

tamāya

Spa • Salon • Wellness



JAYPEE VASANT CONTINENTAL

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Serenity through Transcendence

At Tamaya, we invite you to indulge in a spa experience tailored to your specific needs and desires, choosing from an à la carte menu of specialized therapies, or one of our unique personalized spa journeys.

Utilizing indigenous and authentic techniques, these treatments encourage you to immerse yourself in the Tamaya experience to truly understand and embrace the exquisite environment.

With handpicked, highly trained therapists and best of the industry products featuring only the purest extracts of natural ingredients, the experience is both holistically therapeutic and very personal.

Experience our exotic getaway to enjoy complete seclusion and tranquility.



MASSAGE RITUALS



EXPRESS RITUALS



BODY RITUALS



FACIAL RITUALS



INDULGENCES



HAND, FEET & HAIR RITUALS



SPA RITUALS



SALON RITUALS



BEAUTY RITUALS



MASSAGE RITUALS

NIRVANA (Deep Tissue Massage) **Duration: 60 mins/90 mins**

This powerful massage penetrates the muscles to alleviate deep-seated tension and muscular stress. It will re-align the deeper layers of muscle and connective tissue to release the chronic tension. Our supremely talented massage therapist will work in sync to ease your body, spirit and set you on the path to nirvana.

AROMATHERAPY (Swedish Massage) **Duration: 60 mins/90 mins**

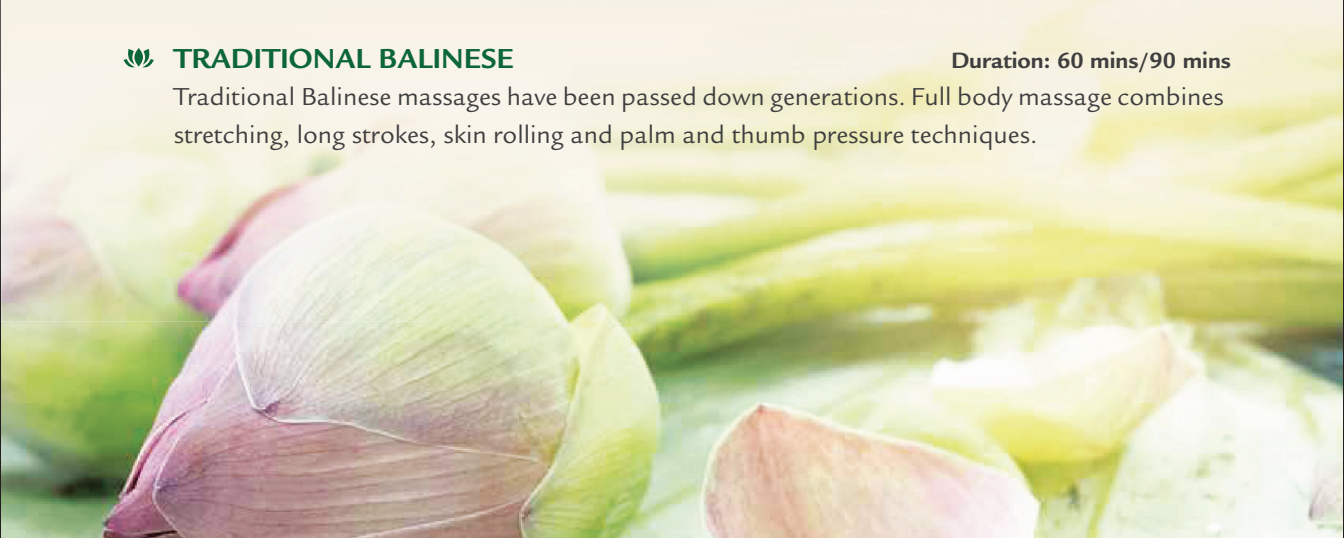
Allow our Spa Sommeliers to help you craft your massage according to your needs and intentions. Luxurious botanical blends support healing and heightened feelings of well-being and rejuvenation. Ease muscular tension and alleviate aches and pains with this stimulating massage. Firm, targeted techniques effectively release knots and soothe tight muscles and joints, leaving you relaxed and revived.

CHAKRA BALANCING BODY TREATMENT **Duration: 60 mins/90 mins**

This total body treatment warms the muscles, soothes the body and comforts the skin. The treatment helps to promote harmony in the body, balances energy points, clear the mind and muscular stress.

TRADITIONAL BALINESE **Duration: 60 mins/90 mins**

Traditional Balinese massages have been passed down generations. Full body massage combines stretching, long strokes, skin rolling and palm and thumb pressure techniques.





EXPRESS RITUALS

KUNDALINI BACK MASSAGE

Duration: 30 mins/45 mins

Ideal for depleted bodies and souls, this nurturing treatment profoundly restores the sympathetic and parasympathetic nervous systems. Focused massage and sound healing activates and channel the Kundalini – the dormant energy at the base of the spine; tension and negativity are uplifted and state of balance and awareness is achieved. Great for jet lag or all-round soothing.

DESTRESS NECK, SHOULDER & HEAD

Duration: 30 mins/45 mins

Scalp, neck and shoulder massage brings unique and traditional Ayurvedic stress relieving practice to the modern world. This massage stimulates blood flow to leave your body feeling totally relaxed.

EXPRESS FACE MASSAGE

Duration: 30 mins/45 mins

Indulge in a rejuvenating face massage to improve your facial blood circulation, reduce stress and help strained facial muscles to loosen up. This personalized express treatment includes facial cleanse, massage and mask with products selected by your therapist to suit your skin, leaving it glowing and refreshed.

FOOT REFLEXOLOGY

Duration: 30 mins/45 mins

An ancient healing therapy, reflexology includes massaging reflex points of the feet and hands to restore natural energy flow by sending waves of deep relaxation throughout the body.



BODY RITUALS

BODY SCRUB

Duration: 30 mins

Cane Sugar Citrus Energizer

This is the ultimate skin polish treatment for unrivalled smoothness and dazzling radiance. Deep massage of Cane Sugar and Tamarind gently removes dead cells and rejuvenates skin cells leaving you highly invigorated, hydrated, gleaming and glossy.

Crystal Rose

Fusing gentle yet efficient exfoliation benefits of Apricot Kernel, Almond and Sunflower Oil with rejuvenating sea salt and rose essence, brings a noticeably smoother and more radiant surface to the skin when penetrated deeply.

Coconut And Rice Body Scrub

Hydrate your skin with the smoothing and brightening rice powder along with the freshness of creamy coconut milk to penetrate your skin in deep circular motions to leave a cooling and relaxing effect.

BODY WRAPS

Duration: 30 mins

Sandal Wood & Aloe Vera Wrap

A prized possession of the tropical sphere, pure Sandalwood and Aloe Vera have long been celebrated for their nourishing and cooling attributes. The body is wrapped to help the skin soak in nurturing wonders of these ingredients.

Green Turmeric , Clay, sheabutter Honey Body Wrap

The body is wrapped with a mixture of popular natural ingredients like sandalwood, turmeric and other herbs.





FACIAL RITUALS

DEEP CLEANSING FACIAL

Exfoliate, Infuse & Oxygenate

Duration: 30 mins/60 mins

Experience profound improvement in your skin's texture, tone, appearance and enjoy a beautiful after glow with the facial ingredients being penetrated deep into the skin. A thorough and effervescent exfoliation polishes your skin and significantly accelerates the absorption and optimal utilization of vital nutrients to achieve smooth and healthy appearance.

SOOTHING FACIAL

Cools, Soothes & Hydrates

Duration: 60 mins

A technically advanced facial that helps cool and comfort irritated skin that is prone to redness, sensitivity and heat flushing. The skin is left calmed, soothed and hydrated and leaves the skin radiant.

AGE DEFIANCE

Tones, Firms & Regenerate

Duration: 60 mins

Hit pause on the aging process with this advanced facial designed to reactivate healthy cell function and address the underlying problems of aging at the skin's cellular level. This advanced facial treatment helps to improve the tonicity and firmness of the skin. The facial incorporates and renew collagen production, enhancing cellular regeneration, producing instant and visible results.

WHITENING & BRIGHTENING - CITRUS A'PEEL

Revitalise Radiant Refresh

Duration: 60 mins

Exposure to pollution, lack of sleep and stress can result in dull skin, lack of vitality and luminosity. This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and natural appearance. The special ingredients help to smoothen and brighten the skin & reduce irregular pigmentation. This antioxidant treatment relieves the skin from sun damage and helps prevent premature aging. A reparative serum rich with 100% pure Vitamin C stimulates collagen production to renew firmness.



INDULGENCE

SOJOURN OF DELIGHT

Duration: 120 mins

A harmonizing massage with warm rose oil, followed by a relaxing rose facial and foot reflexology treatment. This deeply nurturing combination restores the nervous system, soothes tired muscles, nourishes the skin and calms the senses.

Inclusions:

60 min body massage | Facial | Foot Reflexology

TROPICAL COCONUT DELIGHT

Duration: 140 mins

Nourishing coconuts has been long used in Asia for the skin, hair and diet. This treatment will deeply nourish and repair your beautiful soft and smooth skin. This treatment is perfect for dry and dehydrated skin from overexposure to sun or lack of moisture and water.

Inclusion:

Coconut body polish | Coconut body wrap | 60-minute coconut body massage | Scalp Massage

COFFEE & CHOCOLATE DELIGHT

Duration: 200 mins

Your 200 minute treatment begins with an exfoliation of coffee and chocolate body scrub, which soothes, hydrates, and nourishes your skin as the scrub blasts away dead cells which deplete the skin's surface.

Inclusion:

Body polish and body wrap | 90-minute body massage | Chocolate Facial | Foot Massage





HANDS, FEET & HAIR RITUALS

HANDS & FEET

Spa Manicure

Duration: 60 mins

An exceptional manicure in 3 steps: A cuticle and nail treatment, including natural beauty finish to the nail with thorough massage of the forearms, wrists, hands and fingers.

Spa Pedicure

Duration: 60 mins

An overall ritual including nails treatment followed with skin treatment to eliminate hard skin and dryness; completed with a massage from the toes up to the knees relieving any muscle tension and heaviness.

Cut File Buff & Polish Hands/ Feet

Duration: 30 mins

Re-shape and file of the nails followed by a nail polish of your choice.

HAIR RITUALS

Energise

Duration: 60 mins

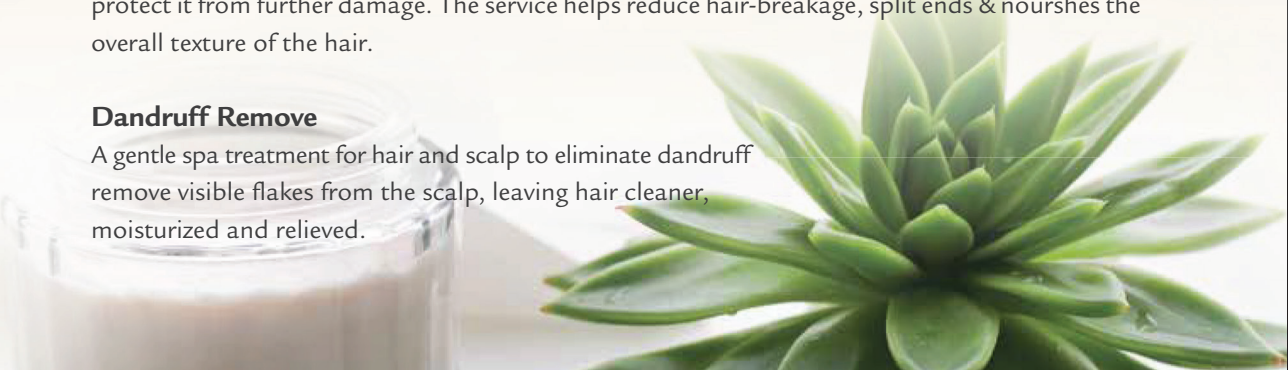
Frizzy and dry hair can be a menace for both men and women. Today's busy lifestyle leave us no time to take daily care of our manes. Pamper your hair with energizing hair spa treatment for hair and scalp to help maintain healthy hair growth and prevent hair loss.

Repair

An intensive spa treatment for hair damaged due to chemicals and pollution. This treatment nourishes the core of the hair, repairing the cuticle layer and surrounding the hair, in order to protect it from further damage. The service helps reduce hair-breakage, split ends & nourshes the overall texture of the hair.

Dandruff Remove

A gentle spa treatment for hair and scalp to eliminate dandruff remove visible flakes from the scalp, leaving hair cleaner, moisturized and relieved.



SPA INFORMATION

SPA FACILITIES

We provide robes, towels, slippers and personal amenities.

TIMINGS

Spa Treatment booking: Daily 8:30 am to 8:30 pm

Spa wet Areas: 6 am to 10 pm

Salon: 9am-9pm

Swimming pool

Summer Timings: Daily 7 am to 9 pm

Winter Timings: Daily 9 am to 6pm

Gymnasium: 6 am to 10 pm

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas.

You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavor to accommodate you to the best of our abilities.

Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

VALUABLES

While we endeavor to look after your belongings, the spa will not be liable for loss of your valuables.

SPA INFORMATION

CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa.

Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee. The entire charge of the treatment booked will be levied in case of a No Show without any prior cancellation as specified above.

SPA ETIQUETTE

To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in The Spa.

The Spa is a no alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility.

Appropriate swim wear is to be worn in the wet areas.

Disposable undergarment (which is provided by the spa) must be worn for all body treatments. The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

Avoid shaving or waxing one day prior to body scrubs.

Rest and avoid vigorous activity for at least one hour after treatments

Guests with high blood pressure, heart conditions or who have any medical complications, are advised to consult their doctors before signing up for any spa treatments/services.

Please inform your spa therapist of any medical conditions

As a policy, we do not offer spa treatments to pregnant women.

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Spa Rituals



MASSAGE RITUALS



Nirvana

60 min/ 90 min

4000/ 5000



Aromatherapy

4000/ 5000



Chakra balancing

4000/ 5000



Traditional Balinese

4000/ 5000



EXPRESS RITUALS



Kundalini back massage

30 min/ 45 min

2000/ 3000



Distress head, neck & shoulder

2000/ 3000



Express faces massage

2000/ 3000



Foot Reflexology

2000/ 3000



BODY RITUALS

Body Scrub

30 min



Cane sugar citrus energizer

2500



Crystal rose

2500



Coconut and rice

2500

Body Wrap

30 min



Sandal wood & aloe vera

3500



Green turmeric, clay, sheabutter & honey

3500

Taxes extra, as applicable. All prices are in INR



Spa Rituals



FACIAL RITUALS

- Deep cleansing (30 MIN) 3000
- Soothing (60 MIN) 4000
- Age defense (60 MIN) 4000
- Whitening & Brightening (60 MIN) 4000



INDULGENCES

- Sojourn of delight (140 MIN) 8000

Inclusions:

60 min body Massage | Facial | Foot Reflexology

- Tropical coconut (180 MIN) 10000

Inclusion:

Coconut body polish & wrap | Coconut body massage | Scalp Massage.

- Coffee & Chocolate (200 MIN) 12000

Inclusions:

Coffee & chocolate body polish | Coffee & chocolate body wrap
90-minute body massage | Chocolate Facial | Foot Massage.



Salon

Beautiful hair needs an expert, who creates a current yet individual hairstyle that suits you and your lifestyle.

FOR HER

HAIR & COLOUR	INR
Shampoo	500
Hair Cut	900
Blow Dry	700
Wash & Blow Dry	1200
Hair Ironing	1800
Roller Set / Curling Tong	1800
Roots Touch Up	2000
Global Short	3500
Global Medium	4500
Global Long	6500

UPSTYLES	INR
Party Hair Do	1500
Bridal Hair Do	3000

HIGHLIGHTS	INR
Ombre Colour	4500
Short	4500
Medium	5500
Long	6500

KIDS SECTION	INR
Nail Cut & File	300
Haircut	400
Head Massage	1000

FOR HIM

CUT & SHAVE	INR
Beard & Moustache Trim	400
Shave	500
Head Shave	1500
Hair Cut	600
Hair Styling	500
Hair Cut with Champi	1500
Chest Waxing	1500

COLOUR	INR
Beard Color	850
Roots Touch Up	1800
Global Colour	3000

HAIR RITUALS	INR
Energise (45 MIN)	2000
Dandruff (45 MIN)	2000
Repair (45 MIN)	2000

HAND & FEET	INR
Cut, File Buff only	500
Manicure (60 MIN)	1200
Pedicure (60 MIN)	1500

Taxes extra, as applicable. All prices are in INR



Beauty Rituals

Glowing skin is an outward reflection of your inner health and to help you achieve this, our beauty rituals do more than just treat the surface.

BLEACHING

	INR
Upper lip	300
Face	600
Back	900
Arms	1000
legs	1500
Body	5000

THREADING

	INR
Upper Lip	150
Chin	150
Eyebrows	200
Forehead/Ear	400
Side Face	450
Full Face	800

WAXING

	INR
Underarms/Ears	500
Half Arms	500
Half Legs	800
Full Arms	850
Full Legs	1000
Bikini	1000
Stomach	1500
Back Waxing	1500
Brazilian Waxing	2000
Full Body	5000

MAKE UP

	INR
Sari Drape	600
Eye Makeup	2500
Party	7000
Bridal	12000

Taxes extra, as applicable. All prices are in INR