



tamāya

Spa • Salon • Wellness



For reservation call Extn: 3271, 3272

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Revive yourself in our oasis at the beautiful sanctuary here in Jaypee Greens Golf & Spa Resort in Greater Noida. The Tamaya Spa recaptures memories of bygone era for restoring the body and soothing the mind.

Discover Tamaya philosophy of beauty first hand: with individual exclusive treatments. Immerse yourself in the world of luxurious pampering and beauty treatments. Forget the stress of your daily life, and leave the outside world behind. Simply recharge yourself.

SIGNATURE EXPERIENCES

TAMAYA'S HAMMAM

Duration: 75 minutes - INR 5500

This experience uses cocoa beans and shea butter which are known as natural skin cleansers, softeners and conditioners, leaving the skin glowing and silky smooth. Cocoa beans are also rich in antioxidants, protecting the skin's natural elasticity and firmness.

TAMAYA'S RELAXING MASSAGE

Duration: 60/90 minutes - INR 4500/5600

A classical yet most popular western massage using with aroma oil to sooth & relax the mind and body. Gentle to medium pressure will help your mind achieve serenity and leave your body feeling smooth, softened and deeply relaxed.

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



JAYPEE GREENS GOLF & SPA RESORT

Surajpur-Kasna Road, Greater Noida, Delhi/ NCR Region, 201306, U.P., India

T: +91 120 6743271, +91 120 6743272 | E: spareservations.jggr@jaypeehotels.com | www.jaypeehotels.com

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FACIALS

-  **24K GOLD ANTI AGEING** by Subtle Energies **Duration: 60 minutes - INR 5400**
Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out.
-  **WILD KASHMIR** by Subtle Energies **Duration: 60 minutes - INR 5000**
Replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. Ideal for acne prone and teenage skin.
-  **ANTIOXIDANT FACIAL** by Subtle Energies **Duration: 60 minutes - INR 5000**
Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin.
-  **ESSENTIAL RESTORE** by Subtle Energies **Duration: 60 minutes - INR 5000**
This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living.
-  **EXPRESS FACIAL** **Duration: 30 minutes - INR 3000**
Cleansing, exfoliation and a relaxing mask based facial.

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WELLNESS THERAPIES

-  **TRADITIONAL HAMMAM** **Duration: 45 minutes - INR 4600**
A cleansing and refreshing treatment including warm herbal steam, body wash with a black soap, Moroccan mask and gentle exfoliation using the Hamman mitt.
-  **COUPLES HAMMAM** **Duration: 75 minutes - INR 9000**
Unwind together with this traditional experience combining cleansing and invigorating treatments, whilst inducing deep relaxation.
-  **ABHYANGA** **Duration: 60 minutes - INR 5000**
This popular body massage reduces the signs of aging, relieves fatigue, induces sleep, and strengthens the skin and the immune system.
-  **SHIRODHARA** **Duration: 60 minutes - INR 5500**
Incorporating a continuous flow of warm medicated oil on the third eye, this treatment relaxes the mind and is also known to improve memory, regularize sleep patterns and regulate blood pressure.
-  **SHIRO-ABHYANGA** **Duration: 90 minutes - INR 7500**
This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.
-  **CHOORNASWEDANA** **Duration: 60 minutes - INR 5000**
Stimulate circulation, eliminate toxins and relieve muscle pain, stiffness, rheumatism, arthritis and sports injuries with this deeply calming treatment. A full body massage with dosha specific oils is followed by therapeutic sweating induced by the application of warm herbal poultices.
-  **AQUA-BALANCE** **Duration: 45 minutes - INR 4200**
A profoundly moving and relaxing aquatic therapy, combining the benefits of warm water with stretching, yoga and meditation. 36 hours notice is required for this specialized service.

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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.

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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 re store 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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BODY TREATMENTS

-  **COFFEE AND COCONUT OIL SCRUB** Duration: 30 minutes - INR 2500
A great exfoliator for rough or dry skin, ideal for stretch marks and cellulite delivering soft and glowing skin.
-  **DETOX SALT SCRUB** Duration: 30 minutes - INR 2500
A stimulating treatment using local salt to gently sweep away dull cells and smooth, soften and renew the skin.
-  **DETOX COFFEE BODY WRAP** Duration: 45 minutes - INR 3400
This purifying body wrap uses coffee blended with coconut oil to detoxify and firm the skin. It is followed by a green clay mask to deeply moisturize and nourish.
-  **HYDRATING BODY WRAP** Duration: 60 minutes - INR 4500
This hydrating body wrap uses locally grown aloe vera and soothing lavender to calm the skin. It is followed by a body brush exfoliation and banana leaf wrap to lock in the moisture. Locally-inspired

FITNESS AND WELLNESS WITH TAMAYA

-  **PERSONAL FITNESS TRAINING** Duration: 45mins - INR 1800
-  **PARTNER TRAINING (TWO PEOPLE)** Duration: 45mins - INR 1800
-  **AERIAL YOGA** Duration: 45mins - INR 2000
-  **YOGA** Duration: 60mins - INR 1800
-  **MEDITATION** Duration: 45mins - INR 1700
-  **PRANAYAMA** Duration: 45mins - INR 1700

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JOURNEYS

Nature, natural products and a holistic approach to overall wellbeing and personalized service are the guiding principles of our spa philosophy. Our therapists have a wide range of skills and areas of expertise and can personalise treatment to suit the individual.

We invite you to revive with your true essence and vitality allowing the healing power in nature and our trained and loving hands to assist you on this journey. All of our journeys are designed with you in mind. However we would also love to create an experience just for you – No request is too great and do detail is too small for our dedicated team.

-  **DETOX DAY** **Duration: 135 minutes - INR 8500**
Coffee and Coconut Oil Body Scrub Detoxifying Coffee Body Wrap Detox Massage

-  **NOURISH AND GLOW** **Duration: 135 minutes - INR 10500**
Hydrating Body Wrap with signature massage and Express Facial.

-  **TOGETHER JOURNEY** **Duration: 135 minutes - INR 13000**
Signature Hammam with Back Massage and Aromatherapy Bath

-  **ROMANCE JOURNEY** **Duration: 160 minutes - INR 16000**
Steam with full body scrub and Signature Massage followed by Rose Petal Milk Bath - Served Fruit and Ginger Tea in the package

-  **YOGIC INTESTINAL WASH** **Duration: 60 minutes - INR 3200**
Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana.

-  **COLONIC CLEANSE** **Duration: 60 minutes - INR 4900**
A cleansing treatment to help the body expel unnecessary waste and toxins, boosting the immune system and inducing a sense of lightness.

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SALON

 HAIR CUT & SHAMPOO	INR
Medium	700
Long	1000
Long with style	1500
 SHAMPOO & BLOW DRY	INR
Short hair (45 mins)	1200
Long hair (50 mins)	1350
 HAIR STYLING & TREATMENTS	INR
Blow dry In & Out - Short hair	700
Ironing	1000
Ironing - Long Hair	1500
Hair Spa Therapy (60mins)	3500
Peppermint Hair Treatment	5000
Hair Styling & Dressing for special occasion (45mins)	2000
Keratin Hair Treatment (180 mins)	15000
Keratin Hair Treatment Short hair	12000
Root Touch Up	2500
Full Head Color (45mins)	3000
Hair Re-bonding Starting	10000
Hair Smoothing Starting	10000
 HIGHLIGHTS	INR
Short (110 mins)	3500
Medium (110 mins)	4500
Long (110 mins)	5500
 CUT & SHAVE	INR
Shaving	250
Beard Trim	250
Hair Cut & Style (30 mins)	700
Shampoo & Conditioner	750

BEAUTY

 HAND & FEET	INR
Mini Pedicure (30mins)	1800
Mini Manicure (30mins)	1800
Manicure (60mins)	3500
Pedicure (60mins)	3500
Nail Polish Application	500
 THREADING	INR
Eyebrow/ Shaping	300
Upper Lips	200
Chin	200
Partial Face	450
Full Face	600
 WAXING	INR
Full Leg	2000
Back	1500
Chin	300
Half Leg	1000
Underarms	400
Bikini	2500
Full Arms	1200
Half Arms	700
Brazilian	5000

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TAMAYA SPA - HOW TO SPA

TAMAYA SPA OPENING HOURS

Daily 7:00 am to 9:00 pm

GYM OPENING HOURS

Daily 6:30 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial 3272 from your hotel room or contact the spa reception on T +91 (0) 120 674 3271/3272. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend booking the steam and experience shower, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 30 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Jaypee Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.



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TAMAYA SPA - HOW TO SPA

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

We love children and would encourage them to enjoy our Children's spa.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes. All personal belongings including clothing, footwear and personal items must be kept in the gym lockers and not in the guest service areas.

MEMBERSHIP BENEFITS

Spa members can redeem their complimentary spa benefits between Monday to Thursday only.



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