

tamaya spa hibiscus

SERVICES MENU

Tamava means 'where the soul resides'!

Where there is ultimate peace, no worries, no negativity, no illness, no darkness just wellness, serenity and pure bliss! Tamaya by Hibiscus, is a holistic wellness concept, where we take you on an inward journey. At Tamaya, by Hibiscus, we bring our sense of innovation and the concept of sustainable wellness to provide a wide range of wellness services. Your well-being is at the center of every thought and action that has gone into creating therapies and services at Tamaya.

Each of the products we choose are tested to match our stringent standards whether they are market acknowledged brands or they are Ayurveda based therapies or our own hand blended Natural products. We are proud to consistently present to you, the power of choice-to choose as you deem necessary- whether you choose to use market leading brands for immediate results or the long term benefits of Natural products. We are with you at every step of well-being.

Services using completely natural products

We believe every human body has the power to heal itself naturally. Nature might not provide instant quick fix solutions, but its results are long lasting. Our well researched and cruelty free tested products are in sink with the principle 'Mother Earth the Super Healer'. We always test products for their short-term and long-term effects before we bring it to you. You can choose to go natural when you are at Tamaya Spa. The only thing you need is patience! Allow us to make you experience the mystic and magical healing of our organic natural handmade products.

Services using market leading products

We have carefully chosen and selected only the best market leading products. We have been very selective while choosing these brands, as we want to provide you the best. We restrained our self from giving you too many brands to choos from. We have done the authenticity and market research on our end and bring you the most professionally trusted and evaluated brand. Consequently you can impetuously go with the menu suggested products to give you stress free and crystal clear selection of product.

We welcome 'You' to the World of true Wellness - Welcome to Tamaya, by Hibiscus.

Cancellation Policy

Cancellation or no shows within six hours will incur 100% charges. 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.

Restriction on the use of facilities

Guest under the influence of alcohol, high energy drugs and medications will not be allowed to use the spa and avail of treatments. No eatables will be allowed inside the spa. The spa is strictly a non smoking area.

Disclaimer

Although we have taken utmost care in selecting and controlling ingredients, we cannot guarantee against allergic reactions. If you have any previous experience of any allergic reactions please inform the reception immediately. We shall not be liable for any accident or injury suffered by a member or guest. Please note that we cannot be held responsible for any loss or damage to personal articles. We urge you to keep all valuables in the locker and remember to take them all before leaving.

All Prices are in Indian Rupees and are EXCLUSIVE of all applicable Government taxes.

TAMAYA - SPA MASSAGES

BODY MASSAGES

Tamaya Touch
30 Min.
Tamaya Touch is a stress relieving massage for the head, neck and shoulders/ full back/ full legs which improves blood circulation and revives you energy. (This in not a full body massage and does not include steam or shower.)
Swedish Massage
1 Hr. (45 Min. massage, 15 Min. steam)
Swedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long glidin strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.
Balinese Massage
1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)
Balinese massage is a full body, medium pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology an aromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.
Deep Tissue/ Sports Massage3750
1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)
Deep tissue massage therapy is similar to Swedish massage but applies deeper pressure on the muscles. The focus is on the deepest tissues ligaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.
Abhyangam3750
1 Hr. (45 Min. massage, 15 Min. steam)
Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood and also build the immunity of the body t fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.
Kizhi / Potli (Hot Herbal Compress)
1 Hr. 45 Min. (1 Hr. Massage, 15 Min. steam)
This nourishing technique alleviates the pain in strained body parts and targets sore muscles and joints. A heated cloth bolus containing Ayurvedi Herbs is dipped in medicated oils and so ly pressed onto the affected areas. This therapy is effec ve for back pain, soreness and other so inflamm ons especially joint pain.
Tamaya Signature Massage
1 Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. steam)
Tamaya signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvena ng massage ritual. Th ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.



TAMAYA - SPA RITUALS

BODY SCRUBS AND WRAPS

All our Scrubs and wraps are free of harsh chemicals like paraben, bleach and free from plastic beads.

Rice Exfoliation	1750
(30 Min.)	
A gentle scrubbing process helps promote healthy skin with radiant complexion. A cream base scrub enrigently removes dead skin cells to make it smooth, soft and supple.	iched with botanical extract of Papaya
Orange Glow Scrub	1750
(30 Min.)	
Orange scrub with ac ve Citrus, using gentle scrubbing strokes, promotes flawless skin for an even skin tone known for its skin lightening proper es and is tradi onally used in Ayurveda for Indian brides.	and glow. Orange peel powder scrub is
Neem Healing	2050
(30 Min.)	
Help your skin heal with the benefits of time tested Neem. A hydrating wrap with the medicinal value of reduce excess oil and counter the effects of dirt and dust. This wrap detoxifies, invigorates and reduces ble smooth. This is specially beneficial for sensitive or allergy prone skin.	
Orange Wrap	1750
(30 Min.)	
A nourishing wrap with the medicinal value of orange and natural clays formulated to smoothen and so reduces blemishes, leaving the skin clear and silky smooth. This is beneficial for all kind of skin and specially for	
Brightening Body Polishing	4950
1 Hr.45 Min.	
Body polishing is like a facial for the body that completely exfoliates and hydrates the skin and gives the procedure includes full body exfoliation followed by a gentle massage, and finally a nourishing body wrap.	ne perfect shine and smoothness. The

20 minutes of an aromatic steam using eucalyptus oil. This is beneficial for coughs and colds and detoxifies the body and increases immunity.



AYURVEDIC RITUALS

Shiro Abhyangam	1250
(30 Min.)	
Shiro Abhyangam (Ayurvedic head massage) focuses on your head, neck & shoulder. It is Marma techniques that tap into your path of energy and encourages healing and balance is	
Abhyangam	3750
1 Hr. (45 Min. massage, 15 Min. steam)	
Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the fight against seasonal changes. In fact, it is recommended as the first treatment in Panchal benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep a	karma, thanks to its ability to retune the energy cycles. The
Udwarthanam	3750
1 Hr. (45 Min. massage, 15 Min. steam)	
Udwarthanam is a combination of an exfoliation, massage therapy and is administered circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is a exfoliates the skin to give a toned and firm look, and is effective in reducing body fat. This is	applied as a scrub all over the body. This treatment also
Shirodhara	4250
(60 Min.)	
This Ayurvedic treatment involves gentle pouring of herbal liquids onto the forehead from relieves tension and improves general well-being.	n a hanging pot. This process is said to cure many diseases,
Kizhi / Potli (Hot Herbal Compress)	3750
1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)	
This nourishing technique alleviates the pain in strained body parts and targets sore must Herbs is dipped in medicated oils and softly pressed onto the affected areas. This the inflammations especially joint pain.	
Ayurvedic Packages	
Ayurvedic Retreat	6750
1 Hr. 45 Min. (45 Min. Abhyangam + 45 Min. Udwarthanam, 15 Min. steam)	
A complete retreat to rejuvenate your body mind and soul. The package consists of 45 min	utes of Udwarthanam followed by Abhyangam.
Ayurvedic Bliss	7250
1 Hr30 Min. (45 Min. Abhyangam massage + 30 Min Shirodhara + 15 Min. Stear	m)
A complete ritual to rejuvenate the body. The ritual starts with Shirodhara and is followed	

Weight loss and detoxification packages, customised as per individuals' needs, according to the PRAKRATI and physical, medical conditions, are available. Please consult the reception for details.



NATURAL RITUALS

NATURAL FACIALS
Kumkumadi Facial
(1 Hr.)
Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.
Mukh Lavanya Facial
(1 Hr.)
This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.
Panchagavya Facial
(75 Min.) Panchagavya is widely used in Ayurveda medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of the skin.
NATURAL HAIR SPA
Kesh Abha
(55 Min.)
This natural hair treatment starts with a scalp massage using hair strengthening oil to stimulate your roots followed by a hair mask rich with herbs thereby nourishing your scalp and hair. From roots to tips, your hair will thank you for this treat from nature.
NATURAL HAIR COLOUR
Ayurvedic Hair Colour
This colour uses Indigo (Neel) and beetroot pigments and combines them with Henna to give a hair colour of your choice. Like all things natural there is no guarantee that you will get 100% grey coverage. However, if you are tired of using chemicals and have the patience to give natural products a chance, this is your best bet.
HANDS & FEET
Padaveksha (Natural Foot Spa)1750
(1 Hr.)
Treat your tired feet to our all Natural Foot Spa. Although this ritual has all the ingredients of a pedicure, it combines the natural touch of a spale leaving your feet light, clean & beautiful. It uses a salt soak to detoxify your feet our natural brown rice scrub to gently exfoliate, and finally a massage with Neem oil followed by Neem pack to nourish and pamper your pedestals.
Hastaveksha (Natural Hand Spa)1450
(45 Min.)
This Natural Hand spa is an excellent substitute for regular manicure. Let nature work on your hands - detoxify them with a warm salt soak, and ther gently exfoliate them with our natural hand scrub. Follow this with our nourishing oil massage and finally a herbal pack to finish in style. You now have soft glowing hands and ready to face the world!
Add on with Foot & hand spa
Potli (Hot Herbal Compress)
Heel Peel Treatment



FACIALS

For Normal / Dull / Dehydrated skin

Trouble Care Facial

Deep Cleansing
(40 Min.)
Deep cleansing is an exfoliating treatment that help you go free from dead skin cells and impurities. The process include cleansing, exfoliation followed by a pack, leaving the skin completely fresh. Recommended for normal and non-problematic skin.
Mukh Lavanya Facial3250
(1 Hr.)
This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.
Kumkumadi Facial
(1Hr.)
Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.
Panchagavya Facial
(75 Min.)
Panchagavya is widely used in Ayurveda Medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of the skin.
For Pigmented/Tanned skin
Whitening Facial4250
(1Hr.)
Whitening brings back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.
For Matured skin / Fine lines
Lifting Treatment
(1 Hr.)
This specialized treatment uses lifting serums to visibly reduce fine lines, and works on the lower layers of the skin. Also has the additional effect of skin lightening.
For Sensitive or Acne prone Skin

Trouble Care Facial improves complexion, reduces inflamation and boosts the skin's immunity and helps prevent future irritation. It keeps the skin clean for longer duration. Recommended for shiny, oily, acne skin and specific problems. Balances sensitive skin and makes it healthier.



SALON RITUALS

HAIR SERVICES		Ladies	Gentlemen	HAIR SPA	Ladies	Gentlemen
Hair Wash / Conditioning		450	350	Kesh Abha.	1950	1850
Straight Dry		450	250	55 Min.		
Blow Dry		950	350			
Blow Dry with setting		600	1	L'Oreal Hair Spa .	2050	1750
Wash & Conditioning wit	h Plain Dry	850	550	45 Min.		
Wash & Conditioning wit	h Blow Dry	1250	750	A simple deep conditioning procedure of	lone	
Hair Cut		800	450	to smoothen dry hair & add lustre.		
Hair Cut with Wash & Co	onditioning	1250	750			
Henna		950	450	Hair Spa Treatments	3250+	2250+
Shave		-	250	60 Min.		
Baby Cut (Below 7 years)		450	-	A special ampoule/serum is used to trea		lp or hair
Hair Dressing/Styling	(Short Length)		500	problem like, dandruff, hair fall or dry da	maged hair.	
	(Medium Length)		-	PEDICURE/MANICURE		
	(Long Length)		-	Cut and File hands / feet	250	
Hair Ironing/ Tongs	(Short Length)		-	Cut, File and Polish hands/ feet	450	
	(Medium Length)	2500	-	Change of Polish hands / feet	250	6 -
	(Long Length)	3500	-	Regular Pedicure	1500	
HEAD MASSAGES				Foot Spa	2000	
Coconut Oil		950	750	Foot Reflexology	1550	-
Olive Oil		1050	900	Regular Manicure	950	-
Shiro Abhyangam		1250	1250	Hand Spa	1450	-
				Add On:		
HAIR COLOURING,	TEXTURING			Potli (Hot Herbal Compress)	400	1/ ₁₂ / - /
Natural Henna based ha	ir colour	2450	2250			
Root Touch Up (Majirel)		2250	2050	BLEACHING		
Root Touch Up (INOA)/	RUSK	2650	2250	Bleach Face and Neck	700	700
Global Hair Coloring (Ma	jirel) (Short Length)	7000	= 1	Face, Neck and Blouse line	800	-
	(Medium Length)	9000		Upperlip	250	-
	(Long Length)	11000	- IIII	Sides	350	-)))
Global Hair Coloring (INC	(Short Length)	9500	2000	Underarms	300	(Times
	(Medium Length)	11500	-	Halfarms	600	750
	(Long Length)			Full arms / Half Legs	850	1000
Streaking (Majirel)	(Short Length)	1500		Full legs	1050	1400
	(Medium Length)	2500	-8	Feet	400	550
	(Long Length)	3500	- E. /	Full Back/ Front	850	1200
Rebonding	(Short Length)	9000	- [Body	2750	3500
	(Medium Length)	11000	- 8			
	(Long Length)		-	(+ Onwards)		
Smoothening	(Short Length)		-	Cost will vary with hair length and t	hickness Dle	ase consult
	(Medium Length)	9000	-			
	(Long Length)		-	reception before the service to	11///	
Keratin Treatment	(Short Length)	9000	-	Extra ampule/spa cream cha	argeable @	250 per
	(Medium Length)	11000	-	ampule/scoop.		
	(IVIEGIAIII LEIIGIII)	11000				



SALON RITUALS AND MEMBERSHIPS

SKIN CARE	Ladies	Gentlemen	BRIDAL SERVICES
THREADING			Pre Bridal Package14500
Eyebrows / Sides	150	200	Includes - Threading (Eyebrows, Upperlip), Waxing (Full Body
Upper lip /Forehead/Chin/Cheek	100	150	chocolate), Bleach (Face, Neck & Blouse Line), Hand Spa ,Foot
Full Face	450	<u> </u>	Spa, L'Oreal hair spa, Whitening Facial, Hibiscus Body
WAXING			Exfoliation, expert consultation on hair and bridal makeup trial.
Upper lip / Chin	250	')NV]), (;	Grooms Package9500
Sides	250		Includes one sitting of the following - D tan bleach face and
Face	650	650	neck, Whitening Facial, Foot Spa, Hand Spa, Hibiscus Body
Underarms	250	350	Exfoliation, Hair Cut and Styling and consultation on hair and
Halfarms	450	600	skin.
Full arms / Half Legs	750	900	SKIII
Full legs	1050	1200	MAKE UP
Back/ Front (till blouse line)	800	900	
Abdomen	800	900	Bridal Make Up19500
Brazilian	1550	-	Includes complete Bridal Make-Up with Hair-Do, Saree/Dress
Full Waxing (Arms, legs & Underarms)	1550	1800	Draping & Change of polish.
Body Waxing	2550	3200	Engagement / Reception Make Up11000
(does not include Brazilian & Face waxi	ng)		Includes complete engagement Make-Up with Hair-Do,
			Saree/Dress Draping & Change of polish
WAXING (CHOCOLATE/OIL BASE	D WAX)		Light Party Make Up5500
Upper lip / Chin	250	//	Includes light Make-Up with Hair-Do.
Sides	250		
Face	900	1200	ADD ON
Underarms	400	550	Airbrush/HD makeup3500
Halfarms	600	750	Eye Make Up / Base2000
Full arms / Half Legs	1050	1250	
Full legs	1550	2000	Saree/Dress Draping1550
Back / Front (till blouse line)	1050	1250	
Abdomen	1050	1250	MEMBERSHIPS
Brazilian	2050	- ALLINA	Tamaya Roselle Membership*20000
Full Waxing (Arms, legs & Underarms)	2550	3200	Rs. 25000/- worth of services from the Salon/ Spa menu. Can
Body Waxing	3550	3850	be availed by a maximum of two people.
(does not include Brazilian & Face waxi	ng)		*Validity - Six months.
Luxury Make over Package		6250	Tamaya Hibiscus Membership**55000
Choose any four services			Rs. 75000/- worth of services from the Salon/ Spa menu,
(Haircut, Chocolate Full Waxing, Head	l Massage,	, Face Bleach,	(Minimum Rs. 40,000/- worth of Spa Services). Can be availed
Deluxe Facial (upto Rs. 2500), Hand S	pa & Foot	Spa, Henna)	by a maximum of two people.
Complimentary Eyebrows & Upper lip	Threading	g.	**Validity-One year.
Validity-One visit.			Tamaya Family Membership*100000
			Rs. 150000/- worth of services from the Salon/ Spa menu,
			(Minimum Rs. 75,000/- worth of Spa Services). Can be availed
			by a maximum of two people.

**Validity-One year.

tamaya SPA HIBISCUS

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