



◆ YOUR WELLBEING. OUR PASSION ◆



Please leave this menu behind at the spa for the convenience of other guests.
Our team would be happy to share a soft copy of this menu incase you require. Thank you for your consideration.





TATTVA WELLNESS SPA

YOUR WELLBEING. OUR PASSION



In the quiet stillness of a spa therapy room, water flows, air moves, earth holds, fire warms, and space opens — guiding your body and mind back to their natural rhythm.

Tattva, drawn from the Sanskrit, means “Elements”. It is the name we carry and the philosophy we live by — that true wellbeing begins when the elements within us are in balance.



PRITHVI



VAYU



AGNI



JAL



AAKASH

Since 2013, Tattva Wellness Spa has been shaping India's premium wellness landscape, blending time-honoured rituals with mindful care. Our therapies are more than treatments — they are journeys, gently crafted to restore, renew, and awaken the quiet joy of being well.

Turn the page. Your healing journey begins here.



INTRODUCING TATTVA WELLNESS EXPERIENCE



Your journey at Tattva Wellness Spa is designed to be unique & holistic. We have curated an elevated experience to evoke a soothing symphony of deep relaxation, gentle pampering & rejuvenation. Your time with us at Tattva Wellness Spa will not just be about a massage, but an immersive journey that unfolds in a serene sanctuary. Immerse yourself in this sensorial voyage, and emerge refreshed, balanced, and beautifully reinvigorated.





SPA SOJOURNS

❖ DEEP SLEEP

120 ♂ | 7300

Indulge in Tattva's Deep Sleep Experience, an unparalleled spa journey meticulously crafted to facilitate profound relaxation and promote restorative sleep. Surrender to the sublime, as expert hands employ time-honored techniques to alleviate deep-seated tension, remove toxins, and balance the energies coursing through your body. From the crown of your head to the soles of your feet, every muscle will sigh in relief, every thought will float away, and you will be enveloped in a tranquil cocoon that readies you for a night of deep, revitalizing sleep. Emerge from this spa experience not just rested, but profoundly restored.

Package Inclusions:

- Deep Tissue Massage (60 minutes)
- Head Massage (30 minutes)
- Foot Reflexology (30 minutes)

❖ NOURISH

120 ♂ | 7200

Tattva's Nourish is a two-hour spa experience that goes beyond relaxation—it's a journey of rejuvenation. You have the choice between a blissful Deep Tissue massage or a soothing Swedish massage. Our skilled healer employs their best skills as per your choice of massage. Expert thumb and deep pressure techniques in deep tissue massage to alleviate tired muscles and long kneading strokes with the palms for a Swedish massage to gently melt away stress and tension accumulated throughout the day. Following your massage, immerse yourself in our revitalizing spa facial therapy that cleanses and nourishes to bring forth bright & smooth textured facial skin.

Package Inclusions:

- Choice of Swedish or Deep Tissue Massage (60 minutes)
- Choice of Facial (60 minutes)

❖ REPLENISH

150 ⚡ | 9200

Discover Tattva's Replenish, a spa package designed to add back the energy that drains from your body as you go about life. Begin your session with the gentle Aromatherapy massage, which combines the soothing power of touch with the therapeutic benefits of aromatic essential oils to promote relaxation and well-being. Following the massage, our healers will slather your skin with our turmeric & aloe vera-enriched Purify Turmeric Body Scrub. It will gently exfoliate dead skin, leaving it smooth & supple, and glowing. Finally, we apply a soothing body mask - the Soothe & Revive body masque to cocoon your body in a nurturing embrace of nature's finest. Your experience ends with a soothing head massage, leaving you with an enduring radiance & a calm bliss.

Package Inclusions:

- Aromatherapy Massage (60 minutes)
- Purify Turmeric Body Scrub (45 minutes)
- Soothe & Revive body masque (30 minutes)
- Soothing Head Massage (15 minutes)

❖ SERENITY (COUPLE SPA)

120 ⚡ Each | 12600

Celebrate the timeless journey of love and togetherness with a serene escape designed just for two. Why wait for an occasion when every moment together is worth cherishing? At Tattva Wellness Spa, step into a world where soft candlelight, soothing essential oils, and tranquil surroundings set the tone for deep relaxation. Enjoy a couples' massage that lets you and your partner unwind, reconnect, and rediscover the joy of shared stillness. With every gentle stroke, feel the stress of everyday life melt away. Let this experience be a reminder that love doesn't need a reason—only presence. Savour the closeness, the calm, and the quiet connection. Because sometimes, the most special moments are the ones you create together.

Package Inclusions:

- Choice between Full Body Swedish & Deep Tissue Massage (60 minutes)
- Shine Facial (60 minutes)

❖ BLISS

90 ☺ Each | 10800

Put your to-do list on pause and set your job on hold—it's time to take a well-deserved break with the one who matters most. Step away from the daily hustle and reconnect with your partner in the peaceful embrace of a spa sanctuary. At Tattva Wellness Spa, share moments of calm, laughter, and healing as both of you indulge in soothing therapies designed to melt away stress and bring you closer. In a setting where soft aromas, gentle music, and expert touch come together, you'll rediscover the joy of simply being present with each other. Let the outside world wait while you both enjoy uninterrupted time, creating memories wrapped in the bliss of wellness, love, and pure relaxation.

Package Inclusions:

Choice of Full Body Swedish or Deep Tissue Massage (90 minutes)



Taxes Extra
Promotional offers are not applicable on Spa Sojourns packages
Add our premium oil blends at an additional charge
All prices are in INR.



◆ MASSAGE SELECTIONS ◆

❖ SWEDISH MASSAGE

60 ♂ | 3800 / 90 ♂ | 5700

A medium-pressure full-body massage that targets superficial muscles to provide muscle relaxation and increased blood circulation. From strained muscles to tensed minds, the therapist uses traditional long kneading strokes to relieve you after a long day of work and stress.

❖ DEEP TISSUE MASSAGE

60 ♂ | 4000 / 90 ♂ | 6000

Press the restart switch as you feel all your pain and tension dissipate. Deep Tissue Massage is customizable to your needs. It targets reducing adhesions and muscle stiffness using varying pressure and distinct massage points.

❖ INDIAN ABHYANGA

60 ♂ | 3800 / 90 ♂ | 5700

Rise above the Doshas with Ayurveda. A massage based on the principles of traditional Indian techniques, Abhyanga Massage Therapy helps reduce the knots in the muscles and treats overall body fatigue. An amalgamation of time-honoured healing art with herbal essential oils brings tranquility to your mind and body.

❖ JETLAG RECOVERY

90 ♂ | 6200

Win over the nasties of jetlag with our exclusive Jetlag Recovery Massage Therapy. It is an ideal massage to banish dehydration, fatigue, and sluggishness after a long flight. The techniques employed by our healers are designed to stimulate and invigorate your senses and body.

❖ SPORTS THERAPY

90 ♂ | 6000

The Sports Therapy incorporates massage with yoga stretches. This holistic wellness experience involves dry and oil-based massage, which eases muscle tension and energizes the body with acupressure movements and stretching. The deep pressure applied works effectively on muscles and balances the body's energy levels.

❖ AYURVEDIC POTLI MASSAGE

75 ♂ | 4800

Alleviate the agony with the restorative power of Potli. Ayurvedic Potli Massage is based on the philosophy of warmth transmitted with linen potlis stuffed with essential herbs and oils. It aims to bring a therapeutic effect on the body by relaxing, nourishing, and rejuvenating.



BEAUTY ELIXIRS

❖ PURIFY TURMERIC BODY SCRUB

45 ⊕ | 3000

Revive your skin's glow with VILASA by Tattva's time-honoured exfoliation ritual. A blend of turmeric, aloe vera, and walnut shell husk gently polishes and nourishes your skin. Experience a radiant, hydrated complexion that feels soft, smooth, and renewed.

❖ RENEW & GLOW BODY SCRUB

45 ⊕ | 3000

Amidst modern chaos, indulge in the Renew & Glow Body Scrub to reclaim your skin's natural glow. Enriched with Kojic Acid, Alpha Arbutin, and Vitamin C, it targets pigmentation, evens tone, and boosts radiance. Gently massaged by our healers, this ritual leaves your skin refreshed, brightened, and visibly glowing.

❖ SOOTHE & REVIVE BODY MASQUE

30 ⊕ | 2500

Inspired by ancient Indian beauty rituals, the Soothe & Revive Body Masque blends turmeric, Multani Mitti, and rose water to detoxify and nourish your skin. A soothing foot or head massage enhances relaxation and allows ingredients to work wonders. Once gently rinsed, your skin feels toned, radiant, and deeply revitalized.

❖ CLEANSING FACIAL

30 ⊕ | 2300

Cast away blackheads, whiteheads, dead skin cells, and clogged pores with a cast for your face. The cleansing facial refines skin clarity and reduces acne blemishes, leaving you with fresh skin that breathes and glows.

❖ SHINE FACIAL (For Skin Brightening)

60 ⊕ | 3000

A skin care treatment that takes care of our skin's health and provides the nourishment it needs. This gentle facial massage, with well-crafted, detoxifying ingredients, revitalizes the skin cells, rehabilitating the natural texture of your skin. Don't just glow, get your shine back.

❖ YOUNG & RADIANT FACIAL (For Neglected Skin)

60 ⊕ | 4000

Combat ageing, mend the damage and restore freshness with the facial for all the superhumans of the world. Don't let the long hours of work to have you to neglect your skin. Achieve younger-looking radiant skin with the Young & Radiant Facial.

❖ HYDRA FACIAL (For Dry & Patchy Skin)

60 ⊕ | 4500

Don't let the drying weather get the best of you! Boost skin cell regeneration and improve skin elasticity with the Hydra Facial. This treatment cleanses, extracts, hydrates, and nourishes your skin from deep within without leaving room for dryness.

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EXPRESS THERAPIES

HEAD MASSAGE 30 ⚡ | 1900

Relieve stress from the head, neck, and shoulders when our professionally trained healers use kneading strokes for the massage. This therapy stimulates hair growth, improves blood circulation, and infuses a profound sense of joy and relaxation.

FOOT REFLEXOLOGY 30 ⚡ | 2200

Drawing from the age-old art of reflexology, Foot Reflexology Massage targets over 7,000 nerve endings to relieve fatigue and boost circulation. Our expert therapists use precise pressure and soothing oils on key foot points, reducing fluid buildup and refreshing tired legs, leaving you relaxed, balanced, and re-energized.

BACK MASSAGE 30 ⚡ | 2200

Soothe sore muscles, blockages, and joint pains with a massage derived from the Islands of Bali. A careful selection of aromatic oils and expert massage movements calm the nervous system, making this a serene experience.

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❖ SALON ❖

HAND & FOOT CARE	INR
Luxurious Chocolate Pedicure	1250
Luxurious Chocolate Manicure	1050
Organic Pedicure	1150
Organic Manicure	950
Nail Paint Change (Feet/Hand)	350
Nail Cut and Filler (Feet/Hand)	350
HAIR TREATMENT	INR
Keratin Treatment (Short/Medium/Long)	6500/8500/10500
Hair Smoothing (Short/Medium/Long)	6000/8000/9000
HAIR CARE	INR
Hair Spa (Men)	1600
Hair Spa (Women)	2800
HAIR STYLING	INR
Hair Trimming for Him	650
Hair Trimming for Her	850
Hair Trimming Kids	450
ESSENTIALS FOR MEN	INR
Shave	450
Beard Shaping	500
Moustache Shaping	300

HAIR STYLING	INR
Shampoo & Conditioner	550
Straight Blow Dry	750
Curl Blow Dry	1000
Hair Straightening (Short/Long)	1300/1800
Hair Tonging (Short/Long)	1300/1800
HAIR COLOUR	INR
Global Colour (Men/Women)	1600/2600
Global Colour Side (Men)	1000
Root Touch Up (Women)	1750
Beard Colour	1050
Moustache Colour	450
FASHION HAIR COLOUR	INR
Highlights Full Hair	3500
Highlights Half Hair	2800
Highlights T-Section	1600
Per Streak	350
Colour Change/Correction	3000

FACE & BODY ESSENTIALS

INR

Threading eyebrow	250
Threading Upper Lip	150
Threading Chin/Forehead	150
Full Face	500
Waxing Face Honey	1050
Waxing Full Legs	1050/1250
Waxing Half Legs	850/1150
Waxing Full Arms	1050/1250
Waxing Half Arms	650/850
Waxing Under Arms	450/650
Waxing Full (full legs, arms & under arms)	1950/2250
Waxing Stomach	850/1150
Waxing Back/Nack	950/1250
Waxing Bikini	1150
Waxing Full Body	850/1150
Waxing Brazilian	1150

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Commit to Wellness with Tattva Revibe!

Tattva Revibe is the perfect solution for making wellness a part of your routine. A membership with Tattva offers you a wide range of value-added extras, in a luxurious environment. A good spa therapy will no longer be a drain on your pocket. We invite you to escape the chaos of your daily life and rejuvenate in an oasis of calm.

Membership Category	Pay (INR)	Opening Balance (INR)	Effective Discount**	Expected No. of Services**	Validity (in months)	Sharing with Friends & Family
Peace	18000*	24000	25%	6	8	Yes
Serenity	24000*	36000	33%	9	12	Yes
Tranquility	39600*	72000	45%	18	18	Yes



MORE SPA
Attractive membership discounts
get you more spa services



CASHLESS
No hassles of payments
on each visit



SHARING
Spread wellness cheer
with your friends & family



MORE DISCOUNTS
Avail flat 25% off on spas
across 100+ Tattva locations

Terms and Conditions

- ♦ *Taxes extra
- ♦ **Example referring to 60-minutes Swedish Massage. The number of services will change upon choosing different services. (Calculated assuming only 60 minutes of Swedish Massage at MRP 3800)
- ♦ Tattva Revibe is a prepaid spa membership plan from Tattva
- ♦ The membership can be redeemed only at your home centre
- ♦ Pay in advance and go cashless for every booking under the membership
- ♦ Memberships can be availed during spa operational hours
- ♦ 24 hours prior appointment required
- ♦ Membership plans are not applicable to spa packages
- ♦ Avail 25% discount through Tranquility Membership at select Tattva locations

GENERAL INFORMATION

- Reservation And Cancellation**

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, kindly inform us of any cancellations at least 4 working hours before your appointment.
- Late cancellations will result in a 50% cancellation fee.

- Spa Etiquette**

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa unless accompanied by an adult.
- Smoking and consumption of alcohol are prohibited within the spa area.
- The spa management has the discretion of not serving guests under the influence of alcohol.
- Gentlemen are advised to shave at least 3 hours prior to a facial session.
- Disposable undergarments will be provided for your convenience. Kindly wear these during your session for optimal comfort.
- Our therapists are committed to ensuring your privacy. They will consistently utilize draping techniques during treatments to maintain your comfort and respect your privacy.

- Considerations**

- Membership packages are non-refundable and can only be accessed using a membership card or booklet.
- Pregnant lady guests and other guests with any medical condition are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.
- The spa treatments offered by Elementia Wellness Pvt. Ltd. serve general purposes and are not intended as a substitute for professional medical treatment, regardless of any condition guests may have, whether medical or otherwise. Neither its employees nor representatives will be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature. Any illicit or sexually suggestive behaviour, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges of the scheduled service.



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