

tamāya[®]

Spa • Salon • Wellness

MASSAGES

-  **DETOX THERAPEUTIC MASSAGE** **Duration: 60/90 minutes - INR 4500/5600**
An energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen with a uses of dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity. It helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.
-  **DEEP TISSUE MASSAGE** **Duration: 60/90 minutes - INR 4500/5600**
Unwind as this deep tissue treatment warms and soothes aching muscles, improves range of motion and releases toxins. Using a variety of techniques and pressure, your therapist will customize this massage to your specific areas of concern to relieve your aches and pains.
-  **BALINESE MASSAGE** **Duration: 60/90 minutes - INR 4500/5600**
Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.
-  **BACK, NECK & SHOULDER MASSAGE** **Duration: 30/60 minutes - INR 2500/4500**
This calming mind and body experience is the perfect end to a long drive. We concentrate on your back, neck and head to release you from all these deep seated tensions that cause back pain and headaches.
-  **HOT STONE MASSAGE** **Duration: 90 minutes - INR 6000**
The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.
-  **JET LAG REVIVER** **Duration: 90 minutes - INR 5600**
A rebalancing treatment including a body massage with aromatherapy oil to revive your circulation and ease muscle tension, head massage to re-awaken your energy and a ginger herbal tea to reset your internal clock
-  **BAMBOO MASSAGE** **Duration: 90 minutes - INR 5800**
Representing good luck, long life, friendship, peace & harmony - bamboo has been used in Asia as a massage tool for many years. Its natural colour and texture ensures each set is unique. Each tool is designed to work on a certain area, bringing deep pressure relief to the back, neck, shoulders and legs. The use of the bamboo ensures that the guest receives the pressure they require. A perfect substitute for a deep tissue massage.

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



JAYPEE GREENS GOLF & SPA RESORT

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HEAD MASSAGE

Duration: 30/60 minutes - INR 2500/4500

A deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce deep sense of calm.

FEET REJUVENATING MASSAGE

Duration: 30/60 minutes - INR 2500/4500

The reflex point on the soles of the feet is worked on to stimulate energy flow so as to restore harmony to the bodies function. A leg massage included to promote relaxation and to produce a sense of completeness.

THAI HERBAL MASSAGE

Duration: 90 minutes - INR 6000

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 4700/5700

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 as flexibility enhanced inducing a deep state of tranquility.

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