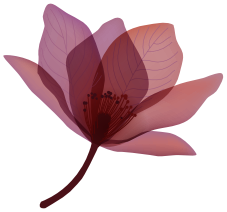


TATTVA

WELLNESS

◆ YOUR WELLBEING. OUR PASSION ◆



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.



TATTVA WELLNESS SPA
YOUR WELLBEING. OUR PASSION

In the quiet stillness of a spa therapy room, water flows, air moves, earth holds, fire warms, and space opens — guiding your body and mind back to their natural rhythm.
Tattva, drawn from the Sanskrit, means “Elements”. It is the name we carry and the philosophy we live by — that true wellbeing begins when the elements within us are in balance.



Since 2013, Tattva Wellness Spa has been shaping India’s premium wellness landscape, blending time-honoured rituals with mindful care. Our therapies are more than treatments — they are journeys, gently crafted to restore, renew, and awaken the quiet joy of being well.
Turn the page. Your healing journey begins here.

MOMENTS OF PAUSE. LAYERS OF CALM.

WHAT TO EXPECT FROM YOUR TIME WITH US



ARRIVAL

We invite you to arrive fifteen minutes early — to slow down, settle in, and relax in our mindfully designed spaces.



SIP & SETTLE

Begin with a refreshing seasonal welcome drink, rich in antioxidants and calming herbs. This gentle elixir prepares your body and mind to receive.



YOUR WELLNESS CONSULTATION

Our spa associate will discuss with you the online pre-filled health assessment note, so your therapy can be thoughtfully tailored to your body's rhythm and state of being.



OIL SELECTION RITUAL#

Select from an array of our in-house blends of aromatherapy, skin-nourishing oils. Let your senses guide you.



PRIVACY ASSURANCE

Prioritizing your comfort and modesty, we provide disposable undergarments and maintain gentle towel draping throughout your massage therapy experience.



RITUAL OF CLEANSING*

In a gesture of Indian hospitality, your feet are gently cleansed to honor your arrival and symbolic cleansing of the negative energies.



CALM BREATH RITUAL

Begin with the ritual of tranquility inhalation which immediately soothes your senses.



MINDFUL COMMUNICATION

Let silence be part of your healing — minimal conversation is encouraged. Your gentle, respectful words would help us care for you more mindfully for any customisations during your therapy.



CLEANSE & RENEW*

Post-therapy, you will be guided for an ensuite steam & shower experience or be escorted to the common shower area if you would like. If you would prefer a warm towel to wipe off the excess oil instead of the shower you may let your healer know.



HYDRATE & REFLECT

As your spa journey concludes, a warm herbal tea helps hydrate and seal in relaxation, offering a moment of quiet before you re-enter the busy daily life.

*Available at select locations only

#Applicable only for massage therapies





SPA SOJOURNS

DEEP SLEEP

Indulge in Tattva's Deep Sleep Experience, an unparalleled spa journey for profound relaxation and restorative sleep. Surrender to the sublime, as expert hands employ time-honored techniques to alleviate deep-seated tension, remove toxins, and balance the energies coursing through your body. From the crown of your head to the soles of your feet, every muscle will sigh in relief, every thought will float away, and you will be enveloped in a tranquil cocoon that readies you for a night of deep, revitalizing sleep. Emerge from this spa experience not just rested, but profoundly restored. The calming aroma oils further soothe your senses, slowing your mind into a meditative state. Gentle, rhythmic strokes lull you into serenity, making it the perfect escape for those seeking mental clarity and emotional balance.

Package Inclusions:

Deep Tissue Massage (60 minutes)
Head Massage (30 minutes)
Foot Reflexology (30 minutes)

NOURISH

Tattva's Nourish is a two-hour spa experience designed to rejuvenate your body and mind. Begin with your choice of massage—Swedish, Deep Tissue, or Abhyanga. Whether it's long kneading strokes to melt away stress, deep pressure to relieve muscle fatigue, or rhythmic movements with warm herbal oil for holistic balance, our skilled healer tailors the therapy to your needs. Complete your journey with a revitalizing spa facial, designed to cleanse, nourish, and reveal bright, smooth skin. The calming ambiance and aromatic oils enhance relaxation, allowing you to disconnect completely from daily stress. You'll leave feeling refreshed, glowing, and deeply restored from within.

Package Inclusions:

Choice of Swedish, Deep Tissue, or Abhyanga Massage (60 minutes)
Choice of Facial (60 minutes)

REPLENISH

Discover Tattva's Replenish, a spa package crafted to restore the energy life drains from your body. Begin with your choice of massage—Swedish, Deep Tissue, or Abhyanga—each designed to release tension, improve circulation, and promote deep relaxation. Follow it with a body scrub of your choice to exfoliate and reveal smooth, radiant skin. Next, enjoy our Soothe & Revive body masque, wrapping you in nature's nurturing touch. The experience concludes with a soothing head massage, leaving you glowing, grounded, and blissfully renewed. This holistic ritual not only rejuvenates the body but also uplifts your spirit, helping you reconnect with your inner calm. Perfect for those seeking complete renewal from head to toe.

Package Inclusions:

Choice of Swedish, Deep Tissue, or Abhyanga Massage (60 minutes)
Radiance Body Scrub (45 minutes)
Illuminating Face & Body Mask (30 minutes)
Soothing Head Massage (15 minutes)

COUPLE'S RETREAT (COUPLE SPA)

Experience the finest in pampering and indulgence with the Couple's Retreat. In the privacy of our serene couple's therapy suite, unwind side-by-side with your partner as you choose from a Swedish, Deep Tissue, or Abhyanga massage. Let stress melt away, then savour a refreshing fruit bowl and detox juice together. Celebrate your journey of love—rejuvenated, reconnected, and renewed. Feel the harmony deepen as healing strokes awaken your senses and restore inner balance. This intimate spa escape is designed to strengthen your bond, creating cherished memories of togetherness and bliss.

Package Inclusions:

Choice between Full Body Swedish or Deep Tissue Massage (90 minutes)
A Bowl of Fruits & Detox Juice
Room Decoration - only on prior request & availability

Promotional offers are not applicable on Spa Sojourns packages
Add our premium oil blends at an additional charge



MASSAGE SELECTIONS

SWEDISH MASSAGE

A medium-pressure full-body massage that 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

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

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.

SWARNA SOOTHE MASSAGE

Experience the revitalizing Swarna Soothe Massage, a Tattva signature therapy designed to rejuvenate body and mind. It begins with gentle strokes to warm up the muscles, followed by your choice of Swedish or Deep Tissue techniques using turmeric-infused oil. This massage detoxifies skin, reduces inflammation, and eases muscle pain—leaving you radiant, relaxed, and renewed.

SPORTS THERAPY

The Sports 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.

AYURVEDIC POTLI MASSAGE

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

Add our premium oil blends at an additional charge



BEAUTY ELIXIRS

RADIANCE BODY SCRUB

Amidst modern chaos, indulge in VILASA by Tattva's Rose & Lotus Seed Body Polish to reclaim your skin's natural glow. Enriched with rose oil extract & lotus seed extract, this gentle scrub targets pigmentation, evens skin tone, and boosts radiance. Gently massaged by our healers, this ritual leaves your skin refreshed, brightened, and visibly glowing.

DETOX BODY POLISH

Surrender to a deeply restoring mineral ritual created to rebalance and revitalise the skin. VILASA by Tattva's Sea Salt & Spirulina Body Polish deeply refines skin texture and smooths away dullness, leaving a soft detoxifying effect for a polished, healthy, and refined glow.

ILLUMINATING FACE & BODY MASK

Restore your skin's natural luminosity through VILASA by Tattva's face & body mask ritual. A carefully balanced infusion of turmeric and liquorice works to brighten and refine uneven tone. Feel yourself replenished, revitalised, and radiant.

PURE FACIAL (Recommended for normal to oily skin)

Reveal balanced, radiant skin with Tattva's Pure Facial. Infused with peach scrub and lavender extract, it controls excess oil, unclogs pores, and finishes with a non-greasy moisturizer—leaving your skin clear, refined, and refreshingly glowing.

REJUVENATE FACIAL (Recommended for normal to dry skin)

Revitalize your skin with our Rejuvenate Facial—featuring gentle cleansing, kiwi scrub exfoliation, a detoxifying mud pack, circulation-boosting massage, and SPF protection. This treatment nourishes, hydrates, and restores your skin's natural glow for a refreshed, even-toned look.

SHINE FACIAL (Recommended for all skin types)

Unveil your natural glow with Tattva's Shine Facial—starting with a soothing cleanser, gentle exfoliation, and a brightening white mud pack. A revitalizing massage boosts circulation, finishing with sun-protective moisturizer for radiant, even-toned, and refreshed skin.

Add our premium oil blends at an additional charge



REVITALIZING ENHANCEMENTS

Enhance your spa experience with our exclusive add-on therapies, designed to complement and elevate your overall relaxation. Choose from focused treatments for specific body areas or indulge in specialized techniques for ultimate revitalization. These add-ons seamlessly integrate into your chosen spa service. You can also add a product or service to further maximize your rejuvenation at Tattva Wellness.

HEAD MASSAGE

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.

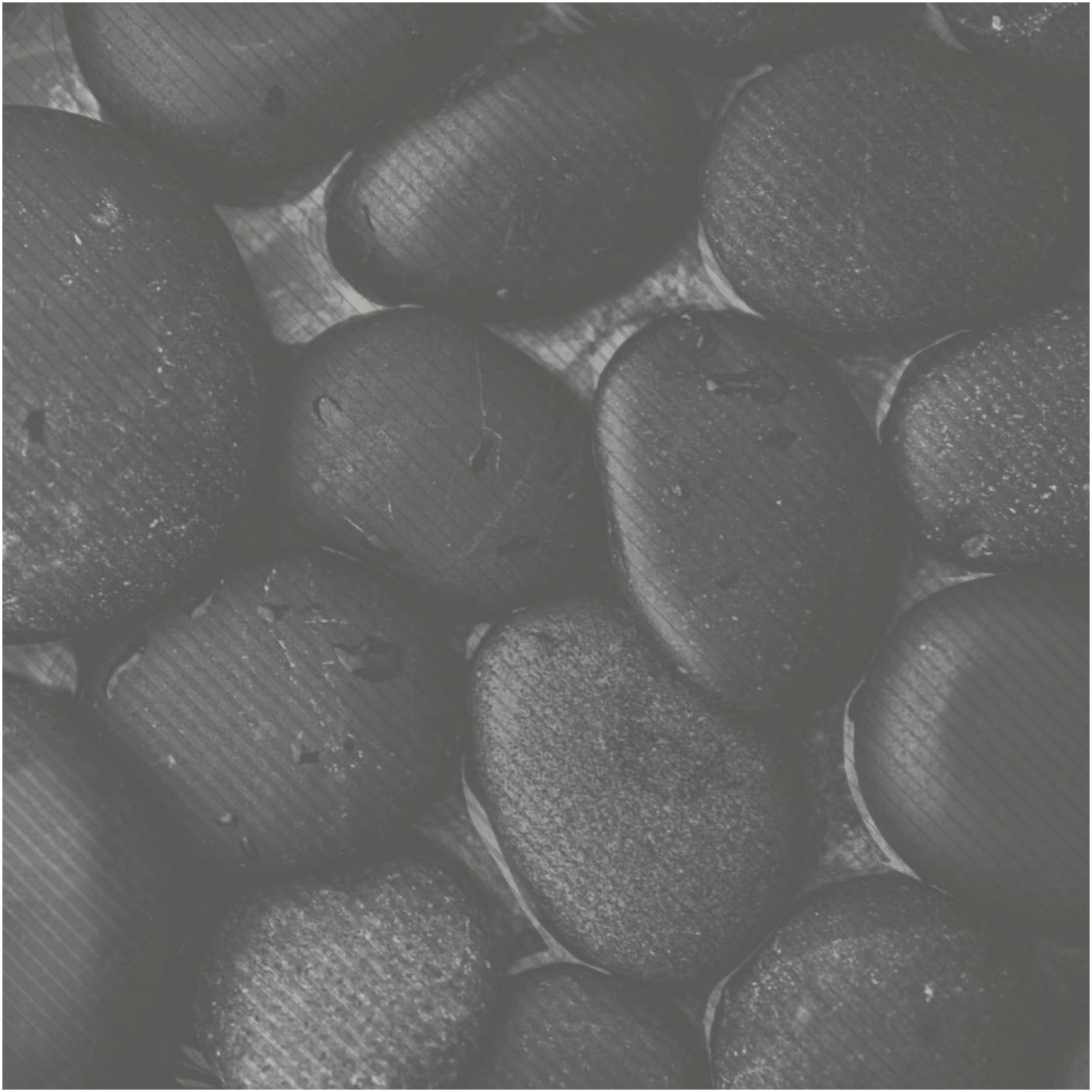
FOOT REFLEXOLOGY

Drawing from the age-old art of reflexology, Foot Reflexology Massage targets over 7,000 nerve endings to relieve fatigue and boost circulation. Our expert therapists use precise pressure and soothing oils on key foot points, reducing fluid buildup and refreshing tired feet, leaving you relaxed, balanced, and re-energized.

BACK MASSAGE

Tattva's Back Massage combines therapeutic strokes with aromatic oils to ease stiffness and discomfort from the upper to lower back. Designed to relieve muscle tension and calm the nervous system, this focused therapy leaves you feeling relaxed, refreshed, and recharged—ready to step back into your day with renewed ease and comfort.

Add our premium oil blends at an additional charge



PRICES

MASSAGES

Swedish Massage	60 | 90 minutes	₹ 4500 | 6700
Deep Tissue Massage	60 | 90 minutes	₹ 4700 | 7000
Indian Abhayanga Massage	60 | 90 minutes	₹ 4500 | 6700
Swarna Soothe Massage	60 minutes	₹ 5000
Potli Massage	60 minutes	₹ 5500
Sports Therapy	90 minutes	₹ 6700

BEAUTY ELIXIRS

Radiance Body Scrub	45 minutes	₹ 4800
Detox Body Polish	45 minutes	₹ 4700
Illuminating Face & Body Mask	30 minutes	₹ 4700
Rejuvenate Facial	60 minutes	₹ 4500
Shine Facial	60 minutes	₹ 3500
Pure Facial	60 minutes	₹ 3500

Govt. Taxes Extra. Service Charge @ 5.25% Extra

REVITALIZING ENHANCEMENTS

Head Massage	30 minutes	₹ 2300
Back Massage	30 minutes	₹ 2500
Foot Reflexology	30 minutes	₹ 2500

SPA SOJOURNS

Deep Sleep Deep Tissue Massage | 60 minutes Head Massage | 30 minutes Foot Reflexology | 30 minutes	120 minutes	₹ 8500
Nourish Choice of Swedish, Deep Tissue or Indian Abhyanga Massage | 60 minutes Choice of Facial | 60 minutes	120 minutes	₹ 7400
Replenish Choice of Swedish, Deep Tissue or Indian Abhyanga Massage | 60 minutes Radiance Body Scrub | 45 minutes Illuminating Face & Body Mask | 30 minutes Soothing Head Massage | 15 minutes	150 minutes	₹ 13800
Couple's Retreat Choice of Swedish or Deep Tissue Massage | 90 minutes A Bowl of Fruits & Detox Juice Room decoration - only on prior request & availability	90 minutes each	₹ 12600

Govt. Taxes Extra. Service Charge @ 5.25% Extra

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 (INR)	Opening Balance (INR)	Effective Discount**	Expected No. of Services**	Validity (in months)	Sharing with Friends & Family
Peace	18000*	24000	25%	5	8	Yes
Serenity	24000*	36000	33%	8	12	Yes
Tranquility	39600*	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 100+ 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 4500)
- 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 sojourns
- 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
RESORT & SPA
LONAVALA

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