

muscle fit
A Premium Massage Studio

OUR SERVICES

Ensuring Balance and Health Through Massage

MONDAY - SUNDAY | FROM 9AM - 9PM





Our Philosophy

At Muscle Fit, we're committed to offering exceptional massage therapy aimed at enhancing relaxation, rejuvenation, and overall well-being. As a team of highly skilled and licensed massage therapists, our focus is on creating a safe and nurturing environment. We specialize in a range of techniques designed to alleviate tension, improve circulation, and enhance muscle flexibility.

Whether you're a busy tech professional, a dedicated mother, an athlete or simply seeking a moment of self-care, our client-centered approach ensures that you receive a personalized massage experience that leaves you feeling refreshed and revitalized.



Signature Massages

Experience personalized care with our signature massages, combining research-driven techniques to address specific concerns and provide unparalleled rejuvenation.





Deep Bliss Myofascial Therapy

This signature massage crafted by my guru, Shantam, is a 90-minute full-body treatment that targets all major muscle groups and fascia, with adjustable pressure ranging from medium to high, tailored to individual needs. It effectively reduces chronic pain, enhances flexibility, improves movement, and promotes deep relaxation, making it ideal for addressing back pain, neck pain, and other musculoskeletal issues.

Duration:

90 minutes

Price (excluding GST)

₹ 3700 - Walk-in

₹ 2960 - Platinum members on weekends

₹ 1850 - Gold / Platinum on weekdays, Diamond on all days



Deep Pressure



Aroma Oil



Shower Post Massage



ByteBack Therapy

This is a specialized subset of the Deep Bliss Myofascial Therapy, designed to focus primarily on relieving back pain. This targeted treatment concentrates on the neck, back, and glutes, applying medium to high pressure to work deeply into the fascia and release tension. Ideal for those suffering from persistent back issues, ByteBack Massage enhances flexibility, improves posture, and promotes lasting relief.

Duration:

60 minutes

Price (excluding GST)

₹ 2800 - Walk-in

₹ 2240 - Platinum
members on weekends

₹ 1400 - Gold / Platinum
on weekdays, Diamond on
all days



Deep Pressure



Aroma Oil



Shower Post Massage



Runner Rejuvenation Therapy

This is a specialized subset of the Deep Bliss Myofascial Therapy, designed for runners. This targeted treatment focuses primarily on the legs, addressing muscle fatigue and general body soreness after long runs. By applying medium to high pressure, it works deeply into the fascia to release tension, improve flexibility, and promote faster recovery, making it an essential therapy for avid runners.

Duration:

60 minutes

Price (excluding GST)

₹ 2800 - Walk-in

₹ 2240 - Platinum members on weekends

₹ 1400 - Gold / Platinum on weekdays, Diamond on all days



Deep Pressure



Aroma Oil

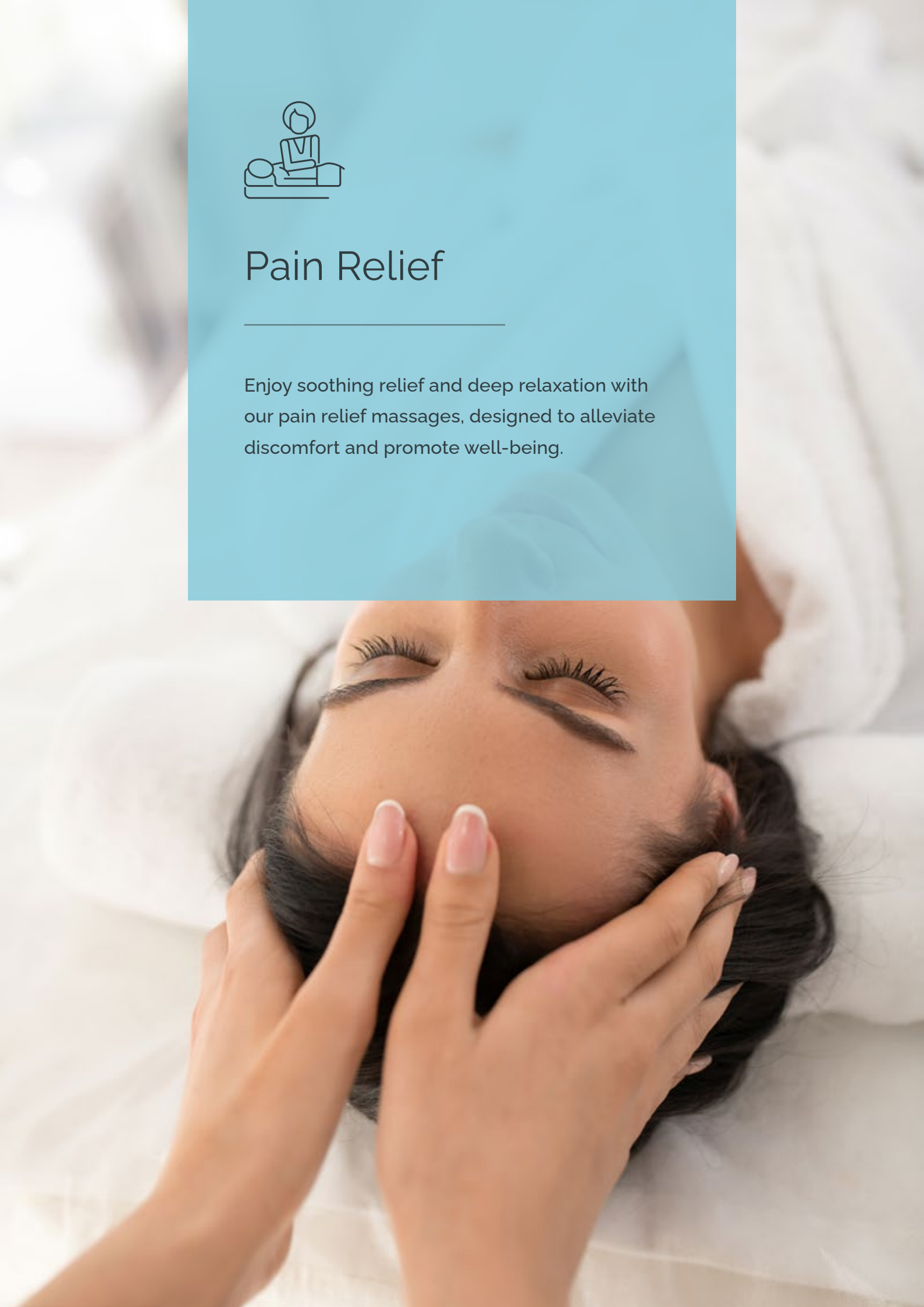


Shower Post Massage



Pain Relief

Enjoy soothing relief and deep relaxation with our pain relief massages, designed to alleviate discomfort and promote well-being.





Deep Tissue Massage

A deep tissue massage, as the name suggests, is a type of massage where the deep and underlying tissues (the protective layer surrounding muscles, bones, and joints) of the body are targeted. During this massage, the therapist will use firm pressure, and constant deep strokes at a rhythmic pace to release knots from the muscles, ultimately relieving pain.



Deep Pressure



Aroma Oil



Shower Post Massage

Duration:

60 minutes

Price (excluding GST)

₹ 2600 - Walk-in

₹ 2080 - Platinum
members on weekends

₹ 1300 - Gold / Platinum
on weekdays, Diamond on
all days

Duration:

90 minutes

Price (excluding GST)

₹ 3500 - Walk-in

₹ 2800 - Platinum
members on weekends

₹ 1750 - Gold / Platinum
on weekdays, Diamond on
all days



Balinese Massage

Aimed at stimulating the flow of blood, oxygen and energy in the body, Balinese massage uses a combination of gentle stretches, aromatherapy, acupressure and reflexology. It promotes a sense of well being, calm and deep relaxation.

Duration:

60 minutes

Price (excluding GST)

₹ 2700 - Walk-in

₹ 2160 - Platinum
members on weekends Rs

₹ 1350 - Gold / Platinum
on weekdays, Diamond on
all days



Firm Pressure



Almond Oil & Essential Oil



Shower Post Massage

Duration:

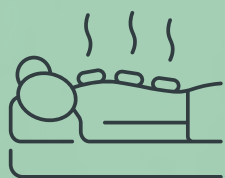
90 minutes

Price (excluding GST)

₹ 3600 - Walk-in

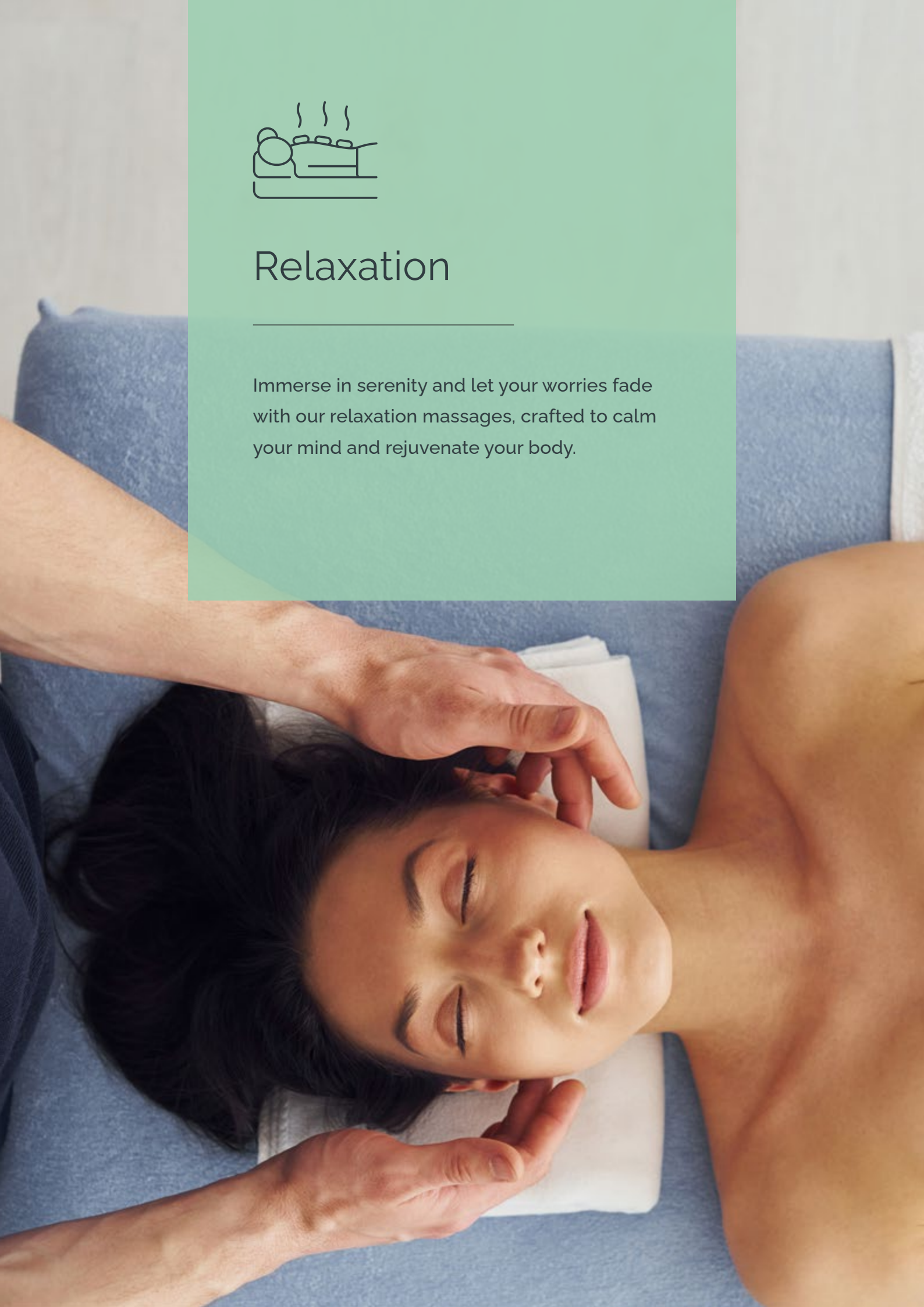
₹ 2880 - Platinum
members on weekends

₹ 1800 - Gold / Platinum
on weekdays, Diamond on
all days



Relaxation

Immerse in serenity and let your worries fade with our relaxation massages, crafted to calm your mind and rejuvenate your body.





Swedish Massage

Easy on muscles, Swedish massage is best for relaxing and taking you in deep slumber while soft hands are being rubbed on your arms and legs. Probably the best way to introduce yourself to the world of spa, Swedish massage is the best fit for first timers. The massage involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. It's very helpful to loosen up tight muscles caused by daily activities.

Duration:

60 minutes

Price (excluding GST)

₹ 2400 - Walk-in

₹ 1920 - Platinum members on weekends

₹ 1200 - Gold / Platinum on weekdays, Diamond on all days



Light to Medium Pressure



Aroma Oil



Shower Post Massage

Duration:

90 minutes

Price (excluding GST)

₹ 3200 - Walk-in

₹ 2560 - Platinum members on weekends

₹ 1600 - Gold / Platinum on weekdays, Diamond on all days



Aromatherapy

It is a type of Swedish massage therapy that uses essential oils which are 100% natural and extracted from plants. The purpose of this therapy is to use all the beneficial properties of the essential oils to help keep your body and mind relaxed. The oils are massaged into your skin or blended with other oils or inhaled as steam. During aromatherapy, the essential oils are inhaled and absorbed by your skin. They help detoxify the body, affect your mood, and alleviate pain.



Light to Medium Pressure



Almond Oil & Essential Oil



Shower Post Massage

Duration:

60 minutes

Price (excluding GST)

₹ 2500 - Walk-in

₹ 2000 - Platinum members on weekends

₹ 1250 - Gold / Platinum on weekdays, Diamond on all days

Duration:

90 minutes

Price (excluding GST)

₹ 3300 - Walk-in

₹ 2640 - Platinum members on weekends

₹ 1650 - Gold / Platinum on weekdays, Diamond on all days



Thai Massage

Thai massage, also known as Nuad Bo'Rarn, is a form of bodywork that is a combination of acupressure, and stretching. It differs from other types of massages as no oils or lotions are applied and instead, the body is compressed, pulled, stretched and rocked by the therapist using their hands, thumbs, elbows, forearms, and even their feet.

Duration:

60 minutes

Price (excluding GST)

₹ 2500 - Walk-in

₹ 2000 - Platinum members on weekends

₹ 1250 - Gold / Platinum on weekdays, Diamond on all days



Light to Medium Pressure



Dry Massage

Duration:

90 minutes

Price (excluding GST)

₹ 3300 - Walk-in

₹ 2640 - Platinum members on weekends

₹ 1650 - Gold / Platinum on weekdays, Diamond on all days



Focused Massages

Benefit from targeted therapy with our focused massages, concentrating on specific areas for effective stress relief and rejuvenation.





Back Massage

Immerse yourself in unparalleled relaxation and blissful relief with our exquisite back massage. Our highly skilled therapists masterfully target essential muscle groups in the shoulders, back, and glutes to gently alleviate pain, dissolve tension, enhance circulation, and rejuvenate flexibility.

Duration:

30 minutes

Price (excluding GST)

₹ 1300 - Walk-in

₹ 1040 - Platinum members on weekends

₹ 650 - Gold / Platinum on weekdays, Diamond on all days



Deep Pressure



Aroma Oil



Shower Post Massage

Duration:

45 minutes

Price (excluding GST)

₹ 1700 - Walk-in

₹ 1360 - Platinum members on weekends

₹ 850 - Gold / Platinum on weekdays, Diamond on all days



Head Massage

Our head massage uses gentle to firm techniques on the scalp, neck, and shoulders to dissolve tension, reduce stress, relieve persistent headaches and neck pain, and invigorate circulation, promoting a radiant sense of overall well-being.

Duration:
30 minutes

Price (excluding GST)
₹ 1000 - Walk-in
₹ 800 - Platinum members on weekends
₹ 500 - Gold / Platinum on weekdays, Diamond on all days



Firm Pressure



Aroma Oil

Duration:
45 minutes

Price (excluding GST)
₹ 1300 - Walk-in
₹ 1040 - Platinum members on weekends
₹ 650 - Gold / Platinum on weekdays, Diamond on all days



Foot Massage

Our Foot Massage experience rejuvenates by focusing on intricate foot pressure points, melting away stress, improving circulation, alleviating discomfort, and restoring body harmony for profound relaxation and well-being.

Duration:

30 minutes

Price (excluding GST)

₹ 1000 - Walk-in

₹ 800 - Platinum members on weekends

₹ 500 - Gold / Platinum on weekdays, Diamond on all days



Firm Pressure



Aroma Oil

Duration:

45 minutes

Price (excluding GST)

₹ 1300 - Walk-in

₹ 1040 - Platinum members on weekends

₹ 650 - Gold / Platinum on weekdays, Diamond on all days



Add-ons*

A few add-on services to enhance your experience.

Steam (10 minutes) ₹300

Head Massages (10 minutes) ₹300

Face Massage (10 minutes) ₹300

Almond Oil & Essential Oil ₹200

Almond Oil ₹150

Ayurvedic Oil

(Kama Ayurveda Sugandhadi Body Treatment) ₹600

*Please note that some of these add-ons could already be a part of your massage. Reach out to us before your session for details. All prices are excluding GST.





Memberships

When you choose to join MuscleFit as a member, you are making a commitment to prioritize your well-being and fitness goals. In return, we at MuscleFit pledge to stand by you every step of the way.



Get discounted therapy prices with our membership plan.



Receive a complimentary 60-minute massage on your birthday.



Enjoy cashless visits with costs deducted from your balance.



Share membership benefits with family and friends too.



GOLD

₹ 14,999/-

(excluding GST)

Validity: 12 months

Discount: Mon - Fri: 50%

PLATINUM

₹ 19,999/-

(excluding GST)

Validity: 15 months

Discount: Mon - Fri: 50% off

Sat - Sun: 20% off

DIAMOND

₹ 24,999/-

(excluding GST)

Validity: 18 months

Discount: All Days 50% off



Terms & Conditions

Admission and Spa Services Policy

The explanations and information provided on this page are only general and high-level explanations and information on how to write your own document of Terms & Conditions. You should not rely on this article as legal advice or as recommendations regarding what you should actually do, because we cannot know in advance what are the specific terms you wish to establish between your business and your customers and visitors. We recommend that you seek legal advice to help you understand and to assist you in the creation of your own Terms & Conditions.

Prior Reservation Requirement and Walk-ins

To ensure that we can accommodate your preferred treatment and timing, we kindly ask guests to schedule appointments in advance to secure availability. Reservations can be made by contacting our Spa reception via phone or through our website. While walk-in guests are welcome, please be advised that availability for immediate services may be limited during peak hours. We will make every effort to accommodate your requests or suggest an alternative time for your therapy.

Spa Service Etiquettes

We kindly request all our guests to maintain a peaceful and respectful atmosphere within our Spa. Please refrain from using mobile phones and speaking loudly to ensure a relaxing experience for all guests.

Therapist Selection Guidelines

We follow a same-gender therapist policy. For our valued members and returning guests, we strive to accommodate requests for a specific therapist from our available staff. However, we cannot guarantee the same on every occasion.

Spa Attire

Please use the provided Spa attire during your treatments. This is to ensure hygiene standards. Our therapists are trained to respect your privacy and will ensure you are appropriately draped throughout the service.

Health Disclosure and Medical Advice

To ensure your safety and comfort during your treatment, please inform our staff of any medical conditions, allergies, or preferences you may have. Providing this information will allow us to customize the service to meet your specific needs and avoid any possible contraindications.

Please note that the guidance provided by our Spa Team is not a replacement for medical advice from your personal healthcare providers. It is recommended that guests consult with their physician or specialist before implementing any suggestions related to therapies, exercise, diet, or lifestyle modifications.

Standardized Therapies and Pricing

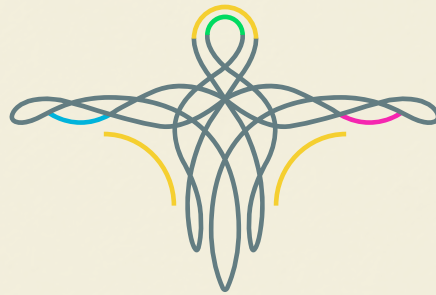
The duration, techniques, and materials utilized in our therapies are predetermined by our technical trainers for scientific efficacy, and modifications beyond set limits are not permitted. The list of available spa therapies and corresponding prices are subject to change without notice. Guests should verify the current menu and prices with the spa front desk prior to selecting their therapy.

Late Arrivals and Therapy Adjustments

We understand that unforeseen circumstances may cause delays. We request you to inform us at least 3 hours prior to your scheduled appointment. If a guest arrives more than ten minutes after their scheduled appointment time, we reserve the right to either shorten the therapy duration for the same cost or offer an alternative therapy of a reduced duration to prevent delays in the next appointment.

Personal Belongings Management

Guests are responsible for their personal belongings, and we regretfully cannot assume liability for any damaged, lost or misplaced items. While we take all necessary precautions to ensure a secure environment, we recommend refraining from bringing valuable items to the Spa. For your convenience, lockers are provided in each spa. We kindly ask guests to secure their belongings in the locker and retain the keys with them throughout their visit.



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BOOK NOW

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✉ support@musclefitspa.com

☎ +91 9036021984

🔗 www.musclefitspa.com

