

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,

A relaxing bath with a sublime combination of Himalayan floral tonics, locally grown marigold and Himalayan rock salts. Providing an antioxidant boost for your body it will help ease the burden of pollutants and fortify the protective layer of skin.

Rose & Ashwaganda Milk Bath

45 minutes,

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!

Ocean Detox Bath

50 minutes,

Add this bath to your choice of a body treatment, 25 mins.

A detoxifying bath with a preliminary full body application of our active marine gel which prepares your skin for deeper penetration of the vitamins, trace elements, minerals and proteins found in the seaweed bath.

MASSAGE THERAPY

Aroma Fusion Massage

1 hour

1 hour 30 minutes

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

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

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

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.

Thai Massage

1 hour

1 hour 30 minutes

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.

Foot Reflex Massage

45 minutes

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

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.

Abhyanga

1 hour

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.

Pizichil

1 hour

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

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

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.

Indian Head Massage

30 minutes

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.



FACIAL THERAPY

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

Age intervention Facial

1 hour 15 minutes

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.

Nutritional Facial

1 hour

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 Alomega peel of mask is applied to the skin to aid with deep penetration of active ingredients.

Healing Facial

1 hour

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.

Moisture Surge Facial

1 hour

A revitalizing facial that incorporates active marine ingredients to help re-mineralize and hydrate your skin. Combines a specific firming massage and a marine algae mask.

Ocean Facial for Men

1 hour

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.

Radiance Facial

1 hour

A purifying and oxygenating treatment for sallow, sluggish skins, polluted by stress and negative lifestyles. This booster facial incorporates marine and plant proteins to replenish and nourish the skin resulting in a natural, healthy glow.



Relaxing Aroma Facial

1 hour

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 Ocean Facial

1 hour

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

Revitalizing Eye Treatment

30 minutes

Add this to your facial, 20 minutes, Rs 1250

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

Brightening Rejuvenating Treatment

1 hour

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, unsightly marks or any other skin imperfections. Regain a perfect complexion without imperfections as if you have regained the complexion of your childhood.

Derma-Peel Skin-Perfecting Treatment

30 minutes

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



BODY THERAPY

Allepey Body Polish

45 minutes

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

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

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

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.

Udvaartanam Detox Scrub

45 minutes

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.

Sandalwood Back Treatment

45 minutes

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.

Ocean Rainshower Body Treatment

45 minutes

Feel immediately revitalized from the effects of spirulina and pure sea salts with this full body exfoliation and spinal massage completed under the soothing water jets of our Vichy rainshower.



LC24 Thalgomince Body Wrap

1 hour

A holistic approach to a cellulite treatment that combines a specialized massage, with a wrap of active ingredients to help dissolve localized cellulite and unsightly curves.

(For the best results we recommend a course of 10 treatments)

Invigorating Ocean Body Wrap

1 hour

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.

Relaxing Ocean Body Wrap

1 hour

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

Revitalizing Ocean Body Wrap

1 hour

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.



PACKAGES

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.

Space Aakash

1 hour 30 minutes

All the energy channels of the body run from the feet to the head in lines called meridians. Allow your therapist to work magic on these two essential areas of the body to totally relax. Foot reflexology will release blocked energy through points in the feet that corresponds to the body. Followed by Shirodhara on the scalp and forehead which is an oil pouring on the "third eye" to soothe away all the stress.

Foot bath, Foot Reflexology, Shirodhara

Water Jal

2 hours 30 minutes

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

Wind Vayu

2 hours

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 of Qi throughout the body, thereby improving your whole body wellness.

Foot Bath, Madurai Jasmine Body Polish, Temple Massage (60 minutes)

Earth Ira

2 hours 30 minutes

Nourishing and sustaining like Mother Earth this is a program that grounds the senses and balances the mind. Starting 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 Sandalwood Body Polish, Abhyanga Massage (2-Hands), Shirodhara.



Fire Tejas

2 hours 30 minutes

A detoxifying stone massage incorporating marine extracts. Finish with a facial – your choice from our range (not including age-management) – to ensure you present your best to the world.

Foot Bath, Earth Stone Massage, Facial of your choice

Indoceane Spa Ritual

2 hours 30 minutes

A luxurious journey of vital relaxation comprising of "4 steps" so you can experience and discover 4 different cultures.

Mediterranean step: Sweet and Savoury body scrub.

Qi-marine, sacred lotus flower, brown sugar, and essential oils of lemon, mandarin and grapefruit blend together in this delicious and purifying body scrub. Luxurious and nourishing it leaves your skin velvety smooth and silky soft.

Egyptian step: Precious Milk Bath

This fine white powder with soothing musky scents transforms into creamy, sensual milk on contact with water. Feel the tensions and pressure slip away as your skin is covered with a subtle shimmering veil.

Indian step: Oil Massage

The first step in this vital relaxation massage is the application of Qi Balm stress reliever to the energy centers, then let your body unwind and release its spirit using a technique of Ayurveda and Chinese massage using a blend of relaxing essential oils of sandalwood, cedar and patchouli.

Chinese step: Sublime Cream Wrap

Finish the journey with a silky caress in replenishing and regenerating softness.

The body is enveloped in this delicate, powdery scented cream to which the skin is left feeling incredibly velvety and beautiful.

Ocean Memory Spa Ritual

2 hours 30 minutes

Ocean Memory is truly a nourishing treatment, feeding your body with all its minerals.

The Exfoliation: Wave of Purity

Mixture of algae with anti stress and anti fatigue properties and rematerializing 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.



LIFESTYLE AND WELLNESS THERAPY

Total Mind and Body Energy Healing

1 hour

This is a profoundly relaxing therapy that incorporates powerful techniques of osteopathy, reflexology, breathing and body talk. Energy healing aims to improve the flow of energy through the body's meridian channels and chakras resulting in improved vitality as the emotional, physical and mental bodies are harmonized and brought into balance. This treatment is administered by a qualified Doctor of Osteopathy and uses no oil and is performed fully clothed. (For a total treatment of mind and body detoxification we recommend a course of 10 sittings)

Ayurvedic Constitutional Analysis

45 minutes

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

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.

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.

Fitness Analysis

55 minutes

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.

Personal Training Development

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

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.



Personal Swimming Tuition

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

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.

Quan spa also invites you to experience traditional delights 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 JW Marriott to offer their unique alternative treatments to enhance our extensive menu. We can offer you a tarot card reader, Numerologist, and a yoga instructor. Advance bookings are needed 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.