



WELLNESS  
CIRCLE





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

MANGAL SNĀN Auspicious Bath	120 min
NAWAB-E-KHAAS Regal Splendour	120 min
JIVANIYA Invigorate	120 min
SHUDHIKARĀ Detoxifying	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

## ✿ INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 min
PĀDA MARDANĀ Indian Foot Massage	60 min
PRISHTA MARDANĀ Back Treatment	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min

## ✿ BODY RITUALS

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

## ✿ BEAUTY

ĀNANA LEPĀ Facial	60 min
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## ✿ 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.

## **MANGAL SNĀN** Auspicious Bath    Duration - 120 mins

Historically only experienced by the royalty of India, we bring you our award-winning signature treatment, Mangal Snān from the house of Gwalior. This treatment was known to be undertaken before an important coronation or wedding ceremony and comprises numerous anointments followed by elaborate bathing rituals. Through deep cleansing, exfoliation, and massage with traditional spices, herbs, and oils, we transport you to a complete state of relaxation. This is enhanced with music therapy since music is known to have a soothing effect on the nervous system. This is the only treatment in the world that brings you the pure joy of Indian ragas by live musicians to compliment your royal experience so that it is nothing short of spectacular. This is followed by the grand and auspicious bath with saffron, an excellent body conditioner, and an exotic blend of the rarest of Indian spices like Mogra - Indian Jasmine, which is both sensual and spiritual, and Gulheena to ensure inner clarity. For women, the lavish treatment ends with a henna hand design. Truly an experience to cherish, the Mangal Snān can be relished as an individual or as a couple looking for a romantic experience.

## **NAWAB-E-KHAAS** Regal Splendour    Duration - 120 mins

For centuries, the Nizams of Hyderabad, patrons of art and poets at heart, nurtured a culture steeped in elegance and aesthetics.

Nawab-e-Khaas, a luxurious signature treatment, is inspired by the city's princely heritage. An elaborate wellness experience, offered with the finest ingredients as used by nobility in centuries past, it recreates the grace of a bygone era.

The therapist welcomes you with a soothing foot wash. An exfoliation body scrub of a blend of almonds, rose petals, vetiver, saffron, and rich herbs offered in slow languid strokes cleanses and relaxes your body. A light facial scrub with the choicest herbs soothes the mind, even as it nourishes the skin, leaving you completely refreshed. A gentle restorative massage with an exclusive hand-blended oil then calms your body and mind and slowly ushers you into a deep state of bliss.

A refreshing sherbat, a beverage suffused with the distilled fragrance of flowers, fruits, and herbs, is served to you as you relax and soak in the enveloping sense of peace.





## **JIVANIYA** Invigorate    Duration - 120 mins

An energising treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from the hills of India, a heat-stimulating wrap, followed by a revitalising massage.

## **SHUDHIKARĀ\*** Detoxifying    Duration - 120 mins

A unique combination of therapies is used to purify the system. A lymphatic drainage massage, a wholesome cleansing scrub, and a plantain leaf wrap will leave you with a feeling of lightness.

## **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.

\*24 hours prior notice required.



# 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.

## **PRISHTA MARDANĀ** Back Treatment Duration - 60 mins

The first casualty of a stressful life is the shoulders and back, resulting in pain and tension. This treatment has been created to eliminate tension and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation, steam, and the application of a herbal mask. Ideal for sore back muscles.

## **CHAMPI** Indian Head Massage Duration - 45 mins

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

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

## **DRISTI** Eye Therapy Duration - 30 mins

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





# BODY RITUALS

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

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

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

CHOOSE FROM THE 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 Mālīsh
- Ends with Ānana Lepā facial

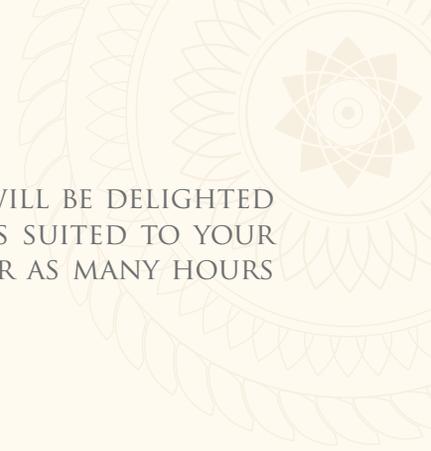
## **FOR TWO;**

## **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 consists of two treatment couple suites one with a soak tub, steam & experiential shower, one single treatment suite, a relaxation lounge, a unisex fitness centre, and a salon. The spa also boasts of separate changing areas for men and women with lockers. Our wet area encompasses steam, an experiential shower, and Jacuzzi. Heated swimming pool for adults and kids with Jacuzzi, a separate changing area with changing room, shower, and lockers. 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.



# PRICES

## \* SIGNATURE THERAPIES

MANGAL SNĀN	120 mins	₹ 8800
NAWAB-E-KHAAS	120 mins	₹ 8800
JIVANIYA	120 mins	₹ 8000
SHUDHIKARĀ	120 mins	₹ 8000
PEHLWĀN MĀLISH	90 mins	₹ 6000

## ☼ INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 mins	₹ 4000 / ₹ 6000
PĀDA MARDANĀ	60 mins	₹ 3200
PRISHTA MARDANĀ	60 mins	₹ 3200
CHAMPI	45 mins	₹ 3200
DRISTI	30 mins	₹ 2400

## ☼ BODY RITUALS

NARIKELĀ	45 mins	₹ 3200
PRITHVI MRIT	45 mins	₹ 3200

## \* BEAUTY

ĀNANA LEPĀ	60 mins	₹ 4000
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## \* SPA INDULGENCES

SUKHA	210 mins	₹ 11250
SOMĀ	120 mins	₹ 17000
ABHISARANA	90 mins	₹ 12500

# PRICES

## \* BEAUTY SALON

### NAIL CARE

PADA SNANA		₹ 1500
HASTA SNANA		₹ 900
CUT, FILE & POLISH		₹ 600
CUT & FILE		₹ 350
CHANGE OF POLISH		₹ 300

### CUTS & STYLE

SHAMPOO & CONDITIONER	S / M / L	₹ 550 / ₹ 750 / ₹ 950
HAIR CUT		
• MEN		₹ 850
• WOMEN		₹ 1400
HAIR STYLING	S / M / L	₹ 800 / ₹ 1300 / ₹ 1800
HAIR IRONING	S / M / L	₹ 800 / ₹ 1000 / ₹ 1500
ROLLER SET	S / M / L	₹ 1000 / ₹ 1200 / ₹ 1400

### HAIR COLOUR

ROOTS TOUCH-UP	S / M	₹ 1200 / ₹ 1500
GLOBAL	S / M / L	₹ 2500 / ₹ 3500 / ₹ 4500
HIGHLIGHTS	S / M / L	₹ 2500 / ₹ 3500 / ₹ 4500

### HAIR CARE

HAIR SPA FOR WOMEN		₹ 3500
HAIR SPA FOR MEN		₹ 2500

## ADDITIONAL FOR MEN

SHAVE	₹ 1000
BEARD AND MOUSTACHE TRIM	₹ 350
HEAD SHAVE	₹ 1000

## UPSTYLES & MAKE-UP

Happy to consult and customise for you.

## 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. 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.





# TAJ USHA KIRAN PALACE

## GWALIOR

### **Usha Kiran Palace**

Jayendraganj, Lashkar, Gwalior - 474009, Madhya Pradesh, India

Tel.: +91 751 2444000-05

Email: [jwellnesscircle.ushakiran@tajhotels.com](mailto:jwellnesscircle.ushakiran@tajhotels.com)

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