



Atman

SPA & WELLNESS MENU

SPA RATE CARD

SIGNATURE EXPERIENCE

ATMAN SIGNATURE TREATMENT

120 MINUTES| ₹7700/13200
Single/Duo

SAMUDBHAVAH - REVIVE

60/90 MINUTES| ₹4400/5500

SUKHA - BLISS

60/90 MINUTES| ₹4400/5500

KANSA WAND – DETOX

75 MINUTES| ₹4900

MASSAGE

SWEDISH MASSAGE

60 MINUTES| ₹3200

BALINESE MASSAGE

60/90 MINUTES| ₹3700/4800

DEEP MUSCLES THERAPY

60/90 MINUTES| ₹4000/5000

AROMATHERAPY MASSAGE

75 Minutes| ₹4400

SHIATSU MASSAGE

60/90 MINUTES| ₹3800/5000

THAI MASSAGE

60/90 MINUTES| ₹3800/4800

HOT STONE MASSAGE

60/90 MINUTES| ₹4000/5000

DESTRESS THERAPY

90 MINUTES| ₹5000

PRE & POST NATAL THERAPY

45/60 MINUTES| ₹2800/3700

FACE CARE

AGE-DEFYING CARE

75 MINUTES| ₹5500

HYDRATING

60 MINUTES| ₹5000

RADIANCE

60 MINUTES| ₹4600

BALANCING

60 MINUTES| ₹3000

EXPRESS FACIAL

30 MINUTES| ₹2200

BODY TREATMENT

ENERGIZING SPRING

SALT EXFOLIATION

30 MINUTES| ₹2800

GRAPESEED BODY

EXFOLIATION

30 MINUTES| ₹2800

DETOXIFYING RED BERRIES

BODY WRAP

30 MINUTES| ₹2800

INVIGORATING BODY WRAP

WITH SAPPHIRE GEMS

30 MINUTES| ₹2800

PERFECTLY YOU PACKAGE

90 MINUTES| ₹5500

The rates are exclusive of taxes

SPA RATE CARD

AYURVEDA THERAPY

ABHYANGA

60/90 MINUTES| ₹3800/4900

SHIRODHARA

30/45 MINUTES| ₹3000/3700

CHOORNA PINDA SWEDAM

60/90 MINUTES| ₹3800/4900

EXPRESS THERAPY

HAND MASSAGE

30/45 MINUTES| ₹1800/2200

BACK MASSAGE

30/45 MINUTES| ₹2000/2500

HEAD MASSAGE

30/45 MINUTES| ₹2000/2500

FOOT REFLEXOLOGY

30/45 MINUTES| ₹2000/2500

Atman COUPLE EXPERIENCE

PURE INDULGENCE

3 HOURS| ₹16500

SOOTHING SERENITY

2.5 HOURS| ₹14300

Atman SPA AND WELLNESS PACKAGES

PRE-WEDDING SPA PACKAGE

2.5 HOURS| ₹9400

EXQUISITE

3 HOURS| ₹9900

SOUL CONNECT

2 DAYS| ₹7200

YOGA PACKAGES Per hour/day

1 PERSON| ₹950

3 PERSONS/DAYS| ₹2200

5 PERSON| ₹2800

The rates are exclusive of taxes

HOW TO SPA

HOURS OF OPERATION

The spa is open daily from 9 AM to 10 PM

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Do contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of cell phones and sounds on mobile devices and cameras during your time with us. Atman Spa and Wellness is a smoke-free zone.

ARRIVAL TIME

We encourage you to arrive 45 minutes prior to your appointment to enjoy the spa's wellness facilities including steam, sauna, and jacuzzi. Our therapists will be happy to assist you with any recommendations based on your chosen treatments. During your time at Atman Spa, you will be provided with a locker, disposable undergarments, robe, towels, and slippers. We do recommend that you refrain from bringing any valuables to the spa.

LATE ARRIVAL

As a courtesy to our next guest late arrival may result in a reduction of treatment time.

RESERVATIONS

To book an appointment, please contact the spa. For our inhouse guests, touch the spa button on your guest room telephone. Atman Spa welcomes both resident and non-resident guests, ages 18 and older. Non-resident bookings will be secured by a pre-authorization of credit card.

To ensure your preferred time and services are available, 24 hours advance booking is advised. The spa accommodates walk-in bookings based on availability.

GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Atman Spa experience at home, all products used in our treatments are available for sale in the spa reception area. We will be happy to assist you with your selections.

CANCELLATION POLICY

We kindly request our guests to allow us a minimum of three hours' notice for changes or cancellations. With fewer than three hours' notice, a cancellation charge amounting to 100% of your treatment shall be levied.

COUPLE'S SUITE

For an extended experience, the couple suites can be booked for a fee of INR 3000/- per hour which is subject to availability.

ATMAN SPA AND WELLNESS, RADISSON BLU HOTEL & SPA NASHIK

T: +91 253 6644500