# tamãya <sub>by</sub> 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**

amaya Touch	1550
30 Min.	1
amaya Touch is a stress relieving massage for the head, neck and shoulders/ full back/ full legs which improves blood circulation and revive energy.(This in not a full body massage and does not include steam or shower.)	es your
wedish Massage	2450
Hr. (45 Min. massage, 15 Min. steam)	
wedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long trokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.	gliding
Balinese Massage	.3250
. 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, reflexolog Iromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.	gy and
Deep Tissue/ Sports Massage	.3550
. 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 t gaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.	issues,
Abhyangam	.3550
. 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 b ight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycle penefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.	
(izhi / Potli ( Hot Herbal Compress)	3750
. 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 Ayu 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 inf Ins especially joint pain.	
amaya Signature Massage	4250
. Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. steam)	
amaya signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvena ng massage ritu itual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.	al. The
Ad On Time to Any Massage	
.5min Ad on	500
Romin Ad on	1000

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# 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	)
(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.	а
Orange Glow Scrub	)
(30 Min.)	
Orange scrub with ac ve 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 proper es and is tradi onally used in Ayurveda for Indian brides.	s
Neem Healing	)
(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	,
(30 Min.)	
A nourishing wrap with the medicinal value of orange and natural clays formulated to smoothen and so. 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.	t
Brightening Body Polishing	)
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.	9

#### Aromatic Steam Bath .....

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

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..... 1050



# AYURVEDIC RITUALS

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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.

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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.

#### 

#### 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.

# 

#### (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.

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#### 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**

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	150

#### (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

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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

### **HANDS&FEET**

Padaveksha (Natural Foot Spa)1	1550
(411-)	

#### (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.

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#### (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)	
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# FACIALS

# For Normal / Dull / Dehydrated skin

Deep Cleansing
Deep cleansing is an exfoliating treatment that help you go free from dead skin cells and impurities. The process include cleansing, exfoliation ollowed by a pack, leaving the skin completely fresh. Recommended for normal and non-problematic skin.
Лukh Lavanya Facial
1 Hr.)
his facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing nd balancing the skin, and it makes for a magical and nourishing experience.
umkumadi Facial
1 Hr.)
Sift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide omplete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and ydrate the skin.
Panchagavya Facial
anchagavya is widely used in Ayurveda Medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties nd 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	
(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.

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# 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	1.1
Wash & Conditioning with	Blow Dry	1500	M 17
Hair Cut		900	450
Hair Cut with Wash & Cor	nditioning	1450	750
Henna		950	450
Shave		-	350
Baby Cut (Below 7 years)		550	-
Hair Dressing/Styling	(Short Length)		500
	(Medium Length)		1.0
	(Long Length)		
Hair Ironing/ Tongs	(Short Length)		-
	(Medium Length)		
	(Long Length)	3500	-
HEAD MASSAGES			
Coconut Oil		950	750
Olive Oil		1050	900
Shiro Abhyangam		1250	1250
HAIR COLOURING/1 Natural Henna based hair Root Touch Up (Majirel)		2750 2250	2250 2050
Root Touch Up (INOA )		2650	2050
Global Hair Coloring (Maji	rel) (Short Length)		2250
	(Medium Length)		
	(Long Length)		
Global Hair Coloring (INO			anne a
Globarnan colornig (into)	(Medium Length)		
	(Long Length)		
Streaking (Majirel)	(Short Length)		· ·
ou calling ( majnel)	(Medium Length)		
	(Long Length)		
Rebonding	(Short Length)		
incoording.	(Medium Length)		
	(Long Length)		. <u> </u>
Smoothening	(Short Length)		-
Sinootnening	(Medium Length)		-
	(Long Length)		-
Keratin Treatment	(Short Length)		-
	(Medium Length)		- C
	(Long Length)		12
	(		

HAIR SPA Kesh Abha. 55 Min.	Ladies 2250	Gentlemen 1950
L'Oreal Hair Spa . 45 Min.	2050	1750
A simple deep conditioning procedure de to smoothen dry hair & add lustre.	one	
Hair Spa Treatments 60 Min.	3050+	2550+
A special ampoule/serum is used to treat problem like, dandruff, hair fall or dry dan <b>PEDICURE/MANICURE</b>		o or hair
Cut and File hands / feet	250	
Cut, File and Polish hands/ feet	350	7 A E
Change of Polish hands / feet	150	d N
Regular Pedicure	1100	00
Foot Spa	1550	
Foot Reflexology	1550	
Regular Manicure	900	Charles and
Hand Spa	1250	-
Add On:		
Potli (Hot Herbal Compress)	500	X-T.
BLEACHING		
Bleach Face and Neck	700	700
Face, Neck and Blouse line	800	-
Upper lip	250	-
Sides	350	- Aller
Underarms	300	
Halfarms	600	750
Fullarms / 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 the	hickness. Plea	se consult

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	Ladies	Gentlemen
THREADING		
Eyebrows / Sides	150	200
Upper lip /Forehead/Chin/Cheek	100	150
Full Face	450	
WAXING		
Upper lip / Chin	250	1 m
Sides	250	1 A A
Face	650	650
Underarms	250	350
Halfarms	450	600
Full arms / Half Legs	750	900
Fulllegs	1050	1200
Back/ Front (till blouse line)	800	900
Abdomen	800	900
Brazilian	1550	1.11
Full Waxing (Arms, legs & Underarms)	1550	1800
Body Waxing	2550	3200
(does not include Brazilian & Face waxi	ng)	

#### WAXING (CHOCOLATE/ OIL BASED WAX)

250	
250	
900	1200
400	550
600	750
1050	1250
1550	2000
1050	1250
1050	1250
2050	<u> </u>
2550	3200
3550	3850
g)	
	250 900 400 600 1050 1550 1050 1050 2050 2550

# Luxury Make over Package.....5950

#### Choose any four services

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

# **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.

# MAKE UP

Engagement / Reception Make Up ......13500 Includes complete engagement Make-Up with Hair-Do, Saree/Dress Draping & Change of polish

Light Party Make Up ......5500 Includes light Make-Up with Hair-Do.

# ADD ON

Airbrush/HD makeup	.3500
Eye Make Up / Base	.2500
Saree/Dress Draping	.1000

# 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.



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





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info@spahibiscusindia.com

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www.spahibiscusindia.com