



Relaxation is the  
stepping stone to  
tranquility.





*\*Images are for illustration purpose only\**

# INTRODUCTION

**True renewal doesn't stop when your experience ends.**

**At Tathaapi Spa,**

**We curate and customise each luxurious treatment in-house to deliver the exact mood you desire, now and long after you leave.**

**Choose from the menu below to find a treatment that suits your goals and let your transformation begins.**

**Welcome to Serenity,  
Welcome to Tathaapi Spa.**



*\*Images are for illustration purpose only\**

# MASSAGE THERAPY

## AROMATHERAPY

**60 | 90 Minutes INR 2600 | 3200**

Aromatherapy Massage is performed using a blend of special essential oils that contain medicinal principles. The Aroma of essential oils used for the massage is believed to stimulate brain function and show mental benefits such as improvement in sleep quality, reducing anxiety and enhancing mood. It also beneficial in reducing body aches and pain.

## SWEDISH THERAPY

**60 | 90 Minutes INR 2200 | 2700**

Swedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

## BALINESE THERAPY

**60 | 90 Minutes INR 2700 | 3300**

A Balinese massage is a full body, medium pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.

## DEEP TISSUE THERAPY

**60 | 90 Minutes INR 3000 | 3700**

Deep tissue massage is a massage technique that uses slow, deep pressure to target the deeper layers of muscles and connective tissues. It's used to treat a variety of conditions, including chronic pain, injuries, and muscle tension.

## Couple Rejuvenation Therapy

**60 | 90 Minutes INR 3900 | 4800**

Share a relaxing massage with your partner in our couple's suite. Each partner can select from Swedish, deep tissue, aromatherapy or customize your massage with a combination of strokes.

## 4 Hands Signature Therapy

**60 | 90 Minutes INR 3700 | 4400**

(Jet-lag eliminator. Anit-cellulite, Relaxation, Detoxifier, Stress Buster)

### Add-on :

Extended Time availability on above Therapies only **15 | 30 Minutes INR 600 | 800**

*Government taxes extra as applicable*



*\*Images are for illustration purpose only\**

# EXPRESS MASSAGES

## HEAD MASSAGE

**30 Minutes - INR 1400**

It releases stress as tension is eased out of tight muscles in the head and upper back. Our signature brew of hair nourishing herbal oil will invigorate the body, balance the chakras and infuse deep calm and relaxation.

## FOOT MASSAGE

**30 Minutes - INR 1600**

Foot Reflexology is based on the principle that the foot is like a chart of the body. It is divided into ten reflex zones. Each reflex zone corresponds to a part of the body. Specific manipulation and pressure of reflex points reduces and eliminates blockages in the corresponding glands or organs, and therefore restores a healthy balance.

## NECK & BACK MASSAGE

**45 Minutes - INR 2000**

A back massage is the most basic of all healing techniques. Studies indicate that this touch therapy reduces stress, depression, lesser pain and boost the immune system. A back massage is the most preferred massage treatment as poor spine, postural defects and sleeping disorders are effectively addressed through this simple nurturing and powerful touch therapy.

## TRAVEL ENERGISER (Foot/Back/Shoulder)

**45 Minutes - INR 2200**

A Masseur welcomes you with our foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage of the neck & shoulders. A soothing experience that relaxes your tired body.

### Add-on :

Extended Time availability on above Therapies only

**15 Minutes INR 500**

### Face Mask

**15 Minutes INR 250**

*Government taxes extra as applicable*



*\*Images are for illustration purpose only\**

# BEAUTIFICATION

**Deep Cleansing Facial**

**30 Minutes INR 1500**

**White & Bright Facial**

**45 Minutes INR 2000**

**Anti Aging Facial**

**60 Minutes INR 2200**

**Tathaapi Coffee Scrub**

**30 Minutes INR 1500**

**Tathaapi Whitening Scrub**

**30 Minutes INR 1800**

**Tathaapi Gold Scrub**

**30 Minutes INR 2000**

**Please Note:** Nail Polish remover will be included in Manicure and Pedicure Extra charges for Nail Polish will be applicable INR 350.

*Government taxes extra as applicable*



*\*Images are for illustration purpose only\**

# PLEASE NOTE

**We provide internationally authenticated therapeutic services. These treatments are being availed at your behest. The spa operator will not be held responsible for any mishap. It is important to inform the staff about any medical conditions you have, before availing of any treatment.**

**Kindly follow the laid down guidelines and rules. Non-adherence to instructions from the spa in-charge or any inappropriate remarks and gestures towards any therapist will result in the treatment being stopped immediately, followed by appropriate legal action by the spa management.**



*\*Images are for illustration purpose only\**

# GENERAL INFORMATION

## RESERVATION & CANCELLATION

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

## SPA ETIQUETTE

- Help us to maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guest's under the age of 16 are not permitted within the spa unless accompanied by an adult.
- Guest's 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 cannot serve guests under the influence of alcohol.
- Gentlemen are advised to shave at least 3 hours before a facial session.
- What should guests wear during a treatment? Guests will be provided with disposable undergarments. You are instead to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

## CONSIDERATIONS

- 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 are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. It's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments are professional in nature. Any illicit or inappropriate behavior, 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.



*\*Images are for illustration purpose only\**

# OUR BRANCHES

## ELEMENT MALL, JAIPUR

Plot 18, Bhriugu Nagar, DCM Ajmer Road,  
Adjoining Elements Mall,  
Jaipur - 302021

☎ +91-9119156511, 414130713

## VAISHALI NAGAR, JAIPUR

Queens Villa 7-A2, Queens Road,  
Nityanand Nagar-Sanjay Nagar, Jaipur,  
Rajasthan - 302021

☎ +91-9929727460

## VIDHYADHAR NAGAR, JAIPUR

1st Floor B-17, Mall Road Near Bansal  
Furniture, Sector -3 Vidhyadhar Nagar,  
Jaipur, Rajasthan - 302023

☎ +91-8233124556

## ZIRAKPUR, PUNJAB

SF 12,13, Cosmo Mall, Ambala  
Chandigarh Expy, Zirakpur, Gazipur  
Punjab -140603

☎ +91-8146345245, +91-1762492887

## BHUBANESWAR, ODISHA

Front of Gate, No.5, Security Hold Area,  
Biju Patnaik International Airport  
Bhubaneswar, Odisha 751020

☎ +91-9116005221

## RANCHI, JHARKHAND

Shop no.10, SHA First Floor, Birsa Munda Airport,  
Ranchi, Jharkhand 834002

☎ +91-9929950110

## LEMON TREE HOTEL, JHANSI

1076, Railway Station Road, Station Rd,  
Jhansi, Uttar Pradesh 284001

☎ +91-9116005221



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

@tathaapi\_india @tathaapi\_india

9119187899