

# tamāya

Spa • Salon • Wellness

## 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.

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



JAYPEE GREENS GOLF & SPA RESORT

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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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