








# tamāya<sup>®</sup>

Spa • Salon • Wellness

## 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.

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