




## SPA & SALON MENU



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# **AWAKEN YOUR SENSES**

## **Nilaya Spa and Salon**

Amidst the lap of Nature, surrounded by the greens and overlooking the serene lake Ramgarh taal, Nilaya Spa and Salon at Radisson Blu Gorakhpur, has been designed to perfection to ensure that guests truly enjoy the serenity of its peaceful surroundings. Nilaya Spa is an endeavour to create the perfect Spa experience with exquisite fragrances, soothing music, soft lighting, tastefully done Spa suites and relaxation areas to provide our guests with a relaxing experience. 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 aesthetician.

Every service at the Spa is tailor made to encourage well-being and positive lifestyle, restore calm and rejuvenate your body, mind and soul. Choose from an array of ayurvedic, european and oriental influenced therapies to restore vital energy of the body or select one of our carefully designed beauty therapies that impart nourishment and radiance. For the best skin care, few signature therapies are specially curated with locally sourced oils, sea salt and spices.

Nilaya Spa and Salon at Radisson Blu Gorakhpur features four well-appointed treatment rooms including a couple suite, complete with private showers and steam experience, a state of art salon and a spacious pedicure lounge. We offer an assortment of spa and salon services, including body scrubs and wraps, therapies, hand and feet treatments, High Definition, airbrush make-ups, facials, hair and skin Care services. We also offers customised wedding packages, group packages and gift cards to suit the need of the guests.

Whatever your preference is, each Nilaya experience promises an intimate journey of self-discovery and extreme rejuvenation.





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

### **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 Body Massage
- Choice of Body Scrub
- Choice of Body Wrap
- Steam and Shower

### **Spa Ecstasy**

**150 Minutes**

Experience an ecstasy that you have never lived before. Enjoy the classics viz-European Spa Facial, Swedish Massage, followed by a exfoliating body polish & hot shower. Indulge pampering from head to toe and feeling the true essence of Spa Ecstasy.

The package includes:

- Swedish Body Massage
- Choice of Body Scrub
- Signature Spa Facial
- Steam and Shower

### **Couple's 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 setting. 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)
- Steam Bath and Shower

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## **NILAYA SPA TREATMENTS**

*Get the most from our healing touch.  
We use 100% natural and organic oils infused  
with pure essential oils for instant rejuvenation.*



### **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 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.

### **Balinese Therapy**

**60 | 90 Minutes**

A traditional Indonesian deep tissue massage that combines the techniques of ayurveda, accupressure, aromatherapy and 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.

### **Ayurvedic Marma Abhayangam**

**60 | 90 Minutes**

The traditional Indian massage done by an expert therapist 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.

### **Deep Tissue Repair 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.

### **Mahatattva Shirodhara**

**60 Minutes**

Authentic Indian therapy, wherein from a dharachatti oil is continuously poured like a thread (dhara) on the forehead (shiro), while the body is gently massaged. It stimulates the 3rd eye and crown chakras & awakens intuition and inner wisdom. A total feeling of wellness, mental clarity and comprehension is experienced in this process. Recommended for stress and strain.

## **Sensory Rejuvenate Aromatherapy**

**60 | 90 Minutes**

A specially curated alternative therapeutic technique which combines the natural therapeutic properties of 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 and travel through bloodstream thus promoting whole-body healing, pain relief, mood enhancement and increased cognitive function.

Choice of Blends:

Energizing Blend: Boost energy levels, uplifting, focus and clarity of thoughts.

Rejuvenating Blend: Revitalizes skin, anti-inflammatory.

Relaxing Blend: Calming, sleep inducing, eases stress and anxiety.





### **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.

### **Signature Bodyworks Therapy**

**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.

### **Couple Aroma Therapy**

**60 | 90 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.







## QUICK FIX MASSAGES

### **Aroma Head Massage**

**30 Minutes**

A relaxing massage 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.

### **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. Pressure is applied to accupoints, which are interrelated to the organs in the body. Beneficial in relieving pain and alleviating the source of pain.

### **Indian Head, Neck and 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 and neck massage for balancing the body and a pressure point shoulder massage for deep relaxation. Helps to resort the natural equilibrium of the body.





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.

### **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.

### **Herb & Spice 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.

### **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.

### **Nilaya Signature Glow Wrap**

**45 Minutes**

A signature Nilaya Spa body wrap with our customized blend of turmeric, fuller's Earth and Exotic Indian Spices blended in herbal 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.

## NILAYA OFFERING

TREATMENTS	MINUTES	INR
<b>FULL BODY MASSAGES</b>		
Swedish Destress & Relaxation Therapy	60/90	2600/3600
Ayurvedic Marma Abhayangam	60/90	2600/3600
Balinese Massage Therapy	60/90	2800/3800
Sensory Rejuvne Aromatherapy	60/90	2800/3800
Deep Tissue Repair Massage	60/90	3000/4000
Mahatattva Shirodhara	60	3200
<b>Signature Therapies</b>		
Signature Spa Facial	60	2500
Signature Bodyworks Massage	90	4000
Couple Aroma Massage		
<b>QUICK FIX MASSAGES</b>		
Aroma Head Massage	30	800
Thai Foot Reflexology	30	1200
Indian Head, Shoulder & Foot Massage	45	1800
<b>Body Rituals</b>		
Rich Mineral and Mud Body Wrap	45	2600
Signature Oshadi Glow Wrap	45	2600
African Cocoa Butter & Almond Scrub	30	2400
Herbs & Spices Body Scrub	30	2400
<b>NILAYA EXPERIENCE - SPA PACKAGES</b>		
Signature Spa Ritual	135	4800
Spa Ecstasy	150	5400
Couple's Connect	90	7400

# SALON RATE CARD

## TREATMENTS

## AMOUNT

### FACE CARE

Signature Brightening Cleanup	1800
Signature Whitening Facial	1800
Signature Anti-aging Tightening Facial	2200
Signature Gold Facial	2500
Signature Diamond Luxury Facial	2800
Signature Bridal Brilliance Facial	3200

### BLEACH

Face Detan	500
Face & Neck	600
Full Arms	600
Full Legs	800
Back	800
Mid Riff	600
Full Body Bleach (face, legs, arms, back, mid riff)	3000

### THREADING

Eye Brows	100
Upperlips/chin (each)	80
Forehead/side Locks (each)	100
Full Face	250

## HAND CARE & FEET CARE

Deluxe Manicure	700
Deluxe Pedicure	1000
Nail File / Cut / Polish Application (each)	200

## HAIR CARE-STYLING

Blow Drying With Styling	1000
Ironing / crimping	1500
Temporary Curling	1500
Hair Style-Buns & Braids	1500

## HAIR CARE - THERAPIES

	MEN	WOMEN
Hair Cut (without Shampoo)	400	600
Hair Cut (with Shampoo & Blowdry)	500	800
Shampoo, Conditioning & Blowdry	300	500
Hair Oil Massage & Shampoo with Blowdry	500	800
Hair Spa	1200	1500
Colour-Root Touch Up	1200	1800
Colour-Global	1500	5000
Colour- Full Head Highlights	2000	4500
Colour- Streaks (Per Streak)	200	400
Hair Rebonding / Smoothening	3500	6000
Keratin Therapy	3000	8000
Hairfall / Dandruff Treatment (5 Sessions)	6000	8000

## MEN'S SPECIAL

Moustache Trim	150
Shaving	300
Beard Trim	300
Beard Color	800

## WAXING

### ALEOVERA/ CHOCOLATE

### RICA

Half Legs	500	700
Full Legs	900	1200
Half Arms	400	600
Full Arms	650	1000
Underarms	150	200
Mid Riff	500	700
Back	600	800
Bikini Line	-	1200
Full Body Wax (legs, arms, back, mid Riff)	2500	3500

## MAKE-UPS

Light Make-up	3000
Groom Make-up	3000
Party Make-up	4000
Engagement Make-up	12000
Engagement Make-up HD	15000
Air Brush Engagement Make-up	20000
Bridal Make-up	20000
Bridal Make-up HD	25000
Air Brush Bridal Make-up	30000

## Dress Drape

600

## CUSTOMISED PRE BRIDAL PACKAGES AVAILABLE



# PRIVILEGE MEMBERSHIP

MEMBERS ENJOY ADDITIONAL BENEFITS & FREE SERVICES WITH COMPLIMENTS OF NILAYA SPA & SALON,  
A PLACE WHERE YOUR WELLNESS IS NURTURED TO HARMONISE WITH YOUR INNER SELF.

CATEGORY	AMOUNT	NO. OF THERAPIES (60 Min.)	VALIDITY (Months)	FREE UPGRADES (90 Min.)	COMPLIMENTARY
PLATINUM	₹ 75000	54	12	5	1 AROMATHERAPY + 1 GOLD FACIAL +1 HAIR SPA+1 HAIRCUT
DIAMOND	₹ 50000	33	9	3	1 AROMATHERAPY + 1 FACE CLEANUP + 1 HAIRCUT
GOLD	₹ 25000	15	6	2	1 FRUIT FACIAL + 1 HAIR SPA
SILVER	₹ 10000	5	3	0	1 FOOT REFLEXOLOGY+ 1 HAIRCUT

T&C apply:

- ◆ Taxes extra.
- ◆ The Memberships are Non-Refundable / Non-Transferable.
- ◆ Membership discount cannot be clubbed with any other offer.
- ◆ Prices are subjected to change without prior information.



Nilaya Spa & Salon - A Unit Of R3 Naturals Pvt Ltd - A Luxury Hotel Spa Chain

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