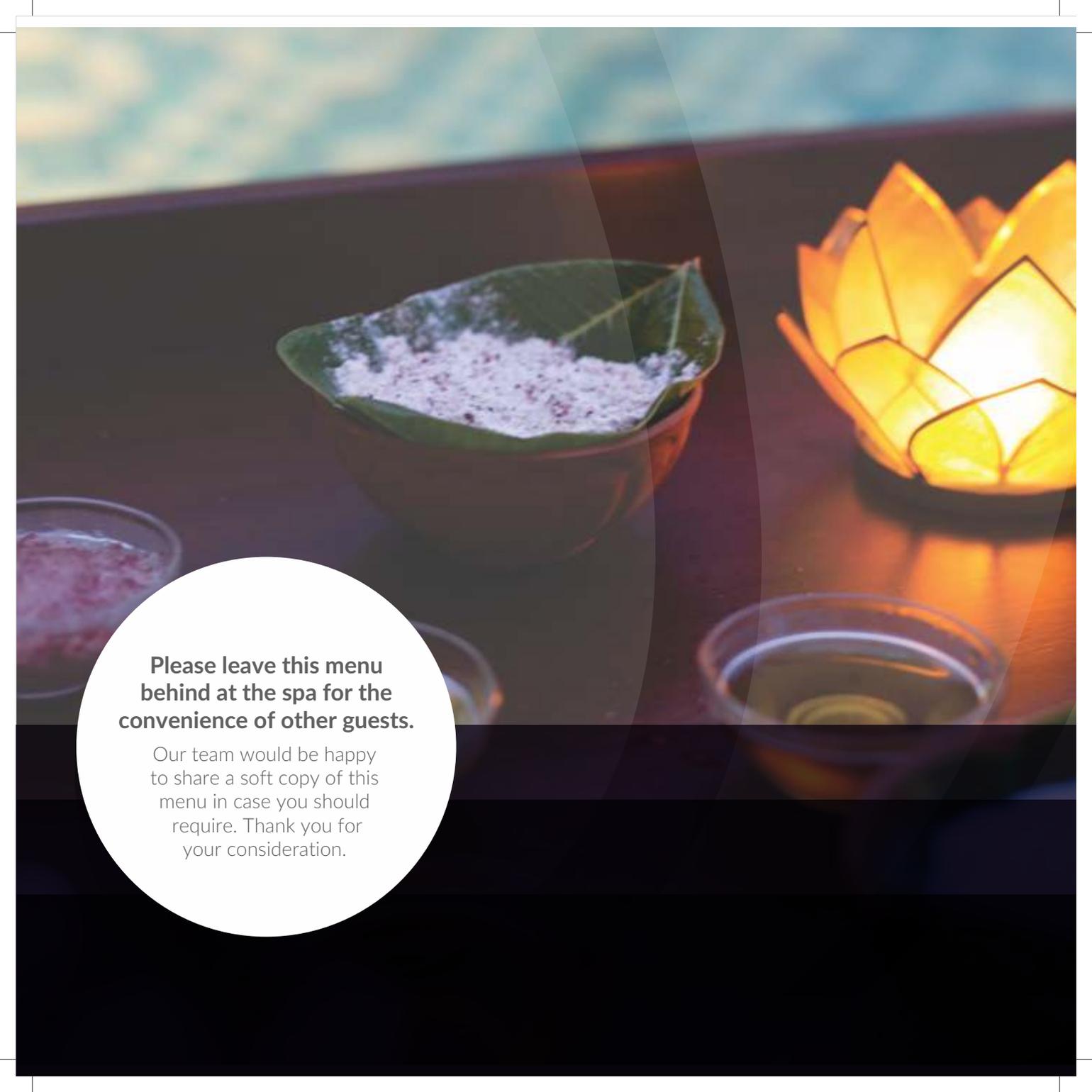




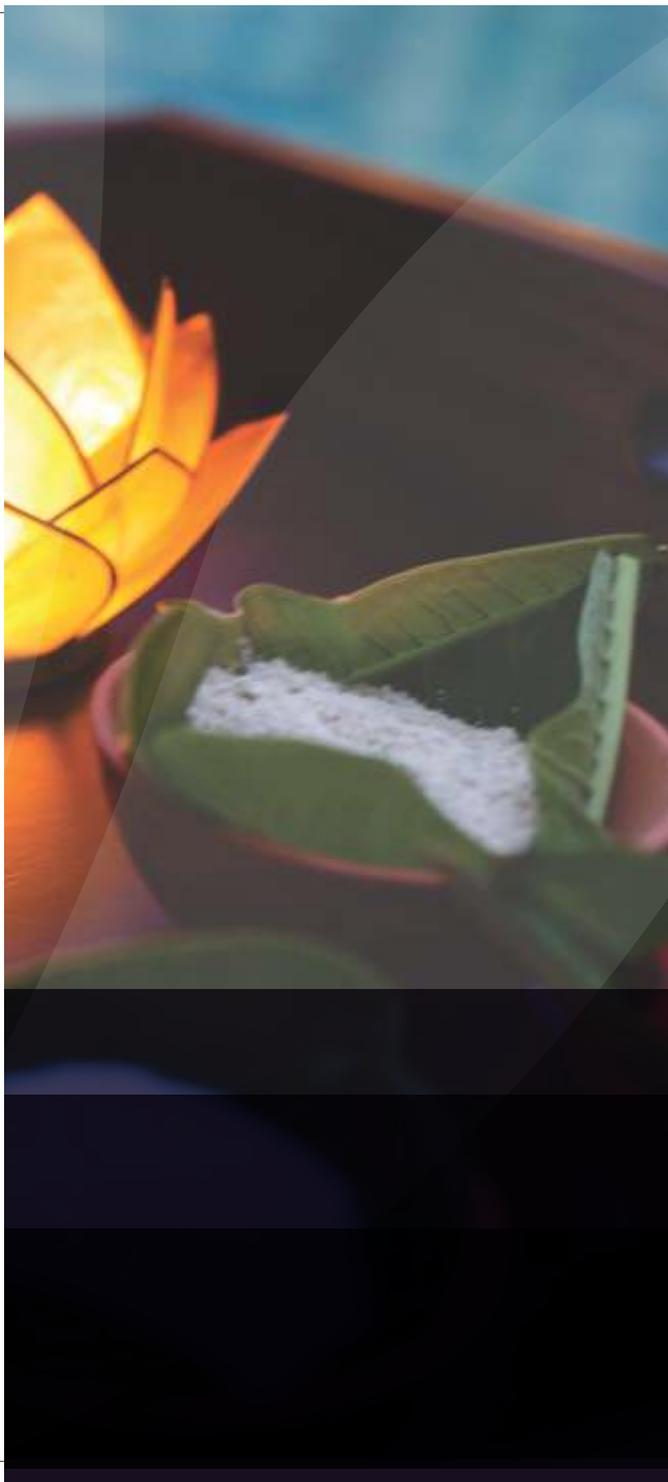
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Welcome to Serenity ~ Welcome to Tattva Spa

A photograph of spa treatment ingredients on a dark wooden table. In the center, a green leaf is used as a bowl for a white, granular substance. To the right, a glowing yellow lotus-shaped candle is lit. In the foreground, there are several small glass bowls containing various liquids and powders. The background is a blurred view of a body of water.

**Please leave this menu  
behind at the spa for the  
convenience of other guests.**

Our team would be happy to share a soft copy of this menu in case you should require. Thank you for your consideration.



# Introduction

Tattva Spa invites you to experience the rich mystic fusion of the ancient Indian philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements - Prithvi (Earth), Vayu (Air), Agni (Fire), Jal (Water), and Aakash (Sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambience. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and International massages, express therapies and beauty elixirs, to our traditional spa baths with salt therapy, and signature spa rituals.

Welcome to Serenity,  
Welcome to Tattva Spa.



## Signature Spa Rituals

### Deep Sleep

120 minutes

INR 5600

Hours hunched over a computer, seated in meetings or crammed into an aeroplane seat leads to stress and strain in the lower back, shoulders, neck, hands, and eyes. This spa session is your much-needed stress buster.

Inclusive of: Rejuve (60 min) | Head massage (30 min) | Foot reflexology (30min)

### Nourish

120 minutes

INR 5200

Allow the superwoman in you restore her super-powers to take on the world refreshed and renewed. Give-in to this me-time for you.

Inclusive of: Choice of Relax or Rejuve (60min) | Vitamin facial (60min)

\* Taxes extra

**Chakra Balancing****120 minutes****INR 6900**

Our Ayurvedic wellness is based on the fundamentals of five universal elements - Prithvi (Earth), Jal (Water), Agni (Fire), Vayu (Air) and Akasa (Sky). Our signature spa has tried to bring the Vedic balance in your body in a lavish ambiance.

Inclusive of: Signature tattva therapy (90 min) | Face mask (15 min) | Foot soak

**Serenity (Couple Spa)****120 minutes each****INR 9900**

Luxuriate in the candlelight of the couple's treatment suite as you both relax and rejuvenate. Why wait for an anniversary to celebrate togetherness?

Inclusive of: Swedish & Deep tissue massage (60 min) | Vitamin facial (60 min)

**Replenish****135 minutes****INR 7400**

You are initiated into a journey to reconnect with your inner self through traditional Indian massage, followed by a floral body polisher and ending with an energising head massage. A truly rejuvenating experience that balances your body, mind and spirit.

Inclusive of : Abhyanga massage (60 min) | Floral mist body polisher (45 min) | Prithvi (30 min)

**Bliss (Couple Spa)****90 minutes each****INR 8400**

Our therapists treat you like royalty in a tranquil natural setting and lead you and your loved one to a state Of bliss with the perfect combination of our luxurious therapies of rejuvenation.

Inclusive of: Choice of Abhyanga, Vishram or Akhra Malish



# Indian Selection

## Potali

75 minutes

INR 3500

Our unique therapy based on the Ayurvedic principles of therapeutic application of warmth. The body is massaged with linen potalis stuffed with essential herbs and oils, resulting in relaxation and detoxification. This also helps with harmonising the chi.

## Signature Tattva Therapy

90 minutes

INR 4800

This is a signature wellness service of Tattva, incorporating yoga stretches along with a massage. This unique technique involves dry and oil based massage, eases muscle tension and energises the body with acupressure movements and stretching. The deep pressure applied during this massage works effectively on muscles and balances the energy levels of the body.

## Abhyanga

60 | 90 minutes

INR 3200 | 4800

In this traditional Indian technique, your body is massaged with the finest herbal oils inspired by ancient Indian Ayurveda. This helps reduce the knots in your muscles and overall body fatigue. Sit back and let our healers bring time-honoured healing arts back to life by relaxing your mind and body.

## Vishram

60 | 90 minutes

INR 3000 | 4500

Our therapists' alternating palm and thumb strokes softly work on your fatigue and aching body to de-stress and to tone up the skin. Your full-body massage submerged with the signature herbal oil to energize your sensation.

## Akhara Malish

60 | 90 minutes

INR 3200 | 4800

The traditional aroma therapeutic massage oil works vigorously on your body to rekindle your energy flow. Elementia uses this powerful oil massage to release your body pain and to rejuvenate your sore, tense muscles.

\* Taxes extra



# International Selection

## **Relax - Traditional Swedish Massage**

**60 | 90 minutes**

**INR 3000 | 4500**

A medium pressure body massage, which uses one of the most effective proven massage techniques. The masseur will use various traditional, long kneading strokes to energise your body. The Swedish massage targets tired muscles and enhances blood circulation.

## **Rejuve - Traditional Deep Tissue Massage**

**60 | 90 minutes**

**INR 3200 | 4800**

Feel all your tension melt away as this therapy helps reduce adhesions and loosens muscles. Highly customised for your needs, our masseur will focus on relieving muscle tension and pain from your tired body.

## **Jetlag Recovery**

**90 minutes**

**INR 5000**

The ideal massage to banish the dehydration, fatigue and sluggishness associated with jetlag. These movements are designed to stimulate and invigorate you. Surrender your weary self to our expert healers to leave you feeling renewed.

## **Energize - For Tired Traveler**

**30 minutes**

**INR 1800**

The ideal massage to banish the dehydration, fatigue and sluggishness associated with jetlag. These movements are designed to stimulate and invigorate you. Surrender your weary self to our expert healers to leave you feeling renewed.



## Beauty Elixirs

### **Floral Mist** *(Body polisher)*

**45 minutes**

**INR 3000**

Tattva brings to you a misty fusion of aromatic oils - including palash, saffron and specialty floral extracts from the Himalayan valley. The gentle exfoliating polisher evens out the skin tone leaving your skin soft and supple and giving you that dewy glow.

### **Kalp Vriksha** *(Body scrub)*

**45 minutes**

**INR 3000**

Kalp vriksha is an exceptional coconut-based herbal body scrub that helps hydrate your body and gives you an everlasting effect. This exceptional body tonic cleanses and hydrates the uneven and patchy skin from within.

\* Taxes extra

**Prithvi** *(Earth's nectar - body wrap)***30 minutes****INR 2500**

This rich, detoxifying and firming wrap draws from the goodness of exotic Indian herbs and clay. Its therapeutic properties, drains out the toxins, tighten the skin and leave it with a radiant, youthful glow. Good for all skin types. Recommended with massage or scrub.

**Vanilla & Nutmeg Smoothie** *(Body polisher)***45 minutes****INR 3000**

A luxurious creamy treatment that leaves your skin soft and supple, this aromatic mixture provides essential hydration and conditions damaged skin, leaving your body with a delicate sweet fragrance.

**Cleansing Facial****30 minutes****INR 1800**

A simple yet effective deep cleansing treatment that helps exfoliate dead skin and blackheads and unclog pores. This treatment refines skin clarity and reduces acne blemishes to leave you with a fresh skin that breathes and glows.

**Vitamin Facial** *(Recommended for skin brightening)***60 minutes****INR 2500**

Brighten up your day with Tattva's active detoxifying facial treatment enriched with essential skin vitamins. Our healer will softly relax your facial muscles and gently enhance blood circulation, leaving you with supple skin for that everlastingly youthful look.

**Young & Radiant Facial** *(Recommended for neglected skin)***60 minutes****INR 3500**

Tattva's professional facial for mature and/or neglected skin infuses the skin with scientific ingredients proven to slow the ageing process, helps repair damage and restores freshness back into your skin. The result? Younger-looking radiant skin.

**Hydra Facial** *(Recommended for dry & patchy skin)***60 minutes****INR 4000**

This facial offers deep hydration & nourishment to your skin. It improves skin elasticity and boosts natural skin cell regeneration thereby offering you that flawless smooth skin.

\* Taxes extra



## Face Mask Selection

### **White Mulberry - Peel off mask** *(Recommended for mature skin)*

**INR 1500**

The antioxidant and skin soothing properties of pure white mulberry enriched facial peel off mask is a perfect quick fix for your skin. This whitening & firming marine algae mask, gives a cool, and firm feel to the skin while lightening the skin and delivering a uniform glow across leaving you with a smooth, fresh, youthful and radiant skin. What more can you ask for !

### **Green Tea Tree - Peel off mask** *(Recommended for oily / acne prone skin)*

**INR 1500**

This Green Tea Tree peel off mask is rich in anti-oxidants, anti-fungal ingredients that encourage healing and rejuvenation of the skin. It gives a natural glow to tired, dull skin and soothes inflamed, acne prone skin by balancing excessive oil production. Get that natural glow back !

### **Activated Charcoal - Peel off mask** *(Recommended for cleansing and purifying)*

**INR 1500**

A deep cleansing mask that helps to detoxify and purify the skin, activated charcoal acts like a magnet to draw out the most deeply rooted impurities, unblocking the clogged pores while naturally derived ingredients calendula, rosemary help to rebalance and restore a glowing complexion.

\* Taxes extra



## Express Therapies

### **Indian Head Massage**

**30 minutes**

**INR 1500**

This invigorating therapy helps restore the natural sheen of the hair fibre. This massage helps relieve stress from the head, neck and shoulders, creating a profound sense of joy and relaxation.

### **Leg Fatigue Reliever**

**30 minutes**

**INR 1800**

Based on ancient eastern techniques, reflex zones on the feet and calf muscles are worked on. This is a treatment that balances the energy flow in the body and eases swollen legs and ankles, using a hand-picked combination of soothing natural oils.

### **Oriental Back Massage**

**30 minutes**

**INR 1800**

Originating from the island of Bali, this therapy will soothe internal tissues, and relieve strained muscles and joint pain. We use carefully chosen aromatic oils during the massage to calm the nervous system, making this a serene experience indeed.

\* Taxes extra



## Salon

Organic Pedicure	INR 750
Organic Manicure	INR 750
Hair Spa - Amazon amarnath	INR 2500
Hair Wash (Shampoo & Conditioning)	INR 450
Extra for long hair	INR 300
Nail paint change (Hands/Feet)	INR 150

\* Taxes extra



## Members get more Spaaa

Membership with Tattva Spa offers you a wide range of value-added extras, in a superb luxurious environment to suit your wellness bucket list. We invite you to escape the chaos of daily life and rejuvenate in our private retreat. We understand that everyone's needs are different and hence our assortment will be a delight to your choices.

Category	Price	Effective Discount	Validity Month	Beneficiaries
Value	15000	20%	3	1
Value Premium	17000	15%	3	1
Smile	25000	30%	6	1
Smile Premium	30000	22%	6	1
Club	40000	40%	12	2
Club Premium	55000	35%	12	2
Elite	125000	50%	18	2
Elite Premium	150000	45%	18	2

\* Value, Smile, Club, Elite category memberships are valid for redemption during Happy Hours only. Ask for Happy Hours for your specific location. All Premium category memberships are valid for all days and times.

\* Taxes extra



# General Information

## Reservation and 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 maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests 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 has the discretion of not serving guests under the influence of alcohol
- Gentlemen are advised to shave at least 3 hours prior to a facial session
- What should guests wear during a treatment?  
Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

## Considerations

- Membership packages are non-refundable and can be availed against a valid membership card / booklet
- 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 rendered by Elementia Wellness Pvt. Ltd. are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Tattva Spa, its employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature. Any illicit or sexually suggestive 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 for the scheduled service





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—  
**AGRA**

Taj Nagri, Phase II, Fatehabad Road, Agra  
Uttar Pradesh, India, Pin-282005  
Tel: 05622 245 7777  
Spa Reservation: 7765 | 9999835852