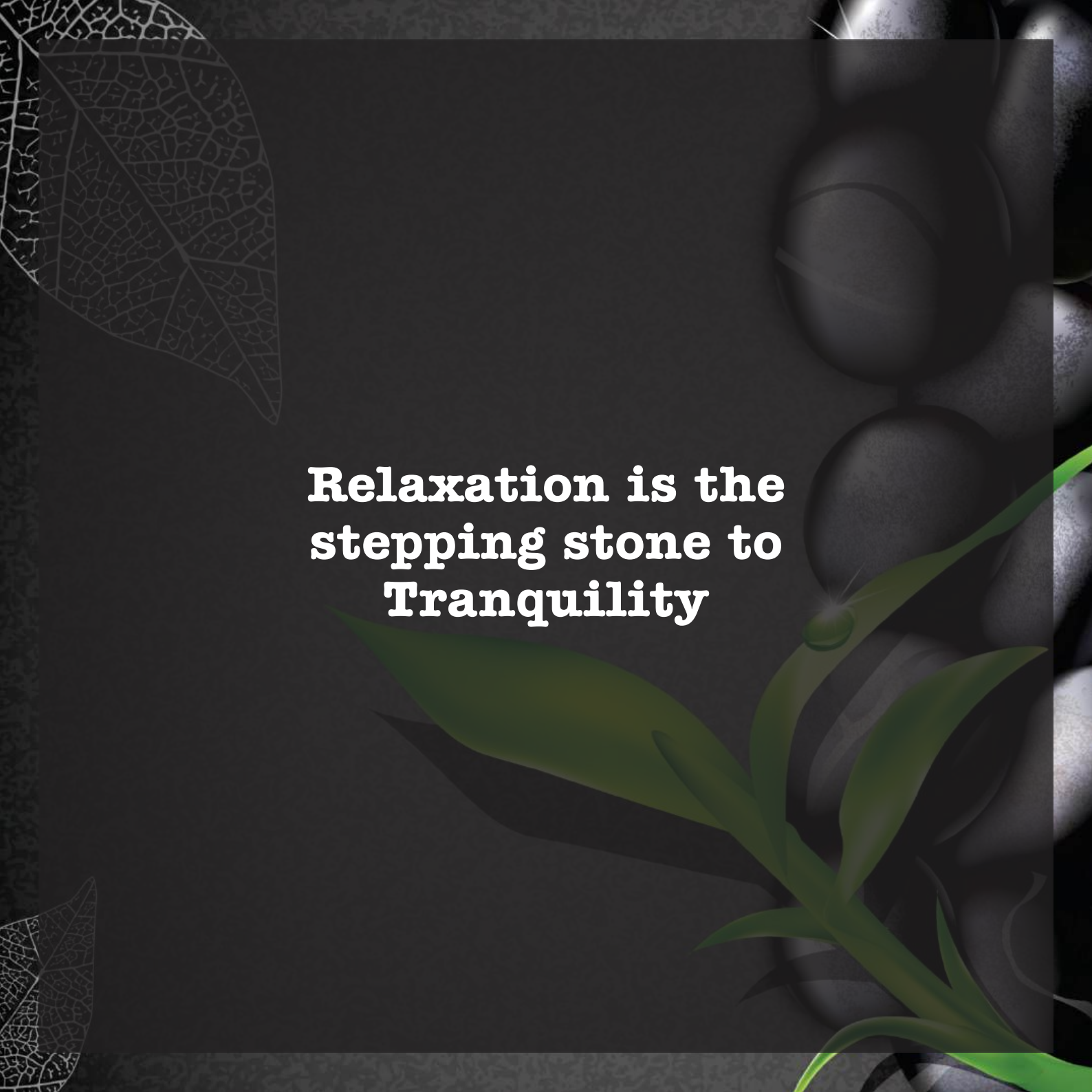




fresco  [®]
SPA





**Relaxation is the
stepping stone to
Tranquility**



Introduction

Fresco spa invites you to experience the rich mystic fusion of ancient India philosophy with the latest contemporary wellness methods. Our specialized 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 Fresco spa.

MASSAGE SELECTION



SWEDISH MASSAGE

60 | 90 Minutes

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.

INR 2490 | 3390

BALINESE MASSAGE

60 | 90 Minutes

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.

INR 3090 | 4290



DEEP TISSUE MASSAGE

60 | 90 Minutes

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.

INR 3390 | 4490

JET LAG THERAPY

45 | 75 Minutes

This 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. It is specially beneficial to reduce muscle stress and cures jet lag.

INR 2790 | 4290



FRESCO SIGNATURE MASSAGE

75 Minutes

Fresco signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvenating massage ritual. The ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.

INR 4290

**Government taxes extra as applicable. We levy service charge.*

AYURVEDA MASSAGE SELECTION



INDIAN HEAD MASSAGE / SHIRO ABHYANGAM

30 Minutes

INR 1190

Shiro Abhyangam (Indian 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.

ANCIENT INDIAN MASSAGE

60 | 90 Minutes

INR 3390 | 4490

Ancient Indian Massage is an Ayurvedic therapy to regulate the flow of blood and also build the immunity of the body to fight against seasonal changes. The benefit of taking this massage is that it improves blood circulation, longevity, better sleep and vitality



HOT HERBAL COMPRESS / POTLI

60 | 90 Minutes

INR 3490 | 4590

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.

INDIAN HEALING MASSAGE / ABHYANGAM

60 | 90 Minutes

INR 4090 | 5190

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

60 Minutes

INR 3390

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.

**Government taxes extra as applicable. We levy service charge.*

EXPRESS MESSAGES



FRESCO TOUCH

30 Minutes

INR 1990

Fresco 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 is not a full body massage and does not include steam or shower).

HEAD MASSAGE

30 Minutes

INR 1190

It releases stress and tension is eased out of tight muscles in the head and upper back. Our signature brew of hair nourishing herbal oil will invigorate the body balance the chakras and infuse deep calm and relaxation.



FOOT REFLEXOLOGY

30 | 45 Minutes

INR 2000 | 3250

Reflexology helps restore and maintain the body's natural equilibrium. In this ritual pressure is applied on the reflex zones of your feet which stimulate the central nervous system and induce a deep state of relaxation by eliminating toxins. This gentle therapy using acupressure; encourages the body to work naturally and restore its own healthy balance.



**Government taxes extra as applicable. We levy service charge.*

BODY SCRUB & BODY WRAP



RICE EXFOLIATION

30 Minutes

INR 1990

This scrub uses brown unpolished rice powder mixed with fresh milk that gently exfoliates the skin and leaves it soft and radiant. It helps remove sun tan and mild blemishes. Good for all skin types.

ORANGE SCRUB

30 Minutes

INR 1990

Completely natural body scrub that uses orange powder, sandal wood and other herbs that gently exfoliate and nourish the skin leaving it fresh, smooth, moisturized and soft. It is particularly beneficial for oily skin.



COFFEE SCRUB

30 Minutes

INR 2390

This natural body scrub helps promote healthy skin with radiant complexion. This scrub enriched with Brown Rice and Coffee gently removes dead skin cells to make smooth, soft and supple.

NEEM HEALING WRAP

30 Minutes

INR 1990

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 Minutes

INR 1990

A natural body pack that uses orange peel powder and other herbs which help in toxin removal. This wrap nourishes and tightens the skin and is specially beneficial for oily skin.



BRIGHTENING BODY POLISH

105 Minutes

INR 4890

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.

**Government taxes extra as applicable. We levy service charge.*

FACIALS



KUMKUMAADI FACIAL

60 Minutes

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumaadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that used to improve skin tone, lighten the skin, minimize blemishes and hydrate the skin.

INR 3490

MUKH LAVANYA FACIAL

60 Minutes

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.

INR 3490



GLOW BRIGHT FACIAL

60 Minutes

Glow Bright brings back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.

INR 3690

YOUTH RESTORE FACIAL

60 Minutes

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.

INR 3690

SKIN PURIFY

60 Minutes

Skin purify 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

INR 3690



MEN'S EXECUTIVE FACIAL

60 Minutes

An excellent facial for Men's skin. It gently cleans the skin removing the pollutants and free radicles, and a special oxygen mask brings the skin back to life leaving it clearer, smoother and more supple. Recommended for sensitive skin.

INR 3690

**Government taxes extra as applicable. We levy service charge.*

COUPLE'S THERAPY

COUPLE ROYAL RELAXATION

90 Minutes

INR 5990

Couple Royal Relaxation can be the perfect way to celebrate a special occasion and relish moments of togetherness. It includes a couple Balinese massage for two people, followed by ten minutes of dry head massage that make for a truly relaxing time together.

COUPLE RETREAT

105 Minutes

INR 7990

A relaxing ritual for the precious moments of togetherness where a couple can relax with the healing touch of a Swedish massage and an invigorating scrub. A tender and relaxing treatment which detoxifies and nourishes the skin.



**Government taxes extra as applicable. We levy service charge.*

Please Note

We provide internationally authenticated therapeutic services. These treatments are being availed at your own behest. The hotel and spa operator will not be held responsible for any mishap. It is important to inform the staff about any medical conditions you have, prior to availing any treatment.

Kindly follow laid down guidelines and rules. Non-adherence to instructions from the spa-in-charge or any inappropriate remarks and gestures towards any therapist will result in the treatment being stopped immediately, followed by appropriate legal action by the spa / hotel management.

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 guest 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

- 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 are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. It's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments are professional in nature. Any illicit or inappropriate 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 wil also be liable to pay fo r the complete charges of the scheduled service.



**Health is a state of body,
wellness is a state of being.**



Lemon Tree Premier Ulsoor Lake Bengaluru

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Managed by



SPA HIBISCUS

Making a beautiful difference

