

# Packages

### Shine for Two

60/90mins | 10000/12000  
Begin a relaxing journey with your companion through the application of lavender fragrance massage oil, relieving and re-energizing your entire body. Carefully applied pressure points are to relax you deeply, reduces stress and anxiety, while the techniques helps improving blood circulation, lavender oil helps improving brain function, sleeps, and restore skin complexion.  
To relax further, this treatment is followed by a hydro soak, resulting in a sense of calm comfort and leaving you luminous.

### Shine Body

90mins | 6500  
An immediate solution to recapture a youthful body! It combines two iconic spa therapies into one unique professional spa treatment to tighten, firm and infuse the skin with long lasting radiance. This glowing head to toe body treatment consists of body elixir, micro massages gel, body wrap, and luxurious body moisturizer.

### Shine Touch

120mins | 7000single/12500couple  
With the natural richness of our indigenous sandalwood, also known as the fragrance ambassador of India. This treatment consists of Sandalwood and lavender body scrub, a curated long stroke full body massage with Sandalwood oil does not only recharge and lift your energy up it also soothe, calm down acne inflammation and its natural anti-aging property helps the skin tightened and renewed  
The treatment ends with Shine bath (Jacuzzi)

### Shine Essence

190mins | 10500 single/18000couple  
We believe in respecting your own beauty regime. This treatment allows you to customize your own package with your choice of body scrub or wrap, a body massage and facial from our menu. The ritual followed by Shine bath. Get yourself rejuvenate to have a new You

### Shine Choice

240 mins | 15000single/25000couple  
At times you need a getaway. You deserve to forget everything else and focus on yourself. This Spa journey is sure to help you unwind, harmonize and rejuvenate your spirit. We help you crafting a perfect treatment from the list as the journey begins with your choice of body scrub, followed by a relaxing body massage, body envelopment and a facial  
Conclude the treatment with Shine luxury bath (Jacuzzi) and a choice of veg/non veg snack with a healthy juice

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### Reservations

Schedule your appointments in advance to ensure your preferred treatment and therapists are available. Bookings made on the day of service and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a telephone number and major credit card.

### Prior to the Service

Experience the therapeutic benefits of steam, the sauna or the whirlpool prior to your services. We suggest arriving 10-15 minutes in advance of your treatment. Please turn off your cell phone before entering the spa, locker rooms, or fitness and treatment areas. Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service, please do not hesitate to tell the therapist if you feel any discomfort.

### Children’s Policy

We are delighted to offer treatments for growing adults below the age of 16, however they must be accompanied by a guardian or by a known adult for the whole duration.

**Sheraton Grand Bangalore Hotel**  
**At Brigade Gateway**  
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### Cancellation Policy

04 hours’ notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

### Gift Certificates

Shine Spa for Sheraton gift certificates are available for purchase at the spa Front Desk. Our gift certificates are the perfect way to celebrate any occasion, with individual treatments, bridal packages or predetermined denominations offered.

### Treatment Attire

Guests will be provided with disposable undergarments. You are required to wear the same. Our therapists will always use draping techniques to respect your privacy.

### Home Care

Our therapists will be happy to guide you on our after-care spa products for best results after the treatments at the Shine Spa for Sheraton reception desk.



SHERATON  
SPA

# Spa Treatment Menu



\*Signature Shine Spa experience  
\*Taxes applicable

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# Massages

## Shine Massage

60/90mins | 4700/5700

Alleviate tension as lavender fragrance massage oil is lightly poured into your body with customized massage strokes. The essences are smoothed onto the skin, leaving it glowing, nourished and hydrated. Enveloped in subtle fragrance, you'll experience complete physical and mental relaxation

## Hot Stone Massage

90mins | 5700

Melt your stress away with hot stone massage using smooth, heated basalt lava stones. The warm stones are placed in tension prone areas, it helps you unwind and a better sleep, increasing joint flexibility, refocus and soothe muscles through the carefully applied massage techniques

## Abhyanga Massage

60/90mins | 4300/5300

Taken from centuries old Ayurvedic tradition, this ancient Indian treatment using warm herbal oil is design to improve circulation, remove toxins and relax the nervous system. The unique skills using long stroke movement not only relaxes the body, it enhances the skin texture, the deeply penetrated oil moisturizes the skin in a deeper layer

## Intense Muscle Release

60/90mins | 4300/5300

Time to get deep and meaningful with your muscles. Deep tissue massage uses focused, intense pressure with slow strokes to reach deeper layers of muscle to untangle the knots and ease out chronic muscle tension.

## Classic Aroma

60/90mins | 4000/5000

An enhancing body massage designed to transport you into a state of deep relaxation. The most commonly used massage over a century all across the globe, this massage exceptionally beneficial to increase the level of oxygen in the blood, decrease muscle toxins, improves circulation and flexibility while easing tension

## Jet Lag Cure

60/90mins | 4000/5000

Ideal for invigorating and relaxing at the same time, the pleasantly strong blended fragrances including lemongrass, lavender and peppermint oil tones up the body, as a weary traveler deserve their way back on the track, this massage helps rejuvenating the senses from physical and mental fatigue due to traveling different time zones

## Soothing Bliss

60/90mins | 4000/5000

A fusion of traditional Indonesian massage with a light rocking, soothing long stroke massage movements to stimulate the flow of blood, oxygen and “qi”(energy) around your body to bring in deep relaxation and wellness .

## Thai Massage

60/90 mins | 4000/5000

Thai massage is an ancient therapy that has been practiced in Thailand for thousands of years. It is indeed a sublime body work out that involves passive stretching and dry massage strokes to attain a true level of relaxation. The rhythmic pressure applied helps boosting energy, reducing stress, improving immune system and athletic performance

## Foot Massage

30mins | 2200

This healing art of ancient origin stimulates predefined energy points on feet to relive pain and stress. It also improves blood circulation that helps in getting a peaceful sleep

## indian Head Massage

30mins | 2200

The homecare medical remedy in Indian family, the unique ayurvedic strokes and pressure helps relieve stress, headache, eye strain, relaxes and calms your mind, and strengthen the hair roots

## Back Massage

30mins | 2200

Take a moment to renew with this massage that targets tension spots in the back, neck and shoulders

# Facials

## Shine Facial

70mins | 5500

This enriching brightening treatment using mother of pearl and diamond is designed to reduce sun damage & helps improve your skin's tone, clarity. The treatment improves the appearance of dull skin tone & re-mineralizes the skin. It also aids in the stimulation of collagen production to help tighten the skin and reduce fine lines. The skin looks more youthful and radiant, perfect for an instant glow on special occasions or for a skin maintenance treatment.

## Radiance Facial

60mins | 4500

This treatment helps refine skin texture, tightens dilated pores and brightens the complexion. It deeply relaxed, moisturized and protect the skin from UV damage. The main natural property of vitamin C help stimulates collagen production and with a result you get a brighter, healthier skin glowing with radiance

## Deep Cleansing Facial

60mins | 4500

A deep purifying treatment to balance and soothe the skin to remove impurities, helping the skin breathe under a high protection due to the penetration of skin's nutrition in the deeper layer. This treatment is very helpful in lightening skin tone and promises a luminous glow all times

## For Men

60mins | 4200

A nourishing facial especially formulated for men who need exfoliation and a soothing moisturizer to soothe razor burn. Excellent to reduce deep lines and remove impurities.

## Organic Facial

60mins | 4500

Revel in the luxury of organic facial for a radiant skin you crave for. Effective for treating all skin types and a perfect choice for dry and sensitive skin. It hydrates, soothe, balanced the skin tone, pamper and rejuvenate you

## Express Facial

30mins | 2800

A customized face treatment that cleanses and exfoliates your skin that brings glow and bright. A swift cleanse yet perfect for ones who are on the go.

## Eye Treatment

30mins | 2800

A rejuvenating eye treatment for a look that is noticeably younger and fresher. Using specialty diamond eye creams and collagen gel masks, it gently treats your delicate eye area's fine lines, dark circles and puffiness while hydrating and restoring elasticity

# Body Treatments

## Marine Mud Wrap

45mins | 3000

This silky-smooth body envelopment using marine absorbent clay perfectly blend with fresh flowers and herbs hydrates, tighten, improves texture, appearance and moisturized the skin

## Detoxifying Wrap

45mins | 3000

This wrap draws out toxins and purifies skin while retaining its natural moisture balance. The orange extract in the wrap revitalizes and tones up the skin

## Marine Salt Scrub

45mins | 3000

This gently exfoliating technique using a sea salt scrub blended with cold-pressed almond and olive oils not only removes dead cells, it improves blood circulation and skin texture and leave the skin radiant and smooth

## Indian Spice Scrub

45mins | 3000

Made from finely ground pulses, nuts & herbs help deep cleanse the pores, remove dead skin cells and stimulate blood circulation

## Jacuzzi Bath

30mins | 3000

Designed to soothe the body and calm the nerves, with warm water or ‘hydro’ therapy, this luxurious bath improves sleeping pattern by detoxifying and refreshing your mind, warming up your muscles & joints and balancing your senses

# Hands & Feet

Our signature care for hands and feet include soothing soaks, exfoliating with tropical line of aromatic scrub, extended massages with hydrating calming cream

## Shine Hands & Feet

90mins | 6000

Soak in a warm aromatic bath, followed by a hard-renewing exfoliation and a foot softening treatment. A deeply hydrating mask is applied to the hands and to activate circulation through fruits-based extracts. The treatment finishes with a cream to nourish, repair and protect the skin from environment stress