






# tamāya

Spa • Salon • Wellness

## MASSAGES

-  **JET LAG REVIVER** Duration: 90 minutes - INR 6000  
A rebalancing treatment including a body massage with aromatherapy oil to revive your blood circulation and ease muscle tension, head massage to re-awaken your energy and a ginger herbal tea to reset your internal clock
-  **HEAD N' SHOULDER MASSAGE** Duration: 30/60 minutes - INR 2500/ 4500  
A deeply relaxing oil-based massage of head, neck and shoulders to ease tension in the muscles and fascia of the head and upper body, to induce deep sense of calmness & relaxation.
-  **FEET REJUVENATING MASSAGE** Duration: 30/45 minutes - INR 2500/ 3200  
The reflex points on the soles of the feet is worked on to stimulate energy flow so as to re-store harmony to the bodies function. A leg massage is included to promote relaxation and to produce a sense of completeness.
-  **THAI HERBAL MASSAGE** Duration: 90 minutes - INR 6500  
A full body massage using warm poultices which contain plai, ginger, turmeric and lemongrass. These are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.
-  **THAI MASSAGE** Duration: 60/90 minutes - INR 5500/ 6500  
Ancient Thai massage is a rhythmic oil-free massage, using a combination of stretching and deep pressure points along the body's major energy channels, restoring the flow of energy in the body and increasing awareness and vitality. Tension is relieved with enhanced flexibility, inducing a deep state of tranquility.

All above prices are in INR. Government taxes as applicable.



**JAYPEE GREENS GOLF & SPA RESORT**

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