TATTVA
WELLNESS

Please leave this menu behind at the spa for the convenience of other guests.
Our team would be happy to share a soft copy of this menu incase you require. Thank you for your consideration.

WELCOME TO TATTVA WELLNESS SPA
YOUR WELLBEING. OUR PASSION

Tattva Wellness Spa opened its doors to guests in 2013. For more than a decade now, Tattva Spas has been lovingly crafting premium wellness experiences in India. The word 'Tattva', Sanskrit & Hindi for 'Elements', is symbolic of the "Balance of the five elements" - that constitute the human body & the universe. The fine balance of the five elements is nature's well-kept secret to holistic well-being. At Tattva Wellness Spas, you will embark on an immersive journey of wellbeing and emerge refreshed, balanced & invigorated.

PRITHVI VAYU AGNI JAL AAKASH

INTRODUCING
TATTVA WELLNESS EXPERIENCE

Tattva Wellness Spa is an experience of serenity & relaxation. A journey where our kind and experienced healers create those perfect moments of calm for you. From the moment you step inside our peaceful environs, you will experience warm hospitality. You are advised on a suitable wellness spa therapy and invited to choose from our exquisite range of massage oils before being led to a well-furnished therapy room and ensuite bath with premium amenities. Indulge with some refreshments, including herbs & fruits infused waters and herbal teas. A Tattva wellness experience is crafted to evoke a soothing symphony of deep relaxation, gentle pampering & rejuvenation.

SPA SOJOURNS

DEEP SLEEP

120 ⌚ | INR 8500

Like a comforting hug from your favourite person, Deep Sleep treatment is your requisite Stress-Buster. After a long day at work or a tiring sports event, after a delayed wearying flight or a strenuous day at home, this spa session reboots your energies.
Includes: Deep Tissue Massage (60 ⌚), Indian Head Massage (30 ⌚) and Leg Fatigue Reliever (30 ⌚)

NOURISH

120 ⌚ | INR 8700

Your Tann, Mann, and Aatma need two hours of nourishment. Our professionally trained healers relieve your tired muscles to replenish and freshen your senses. Deep Tissue Massage is followed by a detoxifying facial to soothe your tensed mind and body.
Includes: Choice of Swedish or Deep Tissue Massage (60 ⌚) and Shine Facial (60 ⌚)

REPLENISH

150 ⌚ | INR 11000

Slow down as you lose yourself to the healing art of traditional Indian massage followed by a floral body polisher concluded with an energizing clay wrap. This therapy is an end-to-end journey to Nirvana for your Tann, Mann, and Aatma.
Includes: Abhyanga Massage (60 ⌚), Floral Mist Body Polisher (45 ⌚) and Prithvi Wrap (30 ⌚)

COUPLE'S RETREAT (Couple spa)

90 ⌚ Each | INR 12500

Set your job on hold while you enjoy a time out with your partner. Mix it up and revive your connection as both of you lose yourself to the healing power of the spa. In the tranquil setting, experience the bliss of love and life with your significant other.
Includes: Choice of Full-Body Swedish or Abhyanga Massage (90 ⌚)

MASSAGE SELECTIONS

SWEDISH MASSAGE

60 ⌚ | INR 4300 / 90 ⌚ | INR 6500

A medium-pressure full-body massage, which targets superficial muscles to provide muscle relaxation and increased blood circulation. From strained muscles to tensed minds, the therapist uses traditional long kneading strokes to relieve you after a long day of work and stress.

DEEP TISSUE MASSAGE

60 ⌚ | INR 4500 / 90 ⌚ | INR 6900

Press the restart switch as you feel all your pain and tension dissipate. Deep Tissue Massage is customizable to your needs. It targets reducing adhesions and muscle stiffness using varying pressure and distinct massage points.

INDIAN ABHYANGA

60 ⌚ | INR 4300 / 90 ⌚ | INR 6500

Rise above the Doshas with Ayurveda. A massage based on the principles of traditional Indian techniques, Abhyanga Massage Therapy helps reduce the knots in the muscles and treats overall body fatigue. An amalgamation of time-honoured healing art with herbal essential oils brings tranquility to your mind and body.

AYURVEDIC POTALI MASSAGE

60 ⌚ | INR 5500

Alleviate the agony with the restorative power of Potli. Ayurvedic Potli Massage is based on the philosophy of warmth ransmitted with linen potlis stuffed with essential herbs and oils. It aims to bring a therapeutic effect on the body by relaxing, nourishing, and rejuvenating.

JETLAG RECOVERY

90 ⌚ | INR 7100

Win over the nasties of jetlag with our exclusive Jetlag Recovery Massage Therapy. It is an ideal massage to banish dehydration, fatigue, and sluggishness after a long flight. The techniques employed by our healers are designed to stimulate and invigorate your senses and body.

SIGNATURE TATTVA THERAPY

90 ⌚ | INR 6900

The Signature Tattva Therapy incorporates massage with yoga stretches. This holistic wellness experience involves dry and oil-based massage, which eases muscle tension and energizes the body with acupressure movements and stretching. The deep pressure applied works effectively on muscles and balances the body's energy levels.

Taxes Extra
Add our premium oil blends at an additional charge

BEAUTY ELIXIRS

FLORAL MIST (Body Polisher) 45 ⌚ | INR 3500

From the abyss of Himalayan Valleys, Floral Mist Body Polisher is a misty fusion of aromatic oils - Palash, Saffron, and Floral Extracts. The gentle exfoliating polisher evens the skin tone, gives you a fresh dewy glow, and makes your skin soft and supple.

KALP VRIKSHA (Body Scrub) 45 ⌚ | INR 3500

Kalp Vriksha, a herbal body scrub with nourishment tendencies of coconut, refurbishes dead skin cells making skin radiantly smooth and even-toned.

VANILLA & NUTMEG SMOOTHIE (Body Polisher) 45 ⌚ | INR 3500

A luxurious creamy treatment with a unique blend of exfoliating agents and balmy essential oils provides essential hydration. It repairs damaged skin, rejuvenates the undernourished body, and leaves your body with a delicate sweet fragrance.

PRITHVI (Earth's Nectar-body Wrap) 30 ⌚ | INR 3200

With the therapeutic propensities of Prithvi, this body wrap stands true to its name. Refresh in the cocoon of balmy refined wrap that drains toxins, tightens the skin and gives a natural radiant glow.

CLEANSING FACIAL 30 ⌚ | INR 2300

Cast away blackheads, whiteheads, dead skin cells, and clogged pores with a cast for your face. The cleansing facial refines skin clarity and reduces acne blemishes, leaving you with fresh skin that breathes and glows.

SHINE FACIAL (For Skin Brightening) 60 ⌚ | INR 3200

A skin care treatment that takes care of our skin's health and provides the nourishment it needs. This gentle facial massage, with well-crafted, detoxifying ingredients, revitalizes the skin cells, rehabilitating the natural texture of your skin. Don't just glow, get your shine back.

HYDRA FACIAL (For Dry & Patchy Skin)

60 ⌚ | INR 5200

Don't let the drying weather get the best of you! Boost skin cell regeneration and improve skin elasticity with the Hydra Facial. This treatment cleanses, extracts, hydrates, and nourishes your skin from deep within without leaving room for dryness.

YOUNG & RADIANT FACIAL (For Neglected Skin)

60 ⌚ | INR 4500

Combat ageing, mend the damage and restore freshness with the facial for all the superhumans of the world. Don't let the long hours of work have you neglect your skin. Achieve younger-looking radiant skin with Young & Radiant Facial.

Taxes Extra
Add our premium oil blends at an additional charge

EXPRESS THERAPIES

INDIAN HEAD MASSAGE

30 ⌚ | INR 2200

Relieve stress from the head, neck, and shoulders when our professionally trained healers use kneading strokes for the massage. This therapy stimulates hair growth, improves blood circulation, and infuses a profound sense of joy and relaxation.

LEG FATIGUE RELIEVER

30 ⌚ | INR 2600

Leg Fatigue Reliever works on the age-old tradition of applying pressure to the more than 7,000 nerves in the foot which can mitigate blockages in the rest of the body. This is a treatment that balances the energy flow in the body and eases swollen legs and ankles, using a hand-picked combination of soothing natural oils.

ORIENTAL BACK MASSAGE

30 ⌚ | INR 2600

Soothe sore muscles, blockages, and joint pains with a massage derived from the Islands of Bali. A careful selection of aromatic oils and expert massage movements calm the nervous system, making this a serene experience.

TRAVEL ENERGIZER

30 ⌚ | INR 2600

After a long flight or a tiringly beautiful vacation, a shot of travel energizer is what you need. Traditional foot massage based on the Eastern techniques of reflexology, followed by a de-stressing massage for the upper back, neck, and the shoulder is a wholesome tranquilizing experience.

Taxes Extra
Add our premium oil blends at an additional charge

SALON

HAIRCUT (INCULDES HAIR WASH)

	INR
Hair cut for her	800
Hair cut for him	600

HAND & FOOT CARE

	INR
Luxurious chocolate foot spa	1400
Organic foot spa	1400
Organic manicure	1200
Luxurious chocolate manicure	1200
Nail Paint Change (feet/hand)	300

HAIR STYLING

	INR
Shampoo & Conditioning (S/M/L)	600
Hair Straightening (Ironing: short/long)	2000 / 2600
Hair perming (short/long)	1900 / 2600
Basic Blow-dry	800
Hair Perming short	1500
Hair Perming long	2000
Global Hair color Men*	1900
Global Hair color Women*	3200
Global Sides Men	1300
Root touch-up (women)	1900

FACE & BODY ESSENTIALS

	INR
Threading (eyebrows)	200
Threading (Upper lip)	130
Threading (Chin/Forehead)	200
Threading (Full Face)	780
Waxing-Full legs	1400
Waxing-Full legs*	1800
Waxing-Half legs	1000
Waxing-Half legs*	1600
Waxing-Full arms	1300
Waxing-Full arms*	1800
Waxing-Under arms	260
Waxing-Under arms*	400
Waxing-Full (Includes Full legs, arms & Under arms)	2600
Waxing-Full (Includes Full legs, arms & Under arms)*	3600
Waxing- Stomach or back	1300
Waxing- Stomach or back*	1900
Waxing- Neck & Blouse Line	1300
Waxing- Neck & Blouse Line*	1800
Waxing- Full Body	3900
Waxing- Full Body*	4500
Bleach- Face and Neck	1300
Bleach- Arms	1800
Bleach- Legs	1900
Bleach- Back	1600
Bleach- Full Body	3900
Bleach- Full Body*	4500

HAIR CARE

	INR
Amazon hair spa (amaranth)	3300
Amazon hair spa (almond)	3300
Extra for long Hair	500

ESSENTIALS FOR MEN

	INR
Shave	650
Beard Trimming	500
Moustache Trimming	260
Threading (eye brows)	260
Face clean-up	2600

Taxes Extra
**Choice of regular or premuium
*Hair color charges may vary depending on length / density of hair

TATTVA REViBE
Spa Membership From Tattva

Commit to wellness with Tattva Revibe!

Tattva Revibe is the perfect solution for making wellness a part of your routine. A membership with Tattva offers you a wide range of value-added extras, in a luxurious environment. A good spa therapy will no longer be a drain on your pocket. We invite you to escape the chaos of your daily life and rejuvenate in an oasis of calm.

Membership Category	Pay	Opening Balance	Effective Discount**	Expected No. of Services**	Validity (in months)	Sharing with Friends & Family
Peace	INR 18000*	INR 24000	25%	5	8	Yes
Serenity	INR 24000*	INR 36000	33%	8	12	Yes
Tranquility	INR 39600*	INR 72000	45%	16	18	Yes

MORE SPA
Attractive membership discounts get you more spa services

CASHLESS
No hassles of payments on each visit

SHARING
Spread wellness cheer with your friends & family

MORE DISCOUNTS
Avail flat 25% off on spas across 85+ Tattva locations

Terms and Conditions

- *Taxes extra
- **Example referring to 60 minutes Swedish Massage. The number of services will change upon choosing different services. (Calculated assuming only 60 minutes of Swedish Massage at MRP 4300)
- Tattva Revibe is a prepaid spa membership plan from Tattva
- The membership can be redeemed only at your home centre.
- Pay in advance and go cashless for every booking under the membership
- Memberships can be availed during spa operational hours
- 24 hours prior appointment required
- Membership plans are not applicable to spa packages
- Avail 25% discount through Tranquility Membership at select Tattva locations

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, kindly inform us of any cancellations at least 4 working hours before your appointment.
- Late cancellations will result in 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.
- Disposable undergarments will be provided for your convenience. Kindly wear these during your session for optimal comfort.
- Our therapists are committed to ensuring your privacy. They will consistently utilize draping techniques during treatments to maintain your comfort and respect your privacy.

Considerations

- Membership packages are non-refundable and can only be accessed using a membership card or booklet.
- 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 offered by Elementia Wellness Pvt. Ltd. serve general purposes and are not intended as a substitute for professional medical treatment, regardless of any condition guests may have, whether medical or otherwise. Neither its employees nor representatives will be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature. Any illicit or sexually suggestive behaviour, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges of the scheduled service.

Radisson BLU
GUWAHATI

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