

Packages

Shine for Two
60/90mins | 11500/13800
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 | 7475
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 | 8050 single/14375 couple
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 | 12075 single/20700 couple
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 | 17250 single/28750 couple
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.

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.

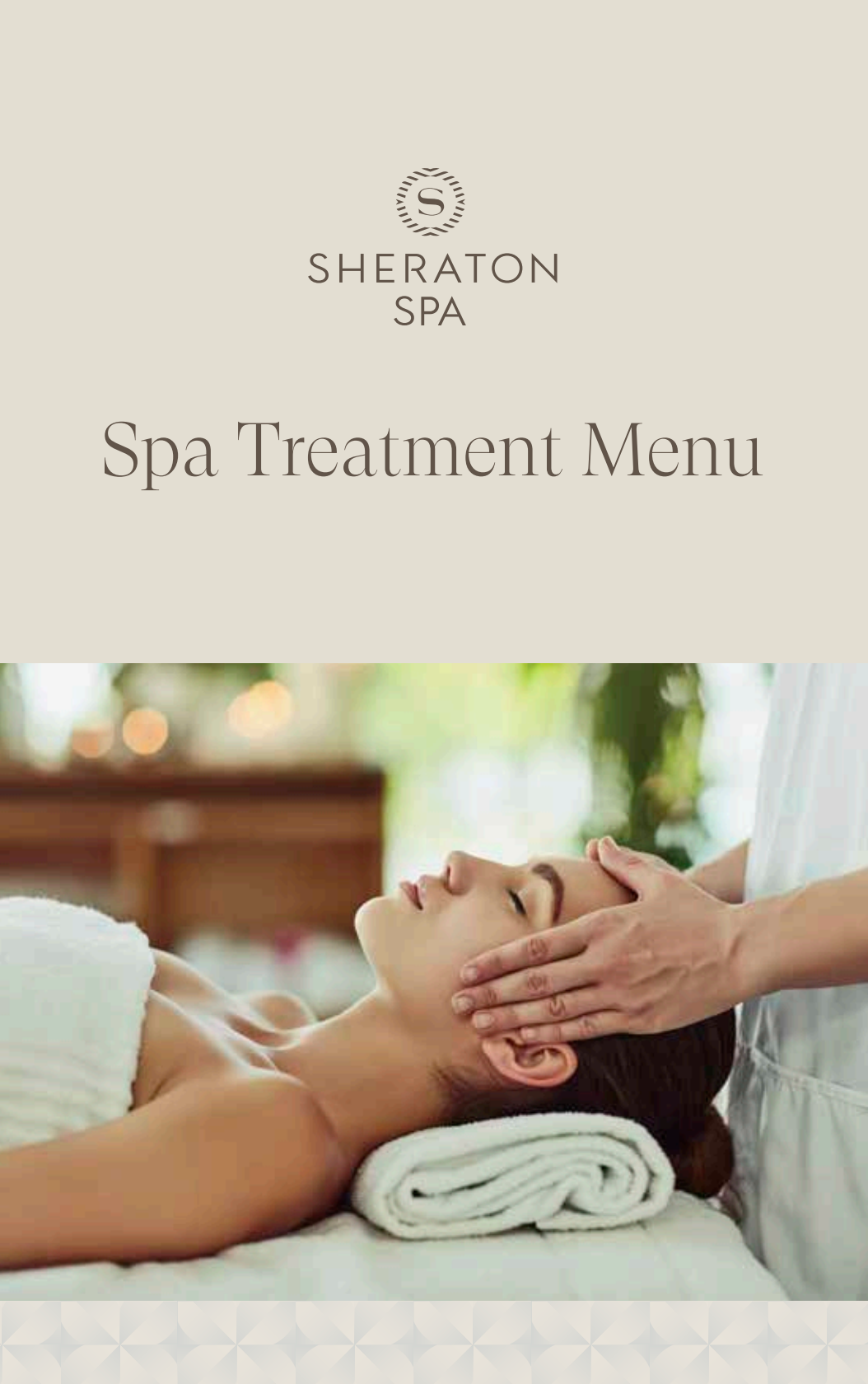
Treatment Attire
Guests will be provided with disposable undergarments. You are required to wear the same. Our therapists will always use draping techniques to respect your privacy.

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 Grand Bangalore Hotel
At Brigade Gateway**
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*Signature Shine Spa experience
*Taxes applicable

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Massages

Shine Massage
60/90mins | 5405/6555
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 | 6555
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 | 4945/6095
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 | 4945/6095
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 | 4600/5750
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 | 4600/5750
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 | 4600/5750
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 | 4600/5750
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 | 2530
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 | 2530
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 | 2530
Take a moment to renew with this massage that targets tension spots in the back, neck and shoulders

Facials

Shine Facial
70mins | 6325
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 | 5175
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 | 5175
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 | 4830
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 | 5175
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 | 3220
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 | 3220
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 | 3450
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 | 3450
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 | 3450
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 | 3450
Made from finely ground pulses, nuts & herbs help deep cleanse the pores, remove dead skin cells and stimulate blood circulation

Jacuzzi Bath
30mins | 3450
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 | 6900
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