

tamãya

Spa • Salon • Wellness

For reservation call Extn: 3271, 3272

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Revive yourself in our oasis at the beautiful wellness 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 6000

This experience uses lemongrass and nut powder which are known as natural skin cleanser, leaving the skin glowing and silky smooth. Lemongrass is also rich in antioxidants, protecting the skin's natural elasticity and firmness.

TAMAYA'S RELAXING MASSAGE

Duration: 60/90 minutes - INR 5000/6000

A classical yet most popular western massage using aroma oil to sooth & relax the mind and body. Gentle to medium pressure with a touch of hot stones on your back will help your mind to 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
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FACIALS

- 🌿 **24K GOLD ANTI AGEING** by Subtle Energies Duration: 60 minutes - INR 5900
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 inside out.
- 🌿 **WILD KASHMIR** by Subtle Energies Duration: 60 minutes - INR 5400
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 5400
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 5400
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

ABHYANGA

Duration: 60/90 minutes - INR 5500/6500

This old age ayurvedic treatment to restore and balance the doshas and enhance wellbeing. Specific herb infused warm oil is used in the treatment that relaxes your tired muscles and joints.

SHIRODHARA

Duration: 60/30 Minutes - INR 6000/3500

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 6000

Stimulate circulation, eliminate toxins and relieve muscle pain & stiffness 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 6000

A profoundly moving and relaxing aquatic therapy, combining the benefits of warm water with stretching, yoga and meditation. 36 hrs prior notice is required for this specialized service.

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. This treatment helps body to expel unnecessary waste & toxins from the body.

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MASSAGES

-  **DETOX THERAPEUTIC MASSAGE** Duration: 60/90 minutes - INR 5500/6500
An energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen with the 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 5000/6000
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 5000/6000
Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allows the body to release built-up tension.
-  **AROMATHERAPY** Duration: 60/90 minutes - INR 4500/5600
Aromatherapy is a light pressure therapy with aromatic oil which have a combination of flowing, soothing, rhythmical massage movements that relaxes the body and mind.
-  **SWEDISH** Duration: 60/90 minutes - INR 4500/5600
Swedish massage is a whole-body therapeutic massage treatment that works on the soft tissues and muscles to restore health. It consists of long, flowing strokes that are applied using light to medium pressure that releases the tension from the muscles and provides relaxation.
-  **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 body's natural healing potential.

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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.

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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 cellulite and stretch marks, 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 giving smooth, soften and renewed skin.
-  **DETOX BODY RITUAL** Duration: 60 minutes - INR 4500
This purifying treatment uses coffee blended with coconut oil to detoxify and tighten the skin. It is followed by a green clay mask to deeply moisturize and nourish the skin.
-  **HYDRATING BODY RITUAL** Duration: 60 minutes - INR 5000
This hydrating body wrap uses locally grown aloe vera and soothing lavender to calm the skin. It is followed by a body brush exfoliation.

FITNESS AND WELLNESS WITH TAMAYA

YOGA / PERSONAL TRAINING	Duration: 45 mins - INR 1800
AERIAL YOGA	Duration: 45 mins - INR 2000
MEDITATION IN CAVE	Duration: 60 mins - INR 1500
ENERGY HEALING- REIKI	Duration: 45mins - INR 3000
GROUP YOGA (UP TO 10 PEOPLE)	Duration: 60mins - INR 8000

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JOURNEYS

Natural products and a holistic approach to overall wellbeing are the guiding principles of our spa philosophy. Our therapists have a wide range of skills and areas of expertise and can personalize treatment to suit the individual needs.

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 no 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 with detox massage.
-  **NOURISH AND GLOW** Duration: 135 minutes - INR 10000
Hydrating body wrap with signature massage and express facial.
-  **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.
-  **COUPLE ESCAPE** Duration: 90 minutes - INR 11000
Spend blissful moments with your partner. Indulge in our hand-picked 60 minute massage, followed by a relaxing aqua therapy.
-  **TOGETHER JOURNEY** Duration: 135 minutes - INR 13000
Signature hammam with back massage and aromatherapy bath

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KIDS SPA

PRETTY HANDS OR FAIRY FEET

Duration: 45 minutes - INR 1500

Let us give care to beautify small hands or feet (cleaning and filing of nails, modelling and nail polish application).

PAMPER MY KID

Duration: 45 minutes - INR 2500

A soft movement massage to calm and comfort them with pure coconut oil and soft tones, create a relaxing & rejuvenating experience for your little one.

OATMEAL AND HONEY BODY SCRUB

Duration: 30 minutes - INR 2000

This treatment combines the therapeutic and hydrating benefits of oatmeal and honey while ridding the skin of dead cells that dull it. In fact, oatmeal has exfoliating properties that are not harsh on your child's delicate skin: they help restore natural moisture and gently cleanse it.

PRETTY ME

Duration: 45 minutes - INR 2000

Let your child play and learn to take care of their skin, with a gentle coconut scrub and chocolate mask with cucumbers on the eyes, to nourish their skin.

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SALON

HAIR CUT & SHAMPOO

	INR
Medium	1000
Long	1200
Long with style	1500
Men's hair cut	700

SHAMPOO & BLOW DRY

	INR
Short hair (45 mins)	1200
Long hair (50 mins)	1350

HAIR STYLING & TREATMENTS

	INR
Blow dry In & Out - Short hair	1500
Ironing	1000
Ironing - Long Hair	1500
Hair Spa Therapy (60mins)	3500
Hair Treatment	5000
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	500
Beard Trim	250

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 7:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial 3271/3272 from your hotel room or contact the spa reception at 8860638760. 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 system 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 consultation is offered to determine your specific needs and to allow us to design your treatment experience & offer you 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 cost 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. Tamaya Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as to not disturb the 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. Minimum age for the child to use spa is 5 years.

GYM POLICIES

For your personal safety, 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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