

BATH THERAPY

Cultures the world over have traditions of "taking to the waters". Whether you are looking to improve your health, to reawaken your senses or just simply to enjoy time out, our selected bath blends with the addition of pure plant extracts will leave you feeling relaxed and rejuvenated.

Aroma Fusion Bath

45 minutes, Rs 1900

Immerse into this bath that will revitalize encourage circulation to a tired mind and body. Emerge feeling refreshed, clear headed and completely invigorated.

Ocean Detox Bath

50 minutes, Rs 2500

Reconnect with your self and soak away the cares of the day. This wonderful blend of organic lavender, pine and sandalwood is the perfect formula for you to relax, recover and unwind.

Pair this with a Thalga Body Treatment and take the opportunity to experience a 25 minute version of this bath for Rs 990.

Rose & Ashwaganda Milk Bath

45 minutes, Rs 1900

The hydrating and skin conditioning benefits of milk bathing have been known for centuries. With its naturally occurring alpha-hydroxy acids that exfoliate and improve skin elasticity, it is even said a milk bath will reduce the appearance of fine lines and wrinkles. With added extracts of rose and Ashwaganda this is a bathing experience of pure bliss!

M A S S A G E T H E R A P Y

I N T E R N A T I O N A L

Aroma Fusion Massage

1 hour, Rs 3500

1 hour 30 minutes, Rs 4500

A mentally uplifting oil blend traditionally used in Southern India in temples and rituals to raise consciousness, Parijat is incorporated with aromatic Himalayan floral extracts and lotus to provide a deeply relaxing, calming massage based on Swedish techniques.

Aroma Back, Neck & Shoulder

30 minutes, Rs 1800

Relieve physical and emotional tension in the neck and shoulder area, performed using a specific blend of massage oils with pure plant extracts.

Deep Renewal Massage

1 hour, Rs 3500

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction. The therapist can focus on specific areas which may cause some soreness during or immediately after the massage. It is highly recommended to drink plenty of filtered water to help the body's natural elimination processes.

Earth & Ocean Hot Stone Massage

1 hour 15 minutes, Rs 4900

This massage begins with a warm stone exfoliation using marine algae, relaxing aromatherapy oil blends and a sprinkling of pure sea salts. A flowing full body massage with the stones follow which is ultimately relaxing. Cold stones provide a revitalizing finish.

Foot Reflex Massage

45 minutes, Rs 2500

A traditional massage technique of applying pressure to the reflex points of the feet. Both deeply relaxing and therapeutic, points on the feet are massaged and stimulated to release blocked energy from corresponding areas in your body.

Foot Ritual

30 minutes, Rs 1800

A restorative yet relaxing foot treatment that begins with a sublime foot soak of Himalayan bath salts, tangerine and rose, providing immediate relaxation. An exfoliation follows with an Ayurvedic foot scrub. A scented balm is applied using a gentle foot massage that will leave you feeling relaxed and walking on air.

Local taxes as applicable.

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Thai Massage

1 hour, Rs 3500

1 hour 30 minutes, Rs 4500

Formerly available only in the sacred temples of Thailand, traditional Thai Massage uses gentle and rhythmic rocking, pressure and stretching to balance the flow of Qi energy throughout the body, improving flexibility and relieving muscle tension.

Note that this treatment uses no oil and is performed fully clothed. We will provide garments for you to wear.

I N D I A N

Abhyanga

1 hour, Two Hands Rs 3500

1 hour Four Hands Rs 5000

This detoxifying treatment delivered by your choice of one or two therapists uses warm medicated oil to stimulate circulation, detoxification and relieve tension on both physical and mental levels. This includes a head massage at the beginning of the massage in true Indian tradition, and a 10 minute steam bath to facilitate absorption of the medicinal oils and enhance the sense of well being.

Indian Head Massage

30 minutes, Rs 1800

Used as a quick stress reliever in India the trigger points on the head are stimulated to induce relaxation. This treatment uses the best quality Ksheerabala oil.

Pizichil

1 hour, Rs 7000

Tried and tested by Indian royalty for centuries to maintain youth and vitality, this treatment starts with massage to facilitate circulation and is followed by the anointing of warm medicated oil. A steam and a hot shower using herbal bath powders follow leaving your mind relaxed and your skin feeling revitalized.

Shirodhara

45 minutes, Rs 3900

Traditionally used to treat stress related disorders, Shirodhara is the pouring of warm medicated oil onto the forehead. It is said to open the third eye to absorb cosmic energy. On a physical level it will leave you profoundly relaxed and aid the treatment of headache, migraine, insomnia and sinusitis.

Spice Bundle Massage

1 hour, Rs 5000

Taken from the centuries old Ayurvedic tradition and performed by two therapists, one to apply the bundles and one to assist, medicated oil infused poultices filled with wild spices and hand picked forest herbs bring warmth and pain relief when applied to the body. A relaxing and effective treatment for easing joint stiffness, improving mobility and increasing flexibility.

Local taxes as applicable.

FACE THERAPY

All of our facials begin with the ritual of a pampering massage to immediately ease tensions.

Age Intervention Facial

1 hour 15 minutes, Rs 5000

Featuring a unique thermal mineral mask and protein enriched anti-wrinkle creams, this treatment uplifts, reduces premature skin sagging and helps repair the effects of environmental and lifestyle excess.

Brightening Rejuvenation Facial

1 hour, Rs 4500

Restore the natural luminosity and whiteness to your skin with this true to its word whitening treatment. Ideal to rid the face of pigmentation marks, scars, blemishes or any other skin imperfections. Regain the complexion of your childhood.

Derma-Peel Skin-Perfecting Treatment

30 minutes, Rs 4000

Targeting dead skin cells, this is a deeply exfoliating, high-end treatment that works deeply on skin resurfacing. It effectively treats wrinkles and fine lines along with blemishes and skin sagging. Leaves the skin looking perfectly clear and smooth!

Healing Facial

1 hour, Rs 3750

A targeted facial based on essential oils and marine extracts which reduces inflammation and controls excess oil for acne prone skin. This treatment also helps your body's natural healing systems to repair damaged skin.

Men's Executive Facial

1 hour, Rs 3750

Incorporating highly energizing marine algae, this facial is designed to leave men's skin relaxed, balanced and recharged. Perfect for stressed skin and incorporates specific oil-free, matt-finish products.

Moisture Surge Facial

1 hour, Rs 3750

A truly hydrating moisture treatment featuring active marine ingredients and vegetal milks combined with a unique mask to combat dehydration, improve skin texture, and leave the skin feeling soft and radiant.

Nutritional Facial

1 Hour, Rs 3750

A facial that includes a protein rich serum packed with essential oils and lipid boosting ingredients to deeply moisturize even the most dry skin types. A warm Algomega peel-off mask is applied to the skin to aid with deep penetration of active ingredients.

Radiance Facial

1 hour, Rs 3750

A pre-party, beauty-flash facial. This facial incorporates marine and plant proteins to replenish and nourish the skin. Similar to a glycolic peel it transforms dull and sullen skin into fresh, glowing, radiance.

Relaxing Aroma Facial

1 hour, Rs 3750

A pampering facial suitable for all skin types that combines the purest essential oils, plant extracts and a cool marine mask to help soften expression lines and leave you feeling relaxed and tension free.

Revitalizing Eye Treatment

30 minutes, Rs 2500

Rehydrating plant based collagen velvet helps plump out fine lines and early wrinkles for anyone concerned with managing the visible signs of aging.

Add this to your facial, 20 minutes, Rs 1250

Revitalizing Ocean Facial

1 hour, Rs 3750

Particularly suited to sensitive skin this treatment incorporates a cooling mint facial mask to reduce redness, refine, tighten and relax tension lines.

B O D Y T H E R A P Y

P O L I S H E S

Allepey Body Polish

45 minutes, Rs 1750

This polish provides a full body exfoliation with an additional boost of nutrients and antioxidants from Cardamom and fresh coconut. Your skin will feel smooth and intensely hydrated.

Kollegal Body Polish

45 minutes, Rs 1750

The Kollegal region has been India's source of Sandalwood for hundreds of years. Sandalwood is both antiseptic and cooling and combined with high mineral content mud, this body polish will leave you feeling refreshed and energized.

Madurai Body Polish

45 minutes, Rs 1750

Grown by the temple priests of Tamil Nadu and used extensively in temples as offerings to gods, the smell of Jasmine combined with the lighting of oil lamps and ringing of bells is said to transport you into a higher level of consciousness. This wonderfully aromatic body polish is balancing and ideal for oily or combination skin.

Malabar Body Polish

45 minutes, Rs 1750

Experience this energizing and uplifting body polish using spices sourced from the same area Arab traders first sourced spices to introduce into Europe. This is an intensely warming polish using a cooling lentil exfoliant to moderate the heat of the spices.

Ocean Rainshower

45 minutes, Rs 2000

Feel immediately revitalized with this full body exfoliation using a combination of natural sea-salt and algae known for its anti-stress and anti-fatigue properties. A spinal massage ensures you finish deeply relaxed and skin smooth!

Sandalwood Back Treatment

45 minutes, Rs 2000

A deep cleansing back treatment performed under the water jets of our Vichy Rainshower using sandalwood and fresh aloe vera to provide cooling, antiseptic and antibacterial properties.

Udvertanam Detox Scrub

45 minutes, Rs 2000

Aiding the body's natural healing mechanisms this traditional Ayurvedic detoxifying body scrub reduces water retention, improves the elimination of waste products and can form part of a regimen to improve the appearance of cellulite.

W R A P

Invigorating Marine Wrap

1 hour, Rs 3500

Saturated with marine minerals, vitamins and micronutrients this treatment stimulates circulation, increases metabolism and relieves aches and pains. An excellent wrap for general well-being and total relaxation.

We recommend this treatment when beginning fitness, detox or slimming regimens.

LC24 Anti-Cellulite Wrap

1 hour 15 minutes, Rs 3500

A holistic approach to treating cellulite that combines a specialized massage, with a wrap of active ingredients formulated to minimize localized cellulite deposits.

For maximum results inquire about our specially priced LC24 program of 10 treatment sessions.

Relaxing Marine Wrap

1 hour, Rs 3000

This luxurious relaxing and cleansing treatment combines the uplifting qualities of essential oils with the cleansing qualities of marine mud. Essential oils are chosen individually to address specific concerns and each treatment includes reflex-activity of the feet.

Revitalizing Marine Wrap

1 hour, Rs 3000

This exfoliating and revitalizing treatment begins with reflexology, followed by a full body application of natural marine mud and sea salt. Relax as your therapist massages your scalp using shiatsu techniques while you are cocooned in a warm thermal blanket. You will feel nurtured and your skin will feel smooth and refined.

ESCAPES

In Hindu myth, the legendary seven seers of mythic times reflected on how the universe came into being. They understood creation in terms of the five elements, tejas (fire), vayu (air), prithvi (earth), jala (water) and aakash (space). Ayurveda helps us understand this principle by stating that “what we call the universe is our body or what is known as the body is the universe “. Quan have created a package for each element.

Earth Ira

2 hours 30 minutes, Rs 8000

Nourishing and sustaining like Mother Earth this is a program that grounds the senses and balances the mind. Beginning with a sweet Sandalwood body polish your body and mind are then prepared for a profound relaxation experience of *Abhyanga Massage* and *Shirodhara*.

*Foot Bath, Kollegal Body Polish, Abhyanga Massage (2-Hands), Shirodhara.
Recommended for Vata and Pita doshas. Not recommended for Kapha doshas.*

Fire Tejas

2 hours 30 minutes, Rs 8000

A detoxifying stone massage which incorporates the use of marine extracts is followed by a one hour facial of your choice, ensuring you present your best to the world.

*Foot Bath, Earth & Ocean Hot Stone Massage, a one-hour Facial of your choice (not including “Brightening Treatment”)
Recommended for Kapha doshas. Not recommended for Pitta and Vata doshas.*

Space Aakash

1 hour 30 minutes, Rs 5550

A meditative and contemplative package of life enhancement therapy and massage to impart whole mind and body relaxation. *Yoga Nidra* will ensure complete muscle relaxation and help you tap the unlimited reservoir of energy stored in the subconscious mind. This meditative experience includes a *Four-Hand Abhyanga Massage* and ends with a scalp and foot massage leaving you in state of pure bliss.

*Foot bath, Yoga Nidra, Four Hands Abhyanga, Scalp & Foot Massage)
Recommended for Vata and Pitta doshas. Not recommended for kapha doshas.*

Local taxes as applicable.

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Water Jal

2 hours 30 minutes, Rs 7000

A calming combination of water treatments using marine based ingredients. Experience a Marine Rainshower Body Scrub where a full body exfoliation will be completed under a soothing Rainshower. Our Relaxing Ocean Body Wrap and Moisture Surge Facial will then improve not only your general wellbeing but ensure your entire body remains hydrated.

*Foot Bath, Marine Rainshower Body Scrub, Relaxing Ocean Body Wrap, Moisture Surge Facial
Recommended for Pitta and Vata doshas. Not recommended for Kapha doshas.*

Wind Vayu

2 hours, Rs 6000

An energy enhancing combination of a Temple Massage and Jasmine Body Polish. Aromatic Jasmine, used in Indian temples is the perfect complement to Temple Massage which aims to stimulate energy flow throughout the body, thereby improving your whole body wellness.

*Foot Bath, Madurai Jasmine Body Polish, Temple Massage (60 minutes)
Recommended for Kapha and Pitta doshas. Not recommended for Vata doshas.*

Indoceane Spa Ritual

2 hours 30 minutes, Rs 6500

This glorious spa journey will let your body discover vital relaxation. Enter a unique world of sensorial pleasure and let yourself be guided to discover 4 experiences from different cultures.

Mediterranean: Sweet and Savory Body Scrub.

A sweet and savory body scrub made from sacred lotus flower, brown sugar, salt and essential oils of lemon, mandarin and grapefruit blend together. Ultra purifying, luxurious and nourishing, it leaves your skin velvety smooth and silky soft.

Egyptian: Precious Milk Bath

A precious milk bath where you can feel like the goddess of Egypt, Cleopatra. Let your body indulge in pure pleasure as we apply a fine white powder with musky scents which transforms into a creamy, sensual milk on contact with water. Let your tensions slip away during this bathing time.

Indian: Oil Massage

The land of Ayurveda has produced a luxurious massage oil of sandalwood and cedar. Together with a revitalizing relaxation massage you will feel grounded and stress free.

Chinese: Sublime Cream Wrap

A regenerating body wrap envelops your body in replenishing and regenerating softness. The delicate scent enhances its relaxing action foam.

Ocean Memory Spa Ritual

2 hours 30 minutes, Rs 6500

This is a truly a nourishing treatment. Your skin is intensely soft, replenished with minerals and fine scents. Body and mind are strengthened, filled with renewed vitality and exhilaration.

The Exfoliation: Wave of Purity

Mixture of algae with anti stress and anti fatigue properties and remineralizing salts, this scrub just melts on the touch of skin and exfoliates the body and helps the skin to become smooth, soft and radiant.

The Bath: Original Cradle

The effervescent crystal with pink and green algae, in the bath relaxes your body and is intensely replenished and makes you one with the element of water.

Massage: Mineral Source

Massage is carried out with movements replicating the sea waves, Enhances rebalancing of the energy levels in the body. Delicately enclosed in a warm cocoon, salt crystals and seaweed petals are applied to the body.

Body Wrap: Marine Renewal

After this relaxing and rebalancing massage you are cozily wrapped in slightly warm seaweed foam.

Couple's Wedding Ritual

3 hours per person, Rs 14000 per couple

Calm pre-wedding stress (or take some time out together for a post-reception break) with a program of relaxation inducing spa treatments, taken together in the comfort, privacy and luxury of our Couple's Room. Enjoy an in-room steam 30 minutes prior to your treatments starting.

Foot Ritual: Begin with a relaxing foot soak in Himalayan bath salts and follow with a thyme & peppermint foot scrub. An relaxing foot massage completes this ritual.

Body Polish: Your choice of a body polish. Choose from Allepey using coconut and fresh Cardamom; Kollegal using Sandalwood; Madurai using beautifully aromatic jasmine or Malabar using a blend of energizing and uplifting spices.

Rose & Ashwaganda Milk Bath: A truly blissful and romantic bathing experience surrounded with rose petals.

Aroma Fusion Massage: A one hour deeply relaxing and calming body massage, using rhythmic Swedish massage techniques.

This package must be taken by two guests at the same time and all treatments must be taken within the same booking. This package is only available in our Couple's Room and we recommend that an advance booking be made to secure your preferred time.

The Quan Spa couples room is a relaxation area within itself and is dedicated to the couple spending quality time together in a relaxing, soothing and completely private room.

Local taxes as applicable.

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L I F E S T Y L E A N D W E L L N E S S T H E R A P Y

Ayurvedic Constitutional Analysis

45 minutes, Rs 1200

Allow our in-house specialists to guide you to total wellness. Develop your lifestyle in harmony with nature as we provide insight into your physical constitution as per the tenets of Ayurveda.

Ayurvedic Nutrition Consultation

45 minutes, Rs 1200

Ayurveda believes you are what you eat. In consultation with you and taking into account your lifestyle, work and family commitments, our in-house specialist will develop a healthy nutrition plan as per your body type to help you achieve physical balance.

Diet and Nutrition Analysis

1 hour, Rs 1000

The objective of this session is to help you reach your fitness and lifestyle goals whether it be weight loss, muscle gain, assisting you through a medical disorder or post-surgery nutrition.

Fitness Analysis

1 hour, Rs 1000

This comprehensive fitness assessment uses proven diagnostic techniques to ascertain your body's complete fitness level. These include muscle and cardiovascular endurance, muscle strength, flexibility and body composition analysis. This will help you personalize your fitness training plan further and help you achieve your goals faster.

Meditation

1 hour, one session Rs 1000 / 12 sessions Rs 7000

The link between body, mind and spirit was recognized by "Pathanjali", a renowned ancient Yogi. Experience a meditation session where you will be taught techniques best suited to your temperament. Regular meditation results in clearer thinking, quicker decision making, better memory and a sense of higher awareness.

Pranayama

1 hour, one session Rs 1000 / 12 sessions Rs 7000

Breath is one of our body's most vital functions. Pranayama aims to promote correct breathing techniques, which improves oxygen flow to your brain and body and controls your vital life force. Breathing exercises promote a calm and alert mind and are highly recommended as an effective stress management tool.

Personal Swimming Tuition

45 minutes, one session Rs 1000 / 10 sessions Rs 8000

Designed for swimmers of all levels. Whether you have never learnt to swim or if you need your technique improved, our swim instructors will work with you to achieve your goal.

Personal Training Development

45 minutes, one session Rs 1000 / 10 sessions Rs 8000

A motivating one to one coaching to help you reach your personal health and fitness goals. Our experienced fitness instructors will provide clear objectives and technical guidance to ensure you achieve measurable results. Suitable for guests of all fitness levels.

Yoga

55 minutes, one session Rs 1000 / 12 sessions Rs 7000

Practiced in many cultures of the world and able to be traced back thousands of years, yoga is the most diversified spiritual and physical practice in the world. Our yoga specialist will guide you to restore optimal balance of your body's systems leading to improved flexibility, muscle tone and well-being.

We invite you to experience traditional lifestyle rituals of India. Many traditional practices are passed down from generation to generation to keep them alive. In keeping with our geographical and traditional roots we have professionals who work with Quan Spa at JW Marriott Hotel to offer their unique alternative treatments to enhance our extensive menu of spa treatments.

We offer tarot card reading, numerology and specialist yoga instruction. Advance bookings are required for these services.

SPA TREATMENTS & HEALTH

Why should I Spa?

The International SPA Association, ISPA, defines the Spa experience as "your time to relax, reflect, revitalize, and rejoice." We also aim to deliver you an experience that incorporates elements that have been used in Indian health and beauty rituals for thousands of years.

I've never been to a Spa before. Can someone help me choose the most appropriate treatments?

Any member of our Spa team is available to discuss our range of treatments with you. We will help you meet whatever objective you have, whether to detoxify, energize, improve skin clarity, improve skin tone or just to relax. We also have a range of Ayurvedic therapies for those guests wishing to try treatments with a local influence.

Can I have more than one Spa treatment in a day?

Yes. Many Spa treatments work in synergy with each other. This means the therapeutic effects can be extended and improved by having more than one treatment in the same day.

What if I have a health condition or any health concerns?

We ask that you notify a member of our Spa team prior to your treatment. Please note it is extremely important to advise if you are pregnant or suffer from high blood pressure.

Should I eat before my Spa treatment?

As many Spa treatments improve blood circulation and use pressure techniques we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry.

We strongly advise against the intake of alcohol before any Spa treatment.

What skin care products will you use in my treatment?

Rest assured that all of our products are gentle on your skin. Where possible we use marine and plant based products that are hypoallergenic. We have different ranges to meet specific needs.

SPA ETIQUETTE

What should I wear to the Spa?

All of our luxuriously appointed treatment rooms are equipped with changing facilities. Feel free to wear your robe provided in your hotel room.

What should I wear during my treatments?

We recommend that your Spa treatments be enjoyed without clothing. However, we respect your privacy so disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

Is there a minimum age requirement?

Guests 12 to 16 years of age are permitted to experience selected spa treatments if a guardian of the same sex accompanies them. Note that the guardian must be present throughout the entire treatment. Guests under 12 years are not permitted in the spa.

Is it necessary to arrive early for my treatment?

We ask that you arrive 10 minutes before your appointment time to allow yourself time to relax and to complete a health questionnaire which will help us personalize your spa visit.

What if I am running late for my appointment?

To ensure we give the best possible experience to all of our Spa guests, if you are running late your treatment time will be shortened to ensure the next guest is not delayed. The full price of the treatment will be charged.

What do I do if I need to cancel my Spa treatment?

All bookings must be guaranteed to either your hotel room or with a valid credit card.

Any treatment cancelled without a minimum of 3 hours notice will incur a charge equal to 100% of the value of the treatment(s). Failure to arrive for your scheduled treatment will incur a charge equal to 100% of the value of the treatment(s).

How do I pay for my treatments?

We accept cash (Indian Rupees only) and all major credit cards. You can also charge all Quan treatments and services to your room account.

Is there anything else I should know so I have the best Spa Experience?

This is your time to relax and rejuvenate. Please let your therapist know if they can improve your comfort during your treatment. We advise against bringing electronic devices, (including mobile telephones) into the Spa area as these detract from your experience and also interrupt other guests in their enjoyment of the Spa.

Note that the use of mobile telephones within the spa treatment area is not permitted.