




## SPA MENU



A close-up photograph of a vibrant red flower, possibly a lily, resting on a light-colored bamboo mat. The background is a soft, out-of-focus beige. A semi-transparent white rectangular box is positioned in the center-left, containing the text 'THE R3 SPA JOURNEY' in a bold, black, sans-serif font.

# **THE R3 SPA JOURNEY**

R3 Spa is a cosmopolitan spa brand amalgamating a traditional yet modern lifestyle with beauty and wellness experiences for our discerning guests and wellness connoisseurs.

R3 Spa is our endeavour to create the perfect spa experience with exquisite fragrances, soothing music, soft lighting, tastefully done spa suites and relaxation areas to provide the guests with a relaxing ambience. The moment you enter our sanctuary you will feel a wave of calm wash over you, as you are welcomed and guided towards your journey of rejuvenation by our expert therapist.

Every service at the spa has been tailor designed to encourage wellbeing and positive lifestyle, restore calm and rejuvenate your body mind and soul. Choose from our exciting range of treatments for the whole body as detailed in our spa treatment menu and be indulged by our trained therapists and practitioners. Each spa experience promises an intimate journey of self discovery and extreme rejuvenation.





# **SPA GUIDELINES**



## **Reservations**

- We recommend you book your appointments well in advance.
- We suggest arriving minimum of 30 minutes prior to your scheduled appointment to allow ample time for check-in.
- For Spa & Salon reservations, group booking or general information, please contact the spa reception.
- For the convenience of other guests, please inform us about any cancellation atleast 4 working hours prior to your appointment.
- Last minute cancellations will lead to 50% charge. The same will be applied for no show.

## **Special Needs**

- Since your safety is our utmost concern, we ask you to please notify the Spa Manager and your Therapist of any special assistance or medical conditions you may have, such as: allergies, high blood pressure, heart conditions, diabetes, pregnancy, etc.

## **Payment Options**

- Depending on your preference, all Spa services can be charged to your room or your credit card.

## **General Guidelines**

- Children under 16 yrs are not allowed in the Spa, unless accompanied by an adult.
- Treatment packages are non-refundable. Unused packages are non-transferable or non-exchangeable.
- The Spa is alcohol, cell phone and smoke free zone.
- R3 Spa does not take any responsibility of your valuables; kindly leave them in the locker.
- You are in a professional spa, please do not expect anything other than therapeutic spa services.
- Taxes as applicable.





# FULL BODY MASSAGES



*From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall health and well-being. The R3 spa offers the most effective Eastern and Western spa therapies that soothe the senses, restore vitality and revive the spirit.*

### **Ayurvedic Abhayangam**

60 /90 Min

The traditional Indian massage done by expert therapists using herb infused oils. The massage is followed by a herbal steam bath and a hot shower. Effective for improving eyesight, longevity, sound sleep, rheumatism, removal of toxins and induces relaxation whilst normalizing blood pressure and eliminating impurities and thus resulting in glowing skin.

### **Swedish Relaxation Massage**

60 /90 Min

A timeless full body massage style that uses long, flowing strokes to encourage relaxation, lymphatic drainage and detoxification. The different manoeuvres of this massage are designed to ease tension caused by stress, injuries or poor posture. Along with stimulating blood circulation and restoring flexibility to body movements, it procures an overall sensation of blissful relaxation.

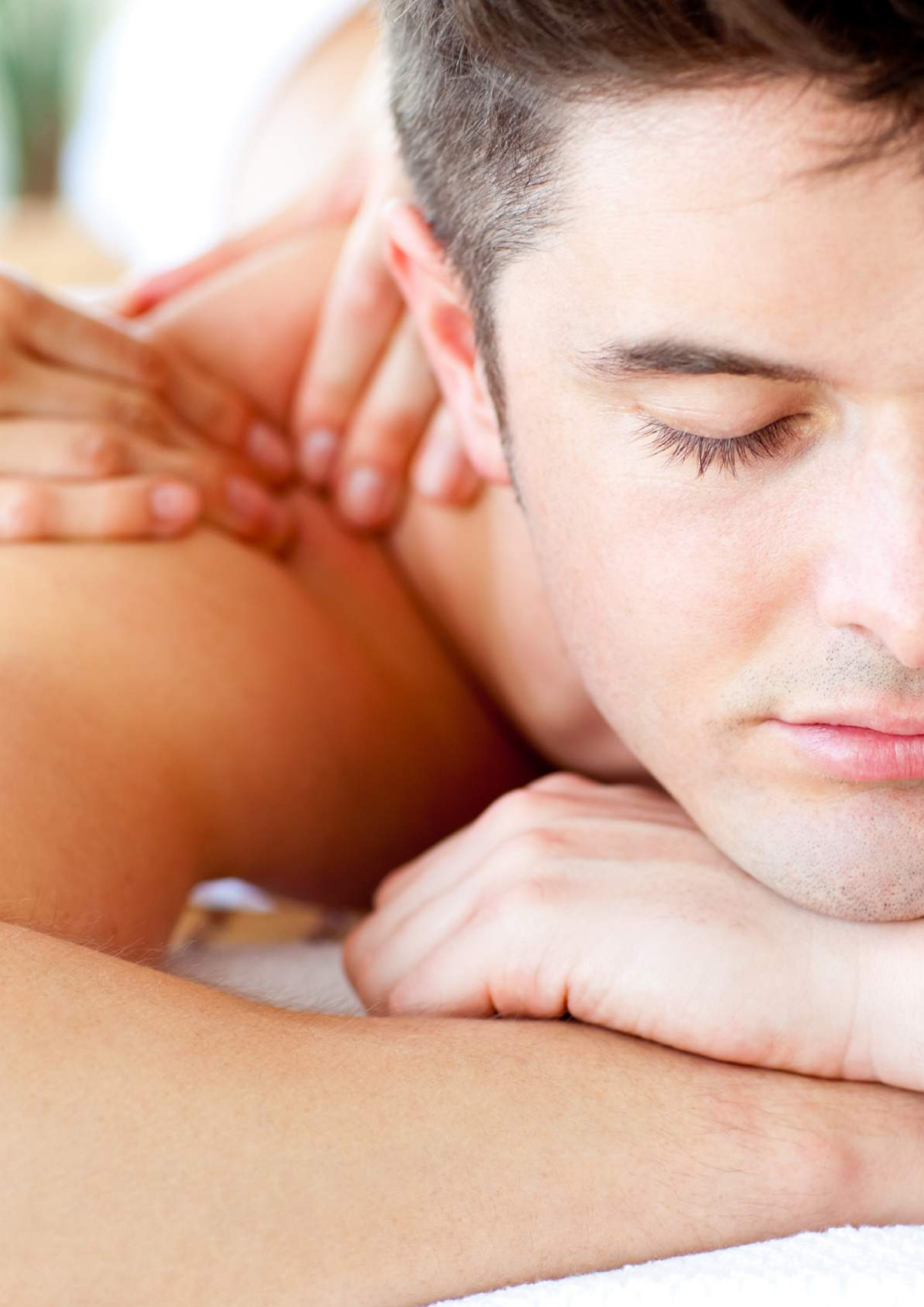
### **Deep Tissue Healing Massage**

60 /90 Min

Deep tissue massage is designed to relieve pain and muscle tension throughout the body. This type of massage is extremely beneficial because it reaches the deepest layer of muscles, fascia and tendons through slow strokes and deep finger pressure on the contracted areas releasing deeply held patterns of tension, removing toxins, while relaxing and soothing the muscle.









## Rejuvene Aromatherapy

60 /90 Min

An alternative therapeutic technique which combines the natural therapeutic properties of the essential oils and the healing power of massage therapy. The inhaled aroma from these essential oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin & travel through bloodstream thus promoting the whole-body healing, pain relief, mood enhancement and increased cognitive function.

### Selection of Aroma Oils Available

**Lavender:** Relaxing, Skin Conditioner, Soothing Agent, Astringent

**Lemon Grass:** Uplifting Yet Relaxing, Skin Conditioner, Muscle Relaxant

**Ylang Ylang:** Mood Enhancer, Anti-depressant, Aphrodisiac

**Rose:** Antipasmodic, Antiseptic, Aphrodisiac, Sedative, Calming

## Balinese Massage

60 /90 Min

A traditional Indonesian deep tissue massage that combines the techniques of Ayurveda, Acupressure, Aromatherapy & Reflexology. The practitioner uses deep pressure to release areas of tense, knotted tissue as well as long massage strokes and skin rolling techniques to relieve stress and tension and improve circulation. Promotes harmony of the mind, body and soul.







# **QUICK HEAL MASSAGES**

## **Thai Foot Reflexology**

30 Min

Based on the belief that there are reflex areas on the feet corresponding to all body parts including the major organs. Pressures are applied to accupoints, which are interrelated to the organs in the body. Beneficial in relieving pain and alleviating the source of pain.

## **Indian Head, Shoulder & Foot Massage**

45 Min

A deep penetrating technique for releasing muscular tension from the scalp, neck and shoulders. This ancient Indian art of massage begins with a traditional Indian foot cleansing ritual followed by a gentle head massage for balancing the body and a pressure point foot massage for deep relaxation This combination clears congestion and relaxes the entire body through the reflex points in the feet. Helps to resort the natural equilibrium of the body.

## **Chakra Head Massage**

30 Min

A relaxing massaging technique for head and scalp, which loosens the thin layer of muscles covering the skull. This treatment helps to increase the constant supply of blood and can promote deep relaxation.

## **Kundali Back Massage**

30 Min

Invigorating bodywork specifically designed to relax muscles of your back by applying deep pressure to muscles, bones and rubbing concurrently with pressure towards the heart. This massage purposefully enhances oxygen flow in blood and helps muscles detoxification.

## **Aroma Hand Massage**

15 Min

Allow the extra pampering & attention to your hands to make them soft, supple & beautiful.





A woman with dark hair in a bun is lying down with a yellow towel over her head. Her eyes are closed, and she has a serene expression. A hand is applying a thick, light-colored cream to her back. In the bottom left corner, a wooden bowl filled with the same cream is visible. The background consists of a wooden slatted surface.

# **BODY TREATMENTS SCRUBS & WRAPS**

*Scrubs and wraps always go hand in hand. They complement the holistic goodness of each other. For the most effective results, we recommend the two therapies in synergy. It is our professional recommendation to precede a body wrap with a body scrub. Scrubs slough off the natural build-up of dead skin cells. In-turn, this allows for maximum absorption of the wrap's essential nutrients.*

## **Body Scrubs**

30 Min

### **Black Terra Reviving Body Buffer**

An excellent body buffer with richness of essential oils of Tea Tree, Chamomile & Ylang Ylang. All natural Black mud scrub unclogs pores to removes trapped dirt particles & impurities. While smoothing and stimulating the skin, this relaxing body scrub will gently buff away dead skin cells leaving your skin smooth, supple and refreshed.

### **Coffee & Sugar Intense Nourishing Scrub**

Indulge your senses as your body is relieved of all its dead skin cells by a delicious coffee enriched scrub. The stimulating caffeine benefits the skin by drawing out toxins from the body, brightening lacklustre skin with this exfoliating delicacy that gently sloughs away dry, flaky skin, leaving you delectably soft and smooth & delicately scented with the sweet, creamy smell of coffee.

### **Energizing Mineral Glow Scrub**

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners & moisturizers. Used in conjunction with each other, this sculpting scrub is packed with refreshing & antiseptic ingredient like Himalayan Salt, Tangy Orange & Lemon. This Mineral enriched Salt scrub is uniquely formulated to smooth rough body skin, whilst allowing the essential oils to penetrate into the skin for deep nourishment, removing toxins & tighten skin to improve its texture.









## Body Wraps

45 Min

## Himalayan Hydra-Quench Body Wrap

A luxurious body wrap with the goodness of Black Terra, Himalayan Water, Ginger & Cinnamon. The Hydra-Quench wrap contains natural minerals that aid detoxification & healing to the cells under the skin & have the ability to stimulate the blood circulation, hydration to the dry skin & hence tightens, renews & freshens up the skin, leaving a silky smooth texture.

## Vanilla Cocco Body Wrap

Pamper yourself with our soothing body wrap infused with pure cocoa and vanilla for a firm, nourishing and deeply luxurious body masque. The cocoa beans have an anti-oxidant property that draw impurities away from the skin leaving it silky smooth, while the luscious Vanilla extract & honey infuses in the skin to revitalize, hydrate, heal, soothe & purify, as the body is wrapped in a warm cocoon.

## Marine Mud Body Mask

Marine Mud is famous for giving the skin a glowing & youthful look. This luxurious marine mud wrap glides in a velvety layer. As it dries, it cleanses, exfoliates, draws out toxins, hydrates and improves the flow of nutrients to the skin's surface, while our experienced therapists pamper you to a relaxing head massage. Dead Sea Mud is a rare blend of minerals & natural salts. It contains calcium to balance, iron to strengthen & sulphates to beautify the skin.



A lit white candle with a bright orange flame stands in the background. In the foreground, a pink flower with large, ruffled petals is covered in water droplets. The background is solid black. A dark red rectangular box is overlaid on the lower half of the image, containing the text "R3 SIGNATURE THERAPIES" in white, bold, sans-serif capital letters.

# **R3 SIGNATURE THERAPIES**



### **R3 Signature Gold Facial - All skin Types**

60 Min

An exclusive facial incorporating actives for instant gold like luster. Gold bhasm has rejuvenating & stimulating effect on the skin due to its metallic action. A perfect hydrating clean up, good for all skin types, dissolves dead skin cells, lightens the complexion and reveals the underlying younger skin layers.

### **R3 Signature Bodyworks Massage**

90 Min

The ideal massage technique to banish the fatigue and sluggishness. Drawing on the best of Eastern and Western techniques, this oil massage combines soothing strokes and stretching to loosen muscular tension, encourage lymphatic flow to balance the internal system and coax your body to respond positively to the caring language of touch. Choice of Aroma oils available.







# **THE R3 EXPERIENCE SPA PACKAGES**

## Spa Ecstasy

Experience an ecstasy that you have never lived before. Enjoy the classics viz- European Gold Facial, Swedish Massage, followed by steam & hot shower. Indulge pampering from head to toe and feeling the true essence of Spa Ecstasy. The package includes:

Signature Gold Facial	60 Min
Swedish Relaxation Massage	60 Min
Coffee & Sugar Intense Nourishing Scrub	30 Min
Aromatic Steam & Hot Shower	

## Ayurvedic Retreat

Experience our specially crafted ritual to give you the ultimate authentic Indian Ayurvedic Massage Experience. Done using age-old recipes to soothe out all the tensed up muscles and nourish the skin for a glowing soft and polished skin.

Chakra Head Massage	30 Min
Marine Mud Body Mask	45 Min
Abhayangam Massage	60 Min
Herbal Steam & Shower	





A close-up, top-down view of a person's arm being massaged by two hands in a dark, circular spa pool. The water is dark, and three white plumeria flowers with yellow centers are floating on the surface. The person's arm is extended from the top of the frame, and the hands are positioned to massage the forearm and elbow area. The background is a light-colored, speckled surface.

**WITH COMPLIMENTS FROM  
R3 SPA**

## **The Indian foot Ritual**

The foot bath has traditionally been performed as a sign of respect. We recreate this endearing ritual by washing our guests feet, before the start of a therapy, in a bath made from essential oils, salts & flower petals.

## **Ethereal Herbal Infusion**

Enhance the benefits of your massage with our herb infused teas. Massage helps to release toxins that are stored in our cells & hydrating it with herbal tea helps to flush out the leftover toxins from your body.

## **Sleep Elixir**

A special giveaway for our wonderful guests- A vial of essential oil of lavender. Place a few drops of this divine aromatic oil onto your pillow or bath & slip into a blissful sleep with this natural relaxant.

## **Aromatic Steam**

Indulge in a blissful session of steam to experience deep relaxation and rejuvenation.







# **R3 BLISSFUL ENHANCERS**

*There is no such thing as too much bliss. Here's how to add some more bliss to any therapy.*

### **Massage Upgrade**

R3 Spa experience generally last for an 60 mins. Upgrade your massage by adding 30 or 60 mins and take time to find your perfect bliss.

### **Blissful Eye Mask**

As they say, your soul reflects through your eyes. Make yours instantly relaxed with this therapy that relieves puffiness, dark circles and improves hydration.

### **Calming Scalp Massage**

You will feel calm and balanced after a warm nourishing scalp treatment that works with the pressure points. Once won't be enough.

### **Body Scrub or Wrap**

Enhance the spa experience by adding a body scrub or wrap to your massage to promote cell renewal and polish away dull skin & provide the ultimate radiance, vitality and all over body glow.

\*Upgradation charges as applicable

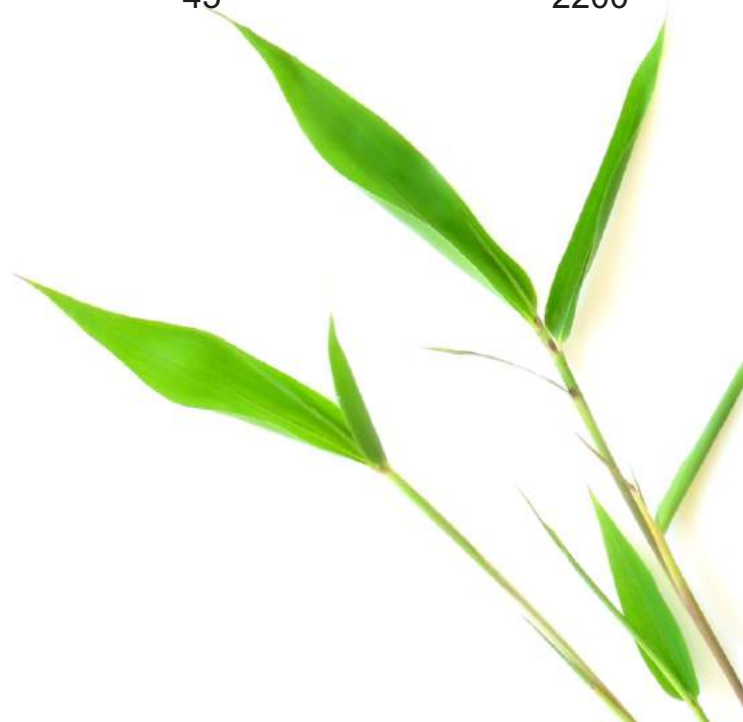




A serene spa-themed composition featuring white orchids with pink centers, a stack of three smooth black stones, and two lit white candles on a bamboo mat. The background is a warm, blurred wooden wall.

# **SPA MENU**

TREATMENTS	TIME(MIN)	AMT
<b>FULL BODY MASSAGES</b>		
SWEDISH RELAXATION MASSAGE	60/90	2400/3000
AYURVEDIC ABHAYANGAM	60/90	2500/3200
BALINESE MASSAGE	60/90	2500/3200
REJUVE NE AROMATHERAPY	60/90	2600/3400
DEEP TISSUE HEALING MASSAGE	60/90	2800/3600
<b>QUICK HEAL MASSAGES</b>		
AROMA HAND MASSAGE	15	600
CHAKRA HEAD MASSAGE	30	800
KUNDALI BACK MASSAGE	30	1000
THAI FOOT REFLEXOLOGY	30	1200
INDIAN HEAD, SHOULDER & FOOT MASSAGE	45	1500
<b>CHOICE OF BODY SCRUBS</b>		
BLACK TERRA REVVING BODY BUFFER	30	2000
ENERGIZING MINERAL GLOW SCRUB	30	2000
COFFEE SUGAR INTENSE NOURISHING SCRUB	30	2000
<b>CHOICE OF BODY WRAPS</b>		
HYDRA QUENCH MINERALS MASQUE	45	2200
MARINE MUD BODY MASK	45	2200
VANILLA COCCO BODY WRAP	45	2200







## SIGNATURE THERAPIES

R3 SIGNATURE GOLD FACIAL	60	2200
R3 SIGNATURE BODYWORKS MASSAGE	90	3500

## R3 EXPERIENCE - SPA PACKAGES

SPA ESCTACY	150	5000
AYURVEDIC RETREAT	135	4200

**TAXES EXTRA**







A luxury Hotel Spa Chain

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