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## SPA MENU

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**INDRAPRASTHA**  
RESORT & SPA

# ABOUT US

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.



## **Reservations**

- We recommend you book your appointments well in advance.
- Arrive 30 minutes prior to your appointment to allow ample time to tune in.
- For reservations, group booking or general information, please contact spa reception.
- For the convenience of other guests, please inform us about any cancellation at least four hours prior to your appointment.
- Last minute cancellations will be charged at 50%. The same will be applied for a no show.

## **Special Needs**

- As 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.

## **General Guidelines**

- Children under 16 yrs are not allowed in the Spa, unless accompanied by an adult.
- Treatment packages and memberships 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. Any illicit behaviour made by the guest will result in immediate termination of the service with complete payment of the scheduled service.

*We will be delighted to assist you with specially curated Spa treatments suited to your specific needs.*

## **Couples Connect**

**90 Minutes**

Share a unique Spa experience with your partner. Enjoy this romantic encounter with a relaxing massage at the side of your mate in a private ambiance. This massage inspires unity and renewal. It's the perfect way to celebrate a special occasion or to simply share love in pure bliss

The package includes

Choice of Body Scrub For Two  
Signature Aromatherapy For Two (60 Min)  
Aromatic Steam & Shower

## **Male Escapade**

**150 Minutes**

Tough guys need some pampering too. This specially tailored package for Men is designed for ultimate relaxation while catering to the grooming needs of men.

The package includes:

R3 Signature Face Clean-up  
Choice of Body Scrub  
Signature Bodyworks Massage  
Steam and Shower

## **Signature Spa Ritual**

**135 Minutes**

Experience our specially crafted ritual to give you the complete spa 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.

The package includes:

Choice of Massage Therapy (60 Min)  
Choice of Body Scrub  
Choice of Body Wrap  
Steam and Shower



*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.*

## **Deep Tissue Healing Therapy**

**60 | 90 Minutes**

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.

## **Balinese Massage Therapy**

**60 | 90 Minutes**

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.

## **Rejuvene Aromatherapy**

**60 | 90 Minutes**

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:-**

**Energising Massage Oil** : Patchouli, Lime, Spearmint, Peppermint

**Renjuvenating Massage Oil** : Patchouli, Rose, Vetiver, Lavender

**Relaxing Massage Oil** : Bergamot, Cedarwood, Geranium, Clary Sage.

# FULL BODY MASSAGE THERAPY

## **Ayurvedic Marma Abhayangam**

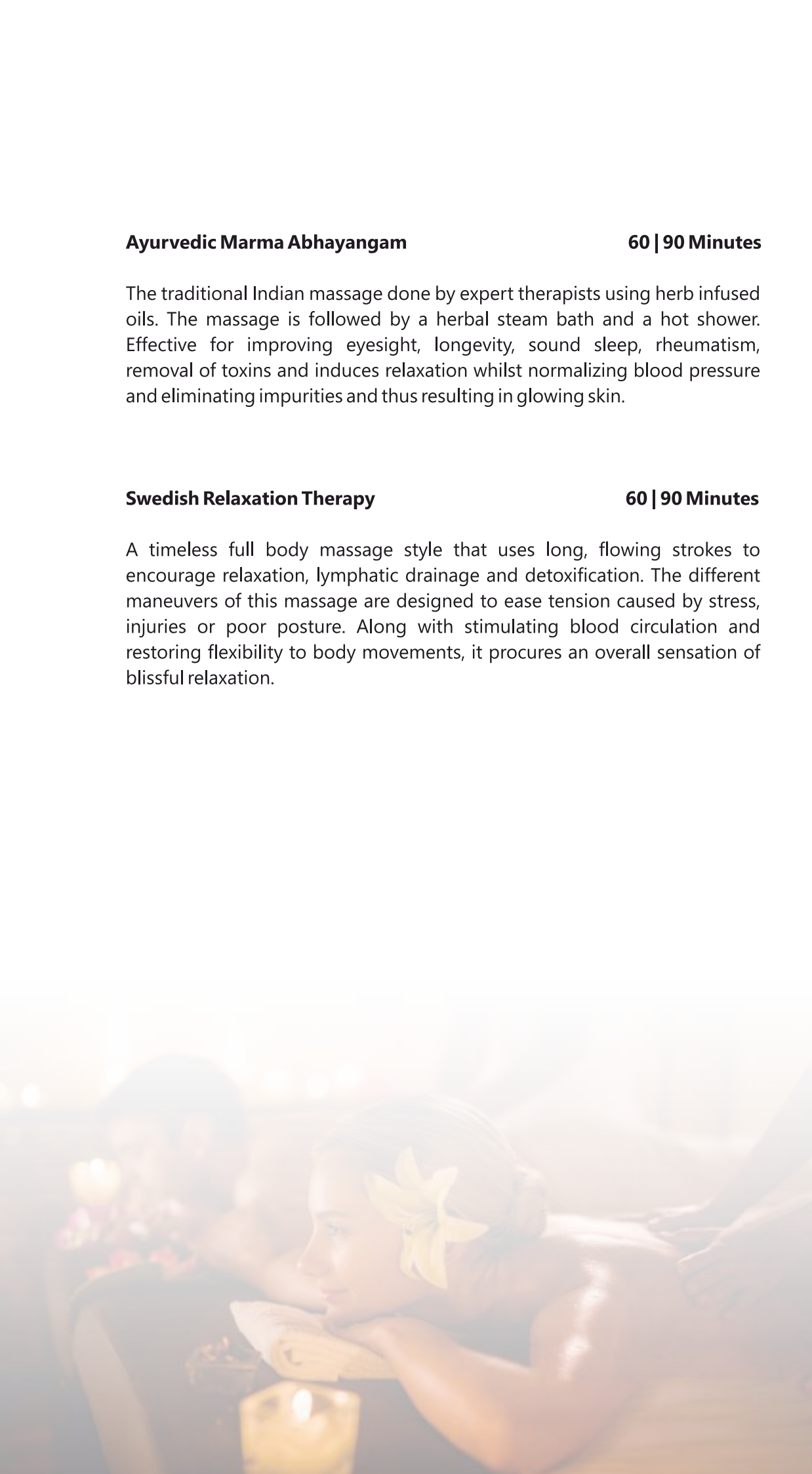
**60 | 90 Minutes**

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 Therapy**

**60 | 90 Minutes**

A timeless full body massage style that uses long, flowing strokes to encourage relaxation, lymphatic drainage and detoxification. The different maneuvers 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.



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

**45 Minutes**

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. Helps to resort the natural equilibrium of the body.

## **Thai Foot Reflexology**

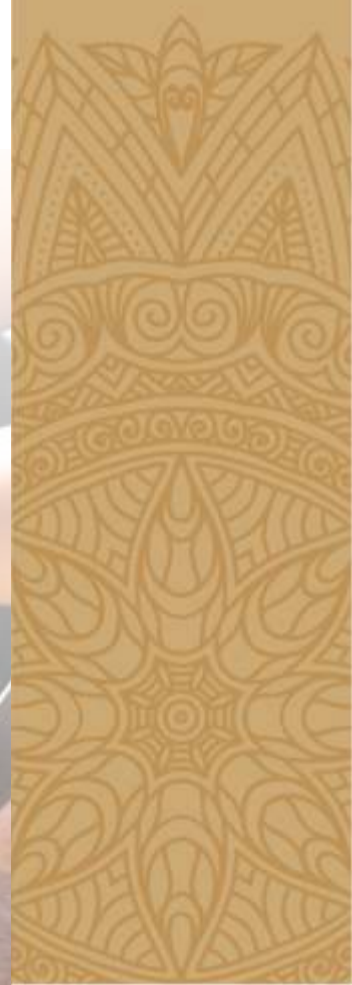
**30 Minutes**

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.

## **Chakra Head Massage**

**30 Minutes**

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.



*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 essential nutrients of the wrap.*

## **Himalayan Rich Mineral & Mud Body Wrap**

**45 Minutes**

This luxurious 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. This wrap is a rare blend of minerals & natural salts. It contains calcium to balance, iron to strengthen and sulphate to beautify the skin.

## **Signature Oshadi Glow Wrap**

**45 Minutes**

A signature R3 Spa body wrap with our customized blend of turmeric, fuller's Earth and Exotic Indian Spices blended in ayurvedic oils to purify and deep cleanse your skin for a lustrous glow. This anti-oxidant, detoxifying and anti-aging body wrap repairs your skin and leaves you radiant and relaxed.

## **African Cocoa Butter & Almond Scrub**

**30 Minutes**

Brighten lacklustre skin with this luxurious exfoliating delicacy that gently sloughs away dry, flaky skin, leaving you delectably soft and smooth. This gentle exfoliating scrub with African Cocoa Butter helps remove dead skin cells, leaving skin feeling soft, smooth and delicately scented with the sweet, creamy smell of almonds.

## **Indian Herbs & Spices Body Scrub**

**30 Minutes**

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. This sculpting spice scrub is packed with refreshing, and antiseptic ingredients like Neem, tulsi and local spices that help to detoxify, remove dead skin.





## **R3 Signature Couple Therapy**

**60 Minutes**

Share a relaxing massage with your partner in our couples suite. Each partner can select from Swedish, Deep Tissue, Aromatherapy or Customize your massage with a combination of strokes.

## **R3 Signature Bodyworks Massage**

**90 Minutes**

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.

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

**60 Minutes**

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 Face Clean-up**

**30 Minutes**

A face therapy designed to banish the effects Pollution, stress and tanning. The face is cleaned up, thoroughly scrubbed, followed by a mild massage by an expert and a refreshing face pack for a wonderfully fresh looking skin.





# PRIVILEGE MEMBERSHIPS

AMOUNT	NO. OF THERAPIES (60 Min.)	VALIDITY (Months)	FREE UPGRADES (90 Min.)	COMPLIMENTARY
₹ 75000	54	12	5	1 Aromatherapy + 1 Balinese Massage
₹ 55000	33	9	3	1 Aromatherapy + 1 Foot Reflexology
₹ 28000	15	6	2	1 Aromatherapy Massage
₹ 12000	5	3	0	1 Foot Reflexology

**T&C apply:**

- ◆ Above quoted prices are exclusive of applicable government taxes.
- ◆ The Memberships are non-refundable / Non-Transferable.
- ◆ Membership discount cannot be clubbed with any other offer.
- ◆ Prices are subjected to change with prior information.

# SPA MENU

## R3 Experience - Spa Packages

	Minutes	Amount (INR)
Couple Massage	90	8600
Male Escapade	150	6900
Signature Spa Ritual	135	6400

## Full Body Massage

Deep Tissue Healing Massage	60   90	3200   4200
Balinese Massage Therapy	60   90	3000   4000
Rejuvene Aromatherapy	60   90	3000   4000
Ayurvedic Marma Abhayangam	60   90	2800   3800
Swedish Relaxation Massage	60   90	2800   3800

## Quick Heal Massage

Indian Head, Neck & Shoulder Massage	45	1800
Thai Foot Reflexology	30	1500
Chakra Head Massage	30	1000

## Body Rituals

Himalayan Rich Mineral and Mud Wrap	45	2600
Signature Oshadi Glow Wrap	45	2600
African Cocoa Butter & Almond Scrub	30	2400
Indian Herbs & Spices Body Scrub	30	2400

## Signature Therapy

R3 Signature Couple Therapy	60	5400
R3 Signature Bodyworks Massage	90	4200
R3 Signature Spa Facial	60	3500
R3 Signature Face Clean-up	30	2000



**INDRAPRASTHA**  
RESORT & SPA

**R3 NATURALS PVT. LTD.**

A Luxury Hotel Spa Chain

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Spa managed by: R3 Naturals Pvt. Ltd.