
|------------|---------|--------|

* SPA INDULGENCES

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|------------|----------|---------|
| SUKHA | 210 mins | ₹ 16500 |
| SOMA | 120 mins | ₹ 22000 |
| ABHISARANA | 90 mins | ₹ 18500 |



YOGA

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|-------------------------|---------|--------|
| BALANCED | 90 mins | ₹ 3500 |
| ADVANCED | 90 mins | ₹ 3500 |
| ABHILAYA | 60 mins | ₹ 2500 |
| ADVANCED SURYA NAMASKAR | 60 mins | ₹ 2500 |
| GENTLE | 60 mins | ₹ 2500 |
| DYNAMIC | 60 mins | ₹ 2500 |
| PRĀNĀYĀMĀ | 60 mins | ₹ 2500 |
| YOGA NIDRĀ | 25 mins | ₹ 1500 |
| YOGA NIDRĀ ADVANCED | 50 mins | ₹ 2500 |
| HRIDAYĀKASHA DHĀRANA | 50 mins | ₹ 2500 |
| ĀJAPA JAPA | 50 mins | ₹ 2500 |
| ANTAR MOUNA | 40 mins | ₹ 2000 |



BEAUTY SALON

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|------------|--------|
| PADA SNANA | ₹ 3500 |
| HAST SNANA | ₹ 2500 |

CUTS & STYLE

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|-----------------------|-----------------------|
| SHAMPOO & CONDITIONER | ₹ 500 / ₹ 700 / ₹ 900 |
|-----------------------|-----------------------|

HAIR CUT

| | |
|-------------------------|--------------------------|
| • MEN | ₹ 1200 |
| • WOMEN | ₹ 2000 |
| HAIR STYLING / BLOW DRY | ₹ 1500 / ₹ 2000 / ₹ 2500 |
| HAIR IRONING | ₹ 1500 |
| ROLLER SET | ₹ 2000 onwards |

HAIR COLOUR

| | |
|-----------------------|--------------------------|
| GLOBAL COLOUR - MEN | ₹ 3000 |
| GLOBAL COLOUR - WOMEN | ₹ 5000 / ₹ 6500 / ₹ 8000 |
| ROOT TOUCH-UP | ₹ 2500 |

HAIR CARE

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|----------------|--------|
| HAIR SPA WOMEN | ₹ 4500 |
| HAIR SPA MEN | ₹ 3500 |

WAXING*

| | | | |
|-----------|--------|------------|--------|
| FULL ARMS | ₹ 900 | BACK | ₹ 1000 |
| FULL LEGS | ₹ 1200 | UNDER ARMS | ₹ 800 |

EYEBROW SHAPING & THREADING

| | | | |
|------------|-------|----------|-------|
| EYEBROWS | ₹ 300 | FOREHEAD | ₹ 300 |
| UPPER LIPS | ₹ 300 | FACE | ₹ 600 |

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.