

Terms and conditions

RESERVATIONS

We encourage our guests to schedule their appointments in advance. Appointments can be scheduled by calling the Spa reception desk at 0124 7112294 from the handset or 364 from the hotel intercom

For the optimal Heavenly Spa experience, we recommend that you arrive at least 30 minutes before the scheduled appointment time so that you may relax and take a shower before the treatment

CANCELLATION POLICY

We require 24 hours' notice for changes and cancellation. In case of cancellation within 4 hours of the appointment we would charge 50% of the price of the treatment booked

Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

TIPS TO RECEIVE THE FULL BENEFITS OF HEAVENLY SPA BY WESTIN

TAKE TIME: Give yourself plenty of time so you can enjoy the steam, sauna or Jacuzzi prior to your services. This will relax and warm the muscles, which will aid in the therapeutic of all our treatment and services.

SHOWER: A quick shower just before your massage treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products

TREATMENT ATTIRE: Guests will be provided with disposable undergarments. You are required to wear this for your comfort throughout the services. Our therapists will always use draping techniques to respect your privacy. At no time during the treatment will you be exposed, except in certain Ayurveda treatment.

COMMUNICATE: Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is the key to getting what you want out of your Heavenly Spa by Westin experience. Keep in mind that all bodywork is similar to exercise in that, lactic acid and other toxins are released from the muscles.

LET GO: Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember this time is for you.

THE WESTIN SOHNA RESORT & SPA

Vatika Complex, P.O.
Dhaura, Karanki Road,
Sohna, Gurgaon - 122103,
Haryana, India

T +91 124.711.2233

F +91 124.711.2234

heavenlyspa.sohna@westin.com

©2017 Marriott International, Inc. All Rights Reserved. Westin and its logos are the trademarks of Marriott International, Inc., or its affiliates.

A top-down view of spa ingredients: a small wooden bowl of white salt crystals, a white bowl of yellow oil, a sprig of green herbs, and a sprig of purple lavender flowers, all on a light-colored surface.

Awaken Your Senses

Massages

HEAVENLY SPA SIGNATURE MESSAGE

Heated compress invites back muscles to relax, before the Swedish massage, leaves you feeling physically rested and mentally uplifted

75 Minutes or 90 Minutes

UNWIND

Natural Aromatherapy oils along with diverse massage techniques are customized to answer the tired muscles and stressed mind

45 Minutes or 90 Minutes

TRANQUIL

This head to toe massage uses carefully applied pressure to induce a deep state of relaxation, leaving you prepared for a sound night's sleep

75 Minutes or 90 Minutes

WESTIN WORKOUT MESSAGE (DEEP TISSUE)

An intensive massage that works deep into stiff, tight, aching muscle to instantly release pain and tension

75 Minutes or 90 Minutes

THAI MESSAGE (DRY MESSAGE)

An ancient form of therapeutic healing that has its roots in India and Thailand. Using slow gentle rocking movements, the therapists apply compression with thumb, palm, elbow, knees and feet to harmonize vital life energies. This treatment relaxes, energizes and increases flexibility

60 Minutes or 80 Minutes

SWEDISH MESSAGE

It is an excellent massage that works with various techniques to flush the tissue of toxins and thereby tiredness. It also stimulates the skin as well as the nervous system, and increases oxygen flow helping to energize, revive and promote well being

75 Minutes or 90 Minutes or 120 Minutes

BALINESE

The Balinese massage combines techniques from different cultures especially India, Chinese and European. This massage offers acupressure, rolling motion, long strokes and percussion which provide an invigorating experience for the body

75 Minutes or 90 Minutes or 120 Minutes

REFLEXOLOGY

The Chinese technique of acupressure using finger point stimulates reflex zones in the feet, which are systematically linked to all parts of the body. By stimulating these points, the circulation of the entire body is improved

30 Minutes or 45 minutes

SCALP AND SHOULDER MESSAGE TENSION RELIEF BACK MESSAGE

As most of the muscle tension and knots are concentrated around the neck, shoulder and back, this treatment aims to relieve back pain and correct repetitive stress syndrome

30 Minutes or 45 minutes

Spa Rituals and Packages

INDIAN BATH RITUAL

Indulge in the complete beauty treatment as experienced by the Indian Royalty

The experience begins with a full body exfoliation using the "ubtan" : a gommage made from turmeric and herbs, followed by a 45 minutes massage with Hemp oil having properties to heal and nourish the skin. The massage is followed by a Face clean up and Head massage.

The whole experience ends with a milky bath enriched with aromatic rose oil and a light snack

180 Minutes

THE PHARAOHS BATH RITUAL

The ancient Egyptian priests were also physicians who formulated and recorded recipes for restoring health, vitality and youth The exotic Therapy begins with honey and sugar scrub and a warm tea tree and dead sea salt soak, followed by 45-minute massage with oil enriched with myrrh, medicinal barks and frankincense that relaxes and

hydrates the skin and a dead sea mud wrap. The therapy ends with a mini facial for that complete feeling of indulgence

ZAREEBA

Connect with your inner self. Leave behind your gadgets in the room and enjoy a massage at the Westin Lake. Hear the natural sounds of the birds and the breeze and relax totally: mind and Body

Enjoy a light snack by the lake post the massage
90 Minutes

TOUCH OF HEAVEN

For the feeling of togetherness, a beautiful package that includes a body exfoliation, massage and an express facial

180 Minutes couple indulgence

DEEP CLEANSING

A basic facial cleanup recommended for all skin types, provides the skin much needed hydration and instant freshness. The facial leaves the skin purified and re-energize

SKIN BRIGHTNING

Perfect for restoring the natural luminosity and fairness of your skin, this treatment also helps to reduce facial pigmentation, marks, scars and other imperfection. This gets you radiating that pearl like sheen in no time.

75 minutes

60 minutes

60 minutes

Beauty Services

HAIRCUT

HAIR STYLING

HAIR TREATMENTS

SHAVING

SHAMPOO AND BLOW-DRY

BEARD TRIMMING

Bath Rituals

UPTAN BODY WRAP

Vedic wrap with the goddess of organic turmeric, almond powder, chick pea powder and saffron which keeps the skin glowing and radiant, enhanced with pure rose that helps to rejuvenate, regenerate moisture and heal the skin

30 minutes

SANDALWOOD BODY SCRUB

An exfoliations of dad sea salts, nourishment of pure Apricot and sandalwood oil leaves your skin smooth and revitalized. Anti-bacterial sandalwood softens skins prevents skin infection and cools the skin

30 minutes

NARIKELA BODY SRCUB

A truly soothing treatment that celebrates the natural goodness of coconut an ingredients familiar in many households of India. The process includes exfoliation and moisturization Using a blend of ingredient that have a cooling effect on the skin

30 minutes

COFFEE SCRUB

Coffee body scrub exfoliates dead skin cells and help get rid of black heads tan and impurities. It polishes your skin and deep cleanses your pores leaving your Skin smooth, glowing and breathe free

30 minutes

Body Treatments

HEAVENLY BODY

To heal a tired or tanned skin indulge in a healing and moisturizing treatment that includes a body exfoliation and a body cocoon

90 Minutes

For reservations, please contact the spa to schedule your appointments. We require 24-hour notice for changes or cancellations.