



— TREATMENT MENU —

AWAKEN YOUR SENSES

*Your own urban oasis for wellness,
with sublime spa experiences specially
curated for Relaxation, Rejuvenation
and Well-being.*



NILAYA SPA

The Sanskrit derivation of 'Nilaya' is heavenly abode, it symbolises a feeling of calm, relaxation and being in the most comfortable state. Wellness at Nilaya Spa encompasses every element of its being - design, service, expert aesthetician and a bespoke menu of treatments. Signature services at the spa are designed to detox, cleanse, nourish, nurture, heal and rejuvenate; these include body rituals, therapies, scrubs, wraps, face-care therapies.

Conveniently located in the luxurious Marriott Hotel, Whitefield in the vibrant Bengaluru city, Nilaya Spa has been designed to perfection to ensure that guests truly enjoy the serenity of the wonderful urban wellness oasis. 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.

Nilaya Spa at Marriott Hotel, Whitefield, Bengaluru, features four well-appointed treatment rooms including one couple suite, complete with showers and steam experience. Every service at the Spa is tailor made to encourage well-being and positive lifestyle, aiming at treating the whole – mind, body and spirit – by integrating ancient healing modalities with the best of modern science, to restore vital energy of the body that extends beyond the physical.

Whatever your preference is, each Nilaya experience promises an intimate journey of self-discovery and extreme rejuvenation. Our aim is for guests to leave empowered and renewed, with the healing tools to continue their wellness journey, and the resilience to put them into action.





NILAYA EXPERIENCE SPA PACKAGES

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

Blissful Connect (Couples Ritual)

105 Minutes INR 10800

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.

Inclusive of:

Choice of any International therapy for two | Choice of body scrub for two | Steam and shower | Herbal Infusion beverages.

Replenish (Ayurvedic Ritual)

135 Minutes INR 7300

Experience our specially crafted ritual to give you the ultimate authentic Indian ayurvedic therapy 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.

Inclusive of:

Ayurvedic Marma abhayangam | Ayurvedic Oshadi Tan Lepanam | Chakra Head Massage | Steam and shower | Herbal Infusion beverages.

Indulgence (Complete Spa Ritual)

150 Minutes INR 8200

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.

Inclusive of:

Choice of any International therapy | Choice of body scrub | Choice of Body Wrap | Steam and shower | Herbal Infusion beverages.

Harmony (Stress Relieving Ritual)

120 Minutes INR 5500

Sometimes travel and excessive workload can take its toll on you. Escape from the pressures of life by experiencing total pampering and indulging yourself without guilt. Harmony-Stress Relieving Ritual focuses on emotions and vitality, rejuvenating and re-energizing the body at the same time .

Inclusive of:

Nilaya Fusion Therapy | Chakra head massage | Steam and shower | Herbal Infusion beverages.

NILAYA SIGNATURE THERAPIES

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

SELECTION OF OILS BLENDS

Ananda - Relaxing Blend | **Oorja** - Energizing Blend

Kama - Sensual Blend | **Moksha** - Pain Relief Blend

Divyam - Rejuvenating Blend



Four Hands Restoration Therapy

60 | 90 Minutes INR 5000 | 6000

A synchronized therapy where two masseuses work with simultaneous and mirrored movements to relieve cramps, knots, and stresses in the body. It is an excellent option for someone who has trouble relaxing during treatment. Skilled masseuses familiar with four hand massage not only mirror one another's hand movements, but also exert an equal amount of pressure on each side in order to produce a balanced, relaxing experience.

Ayurvedic Marma Abhayangam

60 | 90 Minutes INR 3800 | 4800

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.

Nilaya Fusion Therapy

90 Minutes INR 4500

The ideal massage technique to banish 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.

Stress Relief Therapy

60 | 90 Minutes INR 3800 | 4800

An intensive and restorative massage that works deep into stiff, tight and aching muscles. This massage purposefully enhances oxygen flow in blood and helps muscle relaxation and detoxification. The deep manipulations relieve aches, tiredness and discomfort, thus aiding the natural healing process.



INTERNATIONAL THERAPIES

*Experience the most popular
therapies from around the globe
in their most authentic form.*

Deep Tissue Repair Therapy

60 | 90 Minutes INR 3800 | 4800

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.

Sensory Rejuvené Aromatherapy

60 | 90 Minutes INR 3500 | 4500

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.

Balinese Massage Therapy

60 | 90 Minutes INR 3500 | 4500

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.

Traditional Swedish Relaxation Therapy

60 | 90 Minutes INR 3000 | 4000

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.



NILAYA TOUCHE

*Express therapies
for instant rejuvenation*



Indian Head, Neck and Shoulder Massage

45 Minutes INR 2500

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.

Kundalini Back Massage

30 Minutes INR 2200

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.

Thai Foot Reflexology

30 Minutes INR 2000

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.

Chakra Head Massage

30 Minutes INR 1800

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.



BODY RITUALS

BODY SCRUBS | BODY WRAPS

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.

Rich Mineral & Mud Detox Wrap

45 Minutes INR 3500

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.

Ayurvedic Oshadi Tan Lepam

45 Minutes INR 3500

A signature Nilaya 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

45 Minutes INR 3000

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 and Spices Scrub

45 Minutes INR 3000

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.

RESTORATIVE FACIALS

*Transform the way you feel
about skin-care with our organic
Advance Japanese Facials*



Jamaican Sorrel- Multi Vitamin, Anti-Ageing Facial

60 Minutes INR 5500

Formulated with plant-based, nutrient-dense Superfood: sorrels and with a natural sugar derived prebiotic, Jamaican Sorrel Skincare System helps to replenish skin with vital hydrating nourishment, for a healthy, firmer outdoor-fresh glow. This treatment is suitable for all skin types, but in particular those in search of anti-aging results. This restorative facial uses Kanpeki's finest food derived ingredients combined with antioxidant seed complex and a restorative blend of aromatherapy oils. It is this mix of botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. Resulting in instantly firm and tightened skin with a natural and more radiant glow.

Papaya Marshmellow - Hydrating Regenerative Facial

60 Minutes INR 5500

This restful enzyme inspired organic facial deeply soothes and nourishes the skin. It helps support and restore both fragile and sensitive skin. The deeply hydrating seed facial mask with power of 23 seeds, known for repairing the skin's functional barrier and preventing moisture loss will be gently applied to face, neck and décolleté. Soothing papaya microcapsules will be blended in massage and mask to help reduce inflammation and tenderness. A balm with oils of marshmallow herbs will be applied to repair and nourish. This facial is recommended for guests in active treatment with tender, sensitive skin.

Ginger And Walnut- Ultra Radiance Facial

60 Minutes INR 5500

This recipe restores a radiant complexion. It starts with cleansing, followed by AHA based exfoliation that gives a boost to your complexion. Next, enjoy a gentle massage with the encapsulated ginger balls and aloe vera based gel to target brown spots. Then, a specific facial massage with correction complex cream that provides complete relaxation. A scrap off mask, infused with seeds is applied to enhance the treatment.

Signature Brightening Clean-up

45 Minutes INR 3000

Specially crafted skin care regime that involves deep cleansing, gentle exfoliation, skin detox and rejuvenation. The clean-up is designed to repair stressed and dehydrated skin and its essential moisture boost treatment balances and restores skin's natural moisturizing factor. Features Vitamin moisturising complex to visibly nourish skin and maintain skin's hydration levels.



NILAYA OFFERINGS

	TIME	AMOUNT (INR)
NILAYA EXPERIENCE - SPA PACKAGES		
Blissful Connect (Couples Ritual)	105 Minutes	INR 10800
Indulgence (Complete spa Ritual)	150 Minutes	INR 8200
Replenish (Ayurvedic Ritual)	135 Minutes	INR 7300
Harmony (Stress Relieving Ritual)	120 Minutes	INR 5500
SIGNATURE THERAPIES		
Ayurvedic Marma Abhayangam	60 90 Minutes	INR 3800 4800
Four Hands Restoration Therapy	60 90 Minutes	INR 5000 6000
Stress Relief Therapy	60 90 Minutes	INR 3800 4800
Nilaya Fusion Therapy	90 Minutes	INR 4500
INTERNATIONAL THERAPIES		
Traditional Swedish Relaxation Therapy	60 90 Minutes	INR 3000 4000
Sensory Rejuvne Aromatherapy	60 90 Minutes	INR 3500 4500
Deep Tissue Repair Therapy	60 90 Minutes	INR 3800 4800
Balinese Massage Therapy	60 90 Minutes	INR 3500 4500
NILAYA TOUCHE		
Kundalini Back Therapy	30 Minutes	INR2200
Chakra Head Massage	30 Minutes	INR1800
Thai Foot Reflexology	30 Minutes	INR2000
Indian Head, Neck and Shoulder Massage	45 Minutes	INR2500
BODY RITUAL		
African Cocoa Butter & Almond Scrub	45 Minutes	INR 3000
Indian Herbs and Spices Body Scrub	45 Minutes	INR 3000
Rich Mineral and Mud Detox Wrap	45 Minutes	INR 3500
Ayurvedic Oshadi Tan Lepamam	45 Minutes	INR 3500
RESTORATIVE FACIALS		
Jamaican Sorrel- Multi Vitamin Anti-Ageing Facial	60 Minutes	INR 5500
Papaya Marshmellow- Hydrating Regenerative Facial	60 Minutes	INR 5500
Ginger And Walnut- Ultra Radiance Facial	60 Minutes	INR 5500
Signature Brightening Clean-up	45 Minutes	INR 3000



**MEMBERS ENJOY ADDITIONAL BENEFITS & FREE SERVICES WITH COMPLIMENTS OF NILAYA SPA,
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	₹ 100000	50	12	5	1 Aromatherapy + 1 Advance Facial
DIAMOND	₹ 55000	25	9	3	1 Aromatherapy + 1 Foot Reflexology
GOLD	₹ 35000	15	6	2	1 Aromatherapy Massage
SILVER	₹ 15000	5	3	1	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 without prior information.

SPA GUIDELINES

Reservations & Cancellation

- We recommend to 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 years 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.
- Nilaya 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.



MARRIOTT
BENGALURU
WHITEFIELD

NILAYA
— SPA —

A Unit R3 Naturals Pvt Ltd - A Luxury Hotel Spa Chain
Email: Info@r3naturals.com | Web: www.nilayaspa.com