



tamãya
by
SPA HIBISCUS

SERVICES MENU

Tamaya 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	1550
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 your energy.(This in not a full body massage and does not include steam or shower.)	
Swedish Massage	2450
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 gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.	
Balinese Massage	3250
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 and aromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.	
Deep Tissue/ Sports Massage	3550
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.	
Abhyangam	3550
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 to 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)	3750
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 Ayurvedic 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 inflamma ons especially joint pain.	
Tamaya Signature Massage.....	4250
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. The ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.	
Ad On Time to Any Massage	
15min Ad on	500
30min Ad on	1000

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

JVC



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..... 1950

(30 Min.)

A gentle scrubbing process helps promote healthy skin with radiant complexion. A cream base scrub enriched with botanical extract of Papaya gently removes dead skin cells to make it smooth, soft and supple.

Orange Glow Scrub..... 1950

(30 Min.)

Orange scrub with active Citrus, using gentle scrubbing strokes, promotes flawless skin for an even skin tone and glow. Orange peel powder scrub is known for its skin lightening properties and is traditionally used in Ayurveda for Indian brides.

Neem Healing..... 2050

(30 Min.)

Help your skin heal with the benefits of time tested Neem. A hydrating wrap with the medicinal value of Neem and natural clays formulated to reduce excess oil and counter the effects of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is specially beneficial for sensitive or allergy prone skin.

Orange Wrap..... 2050

(30 Min.)

A nourishing wrap with the medicinal value of orange and natural clays formulated to smoothen and soothe. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is beneficial for all kind of skin and specially for dry skin.

Brightening Body Polishing 4250

1 Hr.45 Min.

Body polishing is like a facial for the body that completely exfoliates and hydrates the skin and gives the perfect shine and smoothness. The procedure includes full body exfoliation followed by a gentle massage, and finally a nourishing body wrap.

Aromatic Steam Bath 1050

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 Abhyangam1250 (30 Min.)

Shiro Abhyangam (Ayurvedic head massage) focuses on your head, neck & shoulder. It is a deep oil massage which uses a variety of pressure and Marma techniques that tap into your path of energy and encourages healing and balance in the whole body.

Abhyangam 3550 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 to 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.

Udwarthanam 3750 1 Hr. (45 Min. massage, 15 Min. steam)

Udwarthanam is a combination of an exfoliation, massage therapy and is administered using a specially-prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is applied as a scrub all over the body. This treatment also exfoliates the skin to give a toned and firm look, and is effective in reducing body fat. This is commonly known as the slimming massage.

Shirodhara3950 (60 Min.)

This Ayurvedic treatment involves gentle pouring of herbal liquids onto the forehead from a hanging pot. This process is said to cure many diseases, relieves tension and improves general well-being.

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 muscles and joints. A heated cloth bolus containing Ayurvedic Herbs is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft inflammations especially joint pain.

Ayurvedic Packages

Ayurvedic Retreat.....6050 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 minutes of Udwarthanam followed by Abhyangam.

Ayurvedic Bliss..... 6250 1 Hr. .30 Min. (45 Min. Abhyangam massage + 30 Min Potli Massage + 15 Min. Steam)

A complete ritual to rejuvenate the body. The ritual starts with Abhyangam and is followed by a relaxing Potli Massage.

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..... 3450

(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.....3450

(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 3450

(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 2250

(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 2750

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).....1550

(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 spa 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)..... 1250

(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 then 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) 500



FACIALS

For Normal / Dull / Dehydrated skin

Deep Cleansing2450
(30 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 Facial.....3450
(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..... 3450
(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.

Panchagavya Facial 3450
(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 Facial.....3950
(1 Hr.)

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 3950
(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 3950
(1 Hr.)

Trouble Care Facial improves complexion, reduces inflammation 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 Wash / Conditioning	450	350
Straight Dry	450	-
Blow Dry	950	-
Blow Dry with setting	1250	-
Wash & Conditioning with Plain Dry	900	-
Wash & Conditioning with Blow Dry	1500	-
Hair Cut	900	450
Hair Cut with Wash & Conditioning	1450	750
Henna	950	450
Shave	-	350
Baby Cut (Below 7 years)	550	-
Hair Dressing/Styling (Short Length)	1500	500
(Medium Length)	2000	-
(Long Length)	3000	-
Hair Ironing/ Tong (Short Length)	1500	-
(Medium Length)	2500	-
(Long Length)	3500	-

HEAD MASSAGES

Coconut Oil	950	750
Olive Oil	1050	900
Shiro Abhyangam	1250	1250

HAIR COLOURING/TEXTURING

Natural Henna based hair colour	2750	2250
Root Touch Up (Majirel)	2250	2050
Root Touch Up (INOA)	2650	2250
Global Hair Coloring (Majirel) (Short Length)	4500	-
(Medium Length)	6000	-
(Long Length)	9000	-
Global Hair Coloring (INOA) (Short Length)	6500	-
(Medium Length)	8500	-
(Long Length)	10500	-
Streaking (Majirel) (Short Length)	1200	-
(Medium Length)	1800	-
(Long Length)	2500	-
Rebonding (Short Length)	9000	-
(Medium Length)	11000	-
(Long Length)	14000	-
Smoothening (Short Length)	7500	-
(Medium Length)	9000	-
(Long Length)	11000	-
Keratin Treatment (Short Length)	9000	-
(Medium Length)	11000	-
(Long Length)	13000	-

HAIR SPA

	Ladies	Gentlemen
Kesh Abha. 55 Min.	2250	1950

L'Oreal Hair Spa .

45 Min. A simple deep conditioning procedure done to smoothen dry hair & add lustre.	2050	1750
---	------	------

Hair Spa Treatments

60 Min. A special ampoule/serum is used to treat a specific scalp or hair problem like, dandruff, hair fall or dry damaged hair.	3050+	2550+
---	-------	-------

PEDICURE/MANICURE

Cut and File hands / feet	250	-
Cut, File and Polish hands/ feet	350	-
Change of Polish hands / feet	150	-
Regular Pedicure	1100	-
Foot Spa	1550	-
Foot Reflexology	1550	-
Regular Manicure	900	-
Hand Spa	1250	-
Add On: Potli (Hot Herbal Compress)	500	-

BLEACHING

Bleach Face and Neck	700	700
Face, Neck and Blouse line	800	-
Upper lip	250	-
Sides	350	-
Underarms	300	-
Half arms	600	750
Full arms / Half Legs	850	1000
Full legs	1050	1400
Feet	400	550
Full Back/ Front	850	1200
Body	2750	3500

(+ Onwards)

Cost will vary with hair length and thickness. Please consult reception before the service to know your exact cost. Extra ampule/spa cream chargeable @ 250 per ampule/scoop.



SALON RITUALS AND MEMBERSHIPS

SKIN CARE

THREADING

	Ladies	Gentlemen
Eyebrows / Sides	150	200
Upper lip /Forehead/Chin/Cheek	100	150
Full Face	450	-

WAXING

	Ladies	Gentlemen
Upper lip / Chin	250	-
Sides	250	-
Face	650	650
Underarms	250	350
Half arms	450	600
Full arms / Half Legs	750	900
Full legs	1050	1200
Back/ Front (till blouse line)	800	900
Abdomen	800	900
Brazilian	1550	-
Full Waxing (Arms, legs & Underarms)	1550	1800
Body Waxing	2550	3200

(does not include Brazilian & Face waxing)

WAXING (CHOCOLATE/ OIL BASED WAX)

	Ladies	Gentlemen
Upper lip / Chin	250	-
Sides	250	-
Face	900	1200
Underarms	400	550
Half arms	600	750
Full arms / Half Legs	1050	1250
Full legs	1550	2000
Back / Front (till blouse line)	1050	1250
Abdomen	1050	1250
Brazilian	2050	-
Full Waxing (Arms, legs & Underarms)	2550	3200
Body Waxing	3550	3850

(does not include Brazilian & Face waxing)

Luxury Make over Package (Ladies)5550

Choose any four services ; Validity - One visit

(Haircut, Chocolate Full Waxing, Head Massage, Face Bleach, Deluxe Facial (upto Rs. 3950), Hand Spa & Foot Spa, Henna) Complimentary Eyebrows & Upper lip Threading.

Luxury Make over Package (Gentlemen)4550

Choose any four services ; Validity - One visit

(Haircut, Shave, Head Massage, De-Tan Face Pack, Facial Clean Up, Root Touch Up, Hand Spa & Foot Spa)

BRIDAL SERVICES

Pre Bridal Package.....17000

Includes - Threading (Eyebrows, Upperlip), Waxing (Full Body chocolate), Bleach (Face, Neck & Blouse Line), Hand Spa ,Foot Spa, L'Oreal hair spa, Whitening Facial, Hibiscus Body Exfoliation, expert consultation on hair and bridal makeup trial.

Grooms Package.....9500

Includes one sitting of the following - D tan bleach face and neck, Whitening Facial, Foot Spa, Hand Spa, Hibiscus Body Exfoliation, Hair Cut and Styling and consultation on hair and skin.

MAKE UP

Bridal Make Up19500

Includes complete Bridal Make-Up with Hair-Do, Saree/Dress Draping & Change of polish.

Engagement / Reception Make Up13500

Includes complete engagement Make-Up with Hair-Do, Saree/Dress Draping &Change of polish

Light Party Make Up5500

Includes light Make-Up with Hair-Do.

ADD ON

Airbrush/HD makeup.....3500

Eye Make Up / Base2500

Saree/Dress Draping1000

MEMBERSHIPS

Tamaya Roselle Membership* 20000

Rs. 25000/- worth of services from the Salon/ Spa menu. Can be availed by a maximum of two people.

*Validity - Six months.

Tamaya Hibiscus Membership**55000

Rs. 75000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 40,000/- worth of Spa Services). Can be availed by a maximum of two people.

**Validity-One year.

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.



tamāya
by
SPA HIBISCUS

Jaypee Vasant Continental
Basant Lok, Vasant Vihar, New Delhi - 110057
Phone: 1800 843 8430 +91 11 46072228 Spa Extn. : 2229



JAYPEE VASANT CONTINENTAL
VasantVihar



SPA HIBISCUS

Living a beautiful appearance

CANADA • OMAN • MAURITIUS • LUSAKA, ZAMBIA • CRUISE SHIPS • DELHI • GURGAON • NOIDA • GREATER NOIDA
JAIPUR • AGRA • BHARATPUR • SAWAI MADAVPUR • GAYA • RISHIKESH • SHIMLA • MUSSOORIE • JUNAGADH • GOA

info@spahibiscusindia.com



facebook.com/hibiscuswellnessindia



instagram.com/hibiscus_wellness

www.spahibiscusindia.com