





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.

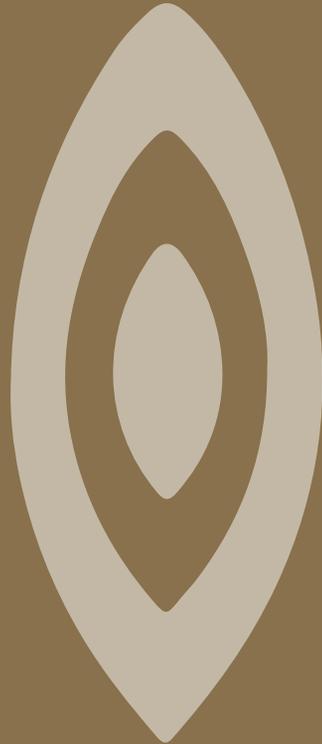
Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

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

| | |
|--------------------------------|---------|
| SHUDDHI Purification | 120 min |
| VISHRAMĀ Deep Muscular | 120 min |
| SUSHUPTI Dreamless Sleep | 120 min |
| PEHLWĀN MĀLISH Warrior Massage | 90 min |
| SAMATTVA Balance | 100 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

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|-------------------|-------------|
| POSHA Nourishing | 30 / 70 min |
| VISHUDDI Detoxify | 30 / 70 min |

BEAUTY

| | |
|---------------------------------------|-------------|
| SIGNATURE FACIAL (For all Skin Types) | 60 / 90 min |
|---------------------------------------|-------------|

SPA INDULGENCES

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|----------------------------------|---------|
| SUKHA Bliss | 240 min |
| SOMĀ Nectar of the Gods | 120 min |
| ABHISARANA Rendezvous of Romance | 90 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.

SHUDDHI Purification Duration - 120 mins

Our unique signature experience “Shuddhi” draws from the Indian ethos of well-being, where the holy Ash - Bhasma and Ganges water play a vital role.

Inspired by the ancient Vedic rituals, this therapy commences with an application of “Bhasma” to purify and enhance skin texture and channel your energy. Then the skin is nourished with milk and a special herbal decoction, while soothing chants create an aura of peace and sanctity. This is followed by an energising massage with fragrances of Nagarmotha and Patchouli to uplift your spirits and help achieve harmony at all levels.

Experience the bliss of “Shuddhi” in the divine surroundings of the Himalayan region.

VISHRAMĀ Deep Muscular Duration - 120 mins

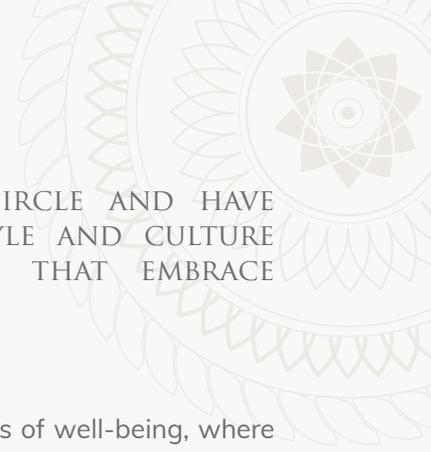
A deep muscular massage for profound relaxation.

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.

SAMATTVA Balance Duration - 100 mins

Our signature Yoga treatment takes you through a profoundly contemplative and meditative journey, leading to a heightened state of well-being.

After a personalised consultation, our yoga expert will guide you through a series of 'Āsanās' (body and mind postures) and 'Prānāyāmās' (controlled breathing techniques) leaving you energised and balanced. Experience higher levels of concentration with 'Trātaka' (steady flame gazing) and Kaya Sthairyam (consciously stilling the body).

Restore the body's chakras (energy centres) and enhance the clarity of mind with gem stone visualisation, an intense colour therapy experience. You will then be asked to pick a contemplation card. The inspiring word inscribed upon it needs to be reflected upon and an intention - 'Sankalpa' - is to be made. Guided meditation followed by Yoga Nidrā (a state of conscious deep sleep) amplifies your relaxed state of being and offers you pristine moments of lucidity. Journal writing ends this introspective experience.

This spiritual therapy embracing ancient practices is effective in helping you attain poise and equilibrium in mind, body, and emotion.





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 mins / 70 mins

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

Posha Scrub

Posha Wrap

VISHUDDI Detoxify Duration - 30 mins / 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.

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.

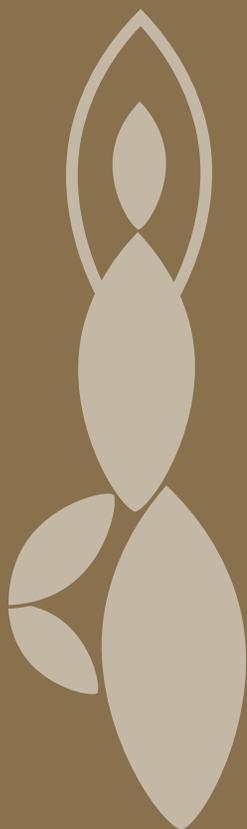
🌸 Soothing (For Normal/Sensitive Skin)

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

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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 |
| 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 synchronize 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 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.

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 (Āsanas). The combination of the saline water and the peristaltic movement, stimulated by the āsanas, 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 centers 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

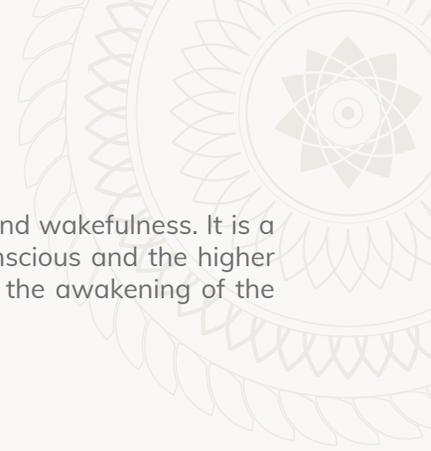
For awakening of the energy centres.

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.

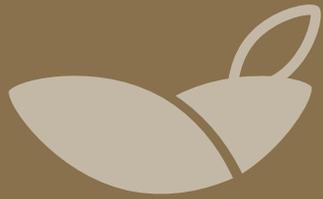
ANTAR MOUNA Inner Silence Duration - 40 mins

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.







AYURVEDA

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| | |
|-------------------------------------|---------|
| CONSULTATION | 30 min |
| ABHYANGA Including Snānā | 90 min |
| MUKHALEPA Traditional Herbal Facial | 60 min |
| DINACHARYA Including Snānā | 120 min |
| KATI BASTI / PRUSHTHA BASTI | 45 min |
| PICHU | 30 min |
| SHIRODHARA | 60 min |
| UDVARTANĀ Including Snānā | 75 min |
| CHOORNASWEDAM | 60 min |



AYURVEDA

AYURVEDA, THE KNOWLEDGE OF LIFE AND LONGEVITY IS PERHAPS THE OLDEST EXISTING BODY OF KNOWLEDGE ON THE HEALING PROCESS. A HOLISTIC KNOWLEDGE SYSTEM, AYURVEDA DEALS WITH NOT JUST THE PHYSICAL, BUT ALSO THE MENTAL, THE EMOTIONAL, THE SPIRITUAL, AND THE ENVIRONMENTAL ASPECTS OF WELL-BEING. IT IS THIS MULTI-DIMENSIONAL PERSPECTIVE THAT MAKES AYURVEDA TRULY UNIQUE.

Ayurveda further defines health as happiness and disease as sorrow. It has a twofold objective - to attain 'Sukha' - happiness and more importantly to prolong this state of bliss.

CONSULTATION Duration - 30 mins

Ayurveda believes that every one of us is unique; there are no standard prescriptions or programmes. We respect the individual in you and hence after a consultation with our Ayurveda physician, a course of treatment is prescribed. This is based on a careful scrutiny of your lifestyle, your medical history, your needs and in true royal mode, your likes and dislikes as well. The prescribed plan includes treatments that are administered by our trained therapists with the appropriate blend of oils and herbs. This consultation is extremely important for deciding the ideal Ayurveda programme for you. For long term benefits, the physician will also offer a lifestyle consultation to benefit your health requirements.

ABHYANGA Including Snānā Duration - 90 mins

The medicated herbal oil application, Abhyanga is not really a massage; it is a programme where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis will yield wide-ranging benefits like good appetite, alertness during the day, good sleep at night, and reduced stress levels. It removes fatigue and simple pains, gives a glowing skin and most importantly protects one from outside influences (builds your immunity).

SNĀNĀ Traditional Medicated Bath Experience: Ayurveda desires that you continue to remain in the state of 'gentle ease and calmness' that you have drifted into during our various body treatments. You will be bathed by our therapist using a soothing combination of herbal paste and medicated water.

MUKHALEPA Traditional Herbal Facial Duration - 60 mins

A traditional beauty regimen, this Ayurveda facial gently cleanses and tones delicate skin. A medicated face pack enriched with natural herbs followed by the application of exotic Saffron oil, enhances the texture of the skin, leaving it blemish-free. A relaxing foot massage adds a soothing touch during the treatment.

DINACHARYA Including Snānā Duration - 120 mins

A gateway to the world, our senses connect to the mind and the consciousness, completing the circle of perception. This programme gives you an experience of the physical cleansing process in the dinacharya or daily routine programme, wherein each of your senses is carefully looked after. The perception of the sense of smell, taste, form, touch, and sound is dependent on the proper functioning of the nose, tongue, eyes, skin, and ears. Using oils/herbs based on the physician's recommendation, the therapist will proceed to gently work with each of your senses using the following treatments:

ANJANĀ – The gentle application of a medicated liniment to the inner skin of your lower eyelids. This treatment removes impurities, accentuates the natural beauty of your eyes, and improves eyesight when practiced regularly.

NASYĀ – Two drops of medicated oil are instilled in each nostril, which is then inhaled deeply. This enables the removal of phlegm from the respiratory channels thus permitting easy breathing and better perception of the sense of smell.

GANDUSHĀ – A medicated therapy that gently improves oral hygiene by holding natural fluids like milk, honey, oil, etc., (as recommended by the physician) for 3-8 minutes in the mouth. This treatment will strengthen your teeth and gums, and more importantly, improve the sensitivity of your taste buds and freshness in your mouth.

DHUMAPANĀ – A therapy that requires inhaling medicated fumes through each nostril to experience an enhanced sense of smell. It removes excess phlegm and also opens up the sinuses.

KARNAPOORANĀ – A few drops of medicated oil are instilled into each ear canal to experience more clarity in your sense of hearing. Also, prevent the build-up of earwax with this medicated oil.

ABHYANGA – As described above.

KATI BASTI / PRUSHTHA BASTI Duration - 45 mins

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back.

Kati Basti is a therapeutic application in which warm medicated oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fomentation of the oil radiates through the muscles releasing tension and stiffness.

A light massage with the spa's therapeutic oil enhances the benefits of this treatment, leading to deep relaxation and comfort.

At least three treatments of Kati Basti are recommended for maximum benefit.

PICHU Duration - 30 mins

An authentic traditional treatment for relieving stress and stiffness in your joints or back.

Cotton and linen pads 'Pichu', soaked in hot medicated oils are gently placed on sore joints or back to offer immediate relief from pain and discomfort. The warmth of the soaked pads seeps into the body and induces a deep sense of relief.

Short, gentle, and rhythmic massage strokes followed by a medicated herbal pack further alleviate stress and enhance the healing process. Emerge from this treatment with renewed agility and comfort.

At least three treatments of Pichu are recommended for maximum benefit.

SHIRODHARA Duration - 60 mins

Shirodhara is a classical Ayurvedic procedure in which lukewarm herbal oil is poured in an even stream at a specific temperature, height, and time to pacify and revitalise the mind and the body on the forehead over a specific time period. This therapy includes a relaxed state of awareness that results in a dynamic psycho-somatic balance.

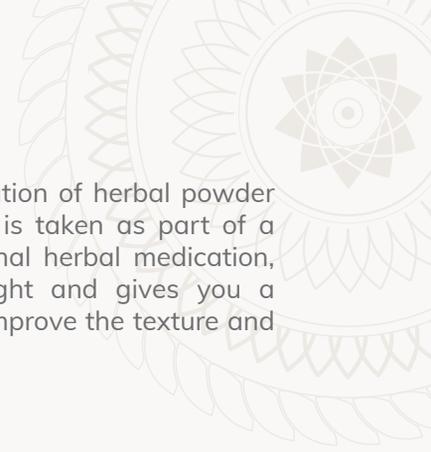


UDVARTANĀ Including Snānā Duration - 75 mins

A body toning programme, Udvartanā is the application of a combination of herbal powder and oil on the entire body, excluding the face. When this treatment is taken as part of a programme including an appropriate diet, regular exercise, and internal herbal medication, as prescribed by the Ayurveda physician, it helps to reduce weight and gives you a well-toned body. The blend of powder and oil also acts as a scrub to improve the texture and rejuvenate your skin.

CHOORNASWEDAM Duration - 60 mins

Choornaswedam is a specialist in Ayurveda wherein choorna means the coarse powder of medicinal herbs and swedam means formentation. Swedam is tendered by applying warm poultices on the body using sturdy movements. This procedure causes perspiration, which helps open the pores, regulate blood circulation, eliminates toxins, and aids in weight reduction.





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;

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

Four single and a couple spa experience suites, two ayurveda therapy rooms, a yoga studio, a unisex salon, an outdoor yoga pavilion, fitness centre, and swimming pools for adults and kids. Our wet areas include steam, infrared sauna, jet showers, kneipp pool, and a relaxation lounge. We provide robes, towels, slippers, and personal amenities.

TIMINGS

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

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.

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.
- Appropriate swimwear is to be worn in the 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.





RISHIKESH RESORT & SPA
UTTARAKHAND

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Email: jwellnesscircle.rishikesh@tajhotels.com
www.tajhotels.com

PRICES

✿ HOLISTIC HEALING THERAPIES

| | | |
|----------|----------|---------|
| SVASTHA | 120 mins | ₹ 16000 |
| NIDRA | 120 mins | ₹ 16000 |
| SHODHANA | 120 mins | ₹ 16000 |

✿ SIGNATURE THERAPIES

| | | |
|----------------|----------|---------|
| SHUDDHI | 120 mins | ₹ 16000 |
| VISHRAMĀ | 120 mins | ₹ 16000 |
| SUSHUPTI | 120 mins | ₹ 16000 |
| PEHLWĀN MĀLISH | 90 mins | ₹ 12000 |
| SAMATTVA | 100 mins | ₹ 9600 |

☼ INDIAN THERAPIES

| | | |
|---------------------|--------------|------------------|
| VENTOZ | 90 mins | ₹ 12000 |
| INDIAN AROMATHERAPY | 60 / 90 mins | ₹ 8000 / ₹ 12000 |
| PĀDA MARDANĀ | 30 / 60 mins | ₹ 3500 / 6400 |
| CHAMPI | 30 / 45 mins | ₹ 3500 / 6400 |
| DRISTI | 30 mins | ₹ 4800 |

☼ BODY RITUALS

| | | |
|----------|--------------|-----------------|
| POSHA | 30 / 70 mins | ₹ 4000 / ₹ 8000 |
| VISHUDDI | 30 / 70 mins | ₹ 4000 / ₹ 8000 |

✿ BEAUTY

| | | |
|------------------|--------------|------------------|
| SIGNATURE FACIAL | 60 / 90 mins | ₹ 8000 / ₹ 12000 |
|------------------|--------------|------------------|

✿ SPA INDULGENCES

| | | |
|------------|----------|---------|
| SUKHA | 240 mins | ₹ 23500 |
| SOMĀ | 120 mins | ₹ 29000 |
| ABHISARANA | 90 mins | ₹ 24500 |



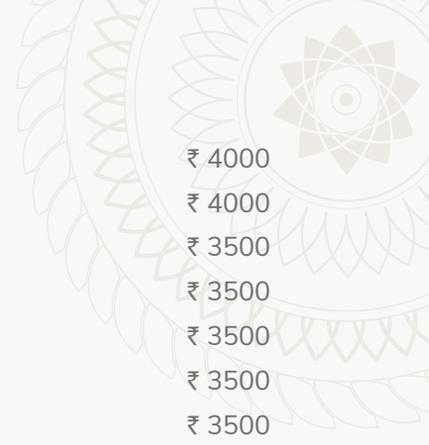
YOGA

| | | |
|---------------------------|--------------|-----------------|
| BALANCED | 90 mins | ₹ 4000 |
| ADVANCED | 90 mins | ₹ 4000 |
| ABHILAYA | 60 mins | ₹ 3500 |
| ADVANCED SURYA NAMASKAR | 60 mins | ₹ 3500 |
| GENTLE | 60 mins | ₹ 3500 |
| DYNAMIC | 60 mins | ₹ 3500 |
| PRĀNĀYĀMĀ | 60 mins | ₹ 3500 |
| LAGHOO SHANKHAPRAKSHĀLANA | 90 mins | ₹ 4000 |
| KUNJAL KRIYA | 55 mins | ₹ 3000 |
| JALA NETI | 45 mins | ₹ 3000 |
| YOGA NIDRĀ | 25 mins | ₹ 2000 |
| YOGA NIDRĀ ADVANCED | 50 mins | ₹ 3400 |
| HRIDAYĀKASHA DHĀRANA | 50 mins | ₹ 3400 |
| ĀJAPA JAPA | 50 mins | ₹ 3400 |
| ANTAR MOUNA | 40 mins | ₹ 3000 |
| SOUND HEALING | 30 / 60 mins | ₹ 4000 / ₹ 6000 |



AYURVEDA

| | | |
|-----------------------------|--------------|----------------|
| CONSULTATION | 30 mins | ₹ 2200 |
| ABHYANGA | 60 / 90 mins | ₹ 8000 / 11000 |
| MUKHALEPA | 60 mins | ₹ 8000 |
| DINACHARYA | 120 mins | ₹ 15500 |
| KATI BASTI / PRUSHTHA BASTI | 45 mins | ₹ 5500 |
| PICHU | 30 mins | ₹ 4500 |
| SHIRODHARA | 60 mins | ₹ 10000 |
| UDVARTANĀ | 75 mins | ₹ 6500 |
| CHOORNASWEDAM | 30 / 60 mins | ₹ 5000 / 8500 |



✿ BEAUTY SALON

| | | |
|------------|---------|--------|
| PADA SNANA | 75 mins | ₹ 5500 |
| HAST SNANA | 60 mins | ₹ 4500 |

CUTS & STYLE

| | |
|-----------------------|------------------------|
| SHAMPOO & CONDITIONER | ₹ 800 / ₹ 900 / ₹ 1000 |
|-----------------------|------------------------|

HAIR CUT [INCLUDES SHAMPOO]

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

HAIR COLOUR

| | |
|-----------------------|--------------------------|
| GLOBAL COLOUR - MEN | ₹ 2500 |
| GLOBAL COLOUR - WOMEN | ₹ 5500 / ₹ 7000 / ₹ 8500 |
| ROOT TOUCH-UP | ₹ 3000 |

HAIR CARE

| | |
|----------------|--------|
| HAIR SPA WOMEN | ₹ 5500 |
| HAIR SPA MEN | ₹ 4000 |



WAXING*

| | | | |
|-----------|--------|------------|--------|
| FULL ARMS | ₹ 1500 | BACK | ₹ 1800 |
| FULL LEGS | ₹ 1800 | UNDER ARMS | ₹ 1000 |

EYEBROW SHAPING & THREADING

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

ADDITIONAL FOR MEN

| | |
|-------------------------------|--------|
| SHAVE STUDIO | ₹ 3500 |
| ONLY BEARD AND MOUSTACHE TRIM | ₹ 1000 |
| HEAD SHAVE | ₹ 1500 |
| GLOBAL HIGH LIGHTS | ₹ 8000 |

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 Rs. 1500/- 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 1.5 times of the treatment price. However, no cross-gender treatment will be offered in the room.