



R3 Spa
BEAUTY & WELLNESS

— TREATMENT MENU —

**AWAKEN YOUR
SENSES**

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



R3 SPA

Beautifully located in Country Inn & Suites by Radisson, Manipal, nestled in the midst of lush greenery and thriving flora and fauna native to the location. R3 Spa has been designed to perfection to ensure that guests truly enjoy the serenity of the wonderful urban wellness oasis. R3 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.

As you enter the zen-like oasis, you are led to the treatment rooms, the atmosphere fosters a sense of tranquillity from the moment you walk through the door. It offers a quiet respite where you can relax and recharge your mind and body.

The Spa offers an unforgettable wellness experience with luxurious massages, facials, body scrubs, and wraps. The selection of experiential spa services is infused with elements found in nature – herbs, salts, mud, and spring water – to delight the mind, soothe the soul, and enliven the spirit.

R3 Spa at Country Inn & Suites by Radisson, features two well-appointed treatment rooms, complete with a private showers experience. We offer an assortment of Spa services, including body scrubs and wraps, therapies, hand and feet treatments, facials, hair, and skincare services. We also offer customized wedding packages, group packages, and gift cards to suit the need of the guests.

Whatever your preference is, each R3 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.





R3 EXPERIENCE SPA PACKAGES

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

Male Escapade (Rejuvenation For Him)

195 Minutes INR 7400

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.

Inclusive of:

Choice of any International Therapy (90 Min) | Hydrating Regenerative Facial | Choice of Body Scrub | Steam and Shower | Herbal Infusion Beverage.

Indulgence (Complete Spa Ritual)

150 Minutes INR 6300

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 (60 Min) | Choice of Body Scrub | Choice of Body Wrap | Steam And Shower | Herbal Infusion Beverage.

Replenish (Indian Ritual)

135 Minutes INR 5000

Experience our specially crafted ritual to give you the ultimate authentic indian 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 (60 Min) | Oshadi Tan Lepam | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.

Harmony (Stress Relieving Ritual)

120 Minutes INR 4000

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:

R3 Fusion Therapy | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.





**R3 SPA
SIGNATURE THERAPIES**

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

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 4500 | 5500

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.

Stress Relief Therapy

60 | 90 Minutes INR 3000 | 4000

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.

R3 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.

Ayurvedic Marma Abhayangam

60 | 90 Minutes INR 2800 | 3800

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.





INTERNATIONAL THERAPIES

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

Deep Tissue Repair Therapy

60 | 90 Minutes INR 3200 | 4200

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 3000 | 4000

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 2800 | 3800

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 2800 | 3800

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.





R3 TOUCHE

*Express therapies
for instant rejuvenation*



Kundalini Back Massage

30 Minutes INR 2000

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.

Indian Head, Neck and Shoulder Massage

45 Minutes INR 2000

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.

Thai Foot Reflexology

30 Minutes INR 1500

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 1000

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.

Signature Spa Pedicure

45 Minutes INR 1000

Sit back and relax for real feet treat. Stimulating your sole with an invigorating foot scrub and thorough cleaning with cleansers that naturally cleans, detoxifies, soften, and prepare the skin for treatment. The feet are then soaked in a signature concoction of essential cleansers, followed by a relaxing foot massage. The divine treat is completed with the application of a foot pack to soothe, rehydrate and draw out impurities with its ingredients of clays, herbs, and butter.

Signature Spa Manicure

45 Minutes INR 800

Allow the extra pampering and attention to your hands to make them soft, supple, and beautiful. The Aloe-based hand gel transforms the soak into a nourishing, milky bath to begin the service with an indulgent feel. The hands are then gently exfoliated with natural grains suspended in a precious blend of oils to leave skin moisturized, glowing, and silky smooth. This is followed by a massage with a lightweight cream made with natural oils for superior slip and glide while smoothing, moisturizing and nourishing for radiant skin.



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 And Mud Detox Wrap

45 Minutes INR 2600

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 and natural salts. It contains calcium to balance, iron to strengthen and sulphate to beautify the skin.

Oshadi Tan Lepamam

45 Minutes INR 2600

A signature R3 Spa body wrap with our customized blend of turmeric, fuller's earth and exotic indian spices blended in a 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 And Almond Scrub

45 Minutes INR 2400

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 2400

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 Facials.*



Signature Multi Vitamin, Anti-Ageing Facial

60 Minutes INR 3500

Formulated with plant-based, nutrient-dense ingredients, this vitamin rich facial 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 is a mix of botanical ingredients, essential oils and anti oxidants 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. Stimulates the epidermis, helping to keep the skin young and supple.

Hydrating Regenerative Facial - For Men

60 Minutes INR 3000

This hydrating regenerative facial provides a unique solution for male skin, designed to reduce the depth of fine line and wrinkles, ingrown hair and dullness. It activates deep cellular regeneration and visibly softens existing fine lines and antioxidants that counteract premature ageing and slow down the ageing process by hydrating and moisturising the skin. The facial calms and soothes the skin, especially sensitive or irritated masculine skin.

Ultra Radiance Facial

60 Minutes INR 3000

This recipe restores a radiant complexion suitable for tired, dull looking skin and helps restore your skin's natural radiance and stimulates cellular regeneration for healthy looking, glowing skin. It starts with cleansing, followed by aha based exfoliation that gives a boost to your complexion. Next, enjoy a gentle massage with 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 antioxidants is applied to enhance the treatment.

Signature Brightening Clean-up

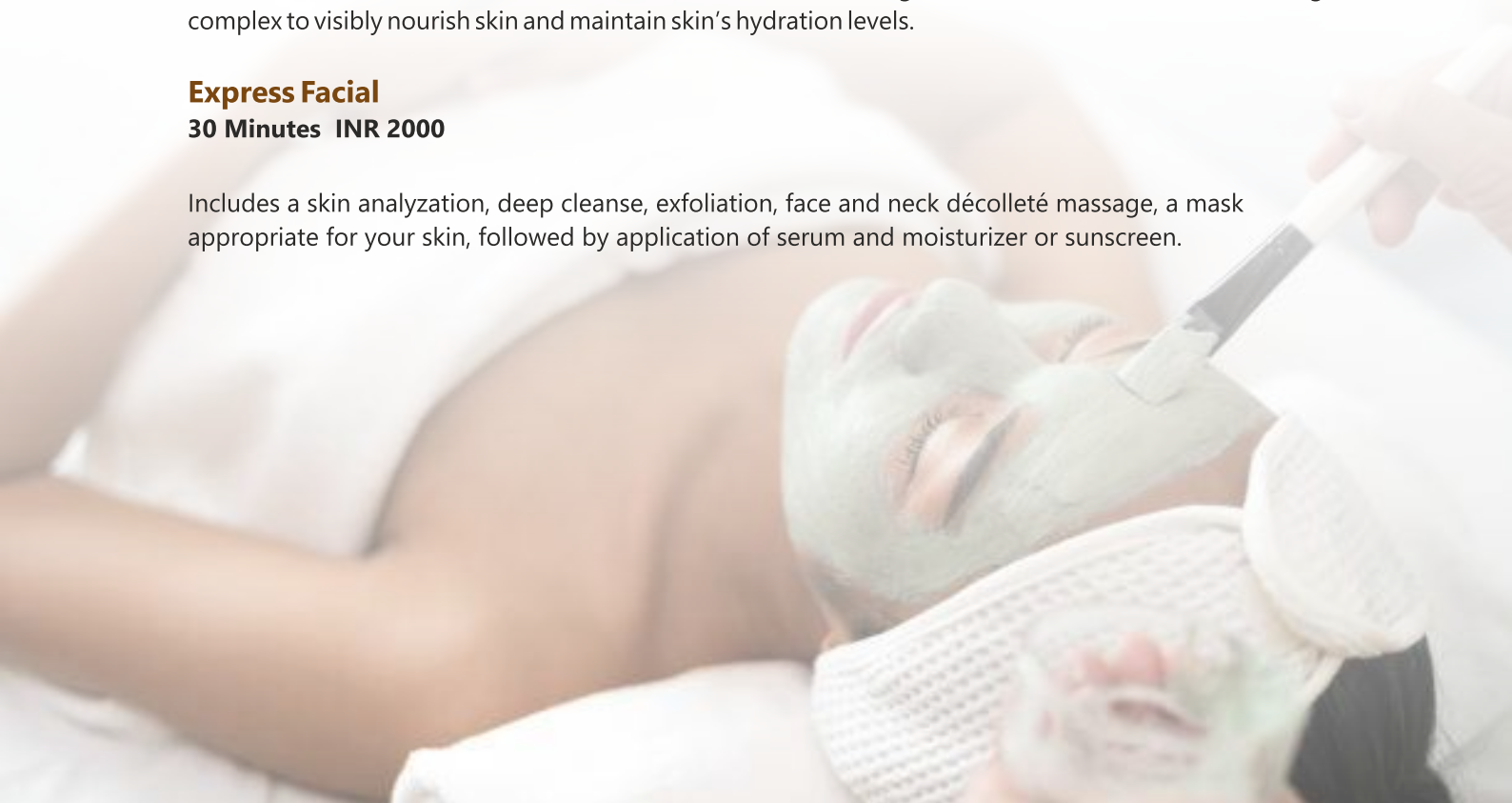
45 Minutes INR 2500

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.

Express Facial

30 Minutes INR 2000

Includes a skin analyzation, deep cleanse, exfoliation, face and neck décolleté massage, a mask appropriate for your skin, followed by application of serum and moisturizer or sunscreen.





**R3 SPA
OFFERINGS**

R3 EXPERIENCE - SPA PACKAGES

Male Escapade (Rejuvenation For Him)	195 Minutes	INR 7400
Indulgence (Complete Spa Ritual)	150 Minutes	INR 6300
Replenish (Indian Ritual)	135 Minutes	INR 5000
Harmony (Stress Relieving Ritual)	120 Minutes	INR 4000

SIGNATURE THERAPIES

Four Hands Restoration Therapy	60 90 Minutes	INR 4500 5500
Stress Relief Therapy	60 90 Minutes	INR 3000 4000
Ayurvedic Marma Abhayangam	60 90 Minutes	INR 2600 3600
R3 Fusion Therapy	90 Minutes	INR 4000

INTERNATIONAL THERAPIES

Deep Tissue Repair Therapy	60 90 Minutes	INR 3000 4000
Sensory Rejuvne Aromatherapy	60 90 Minutes	INR 2800 3800
Balinese Massage Therapy	60 90 Minutes	INR 2800 3800
Traditional Swedish Relaxation Therapy	60 90 Minutes	INR 2500 3500

R3 TOUCHE

Indian Head, Neck and Shoulder Massage	45 Minutes	INR 2000
Kundalini Back Therapy	30 Minutes	INR 1800
Thai Foot Reflexology	30 Minutes	INR 1500
Chakra Head Massage	30 Minutes	INR 1000
Signature Spa Pedicure	45 Minutes	INR 1000
Signature Spa Manicure	45 Minutes	INR 800

BODY RITUAL

Rich Mineral and Mud Detox Wrap	45 Minutes	INR 2600
Oshadi Tan Lepamam	45 Minutes	INR 2600
African Cocoa Butter and Almond Scrub	45 Minutes	INR 2400
Indian Herbs and Spices Body Scrub	45 Minutes	INR 2400

RESTORATIVE FACIALS

Signature Multi Vitamin, Anti-Ageing Facial	60 Minutes	INR 3500
Hydrating Regenerative Facial - For Men	60 Minutes	INR 3000
Ultra Radiance Facial	60 Minutes	INR 3000
Signature Brightening Clean-up	45 Minutes	INR 2500
Express Facial	30 Minutes	INR 2000



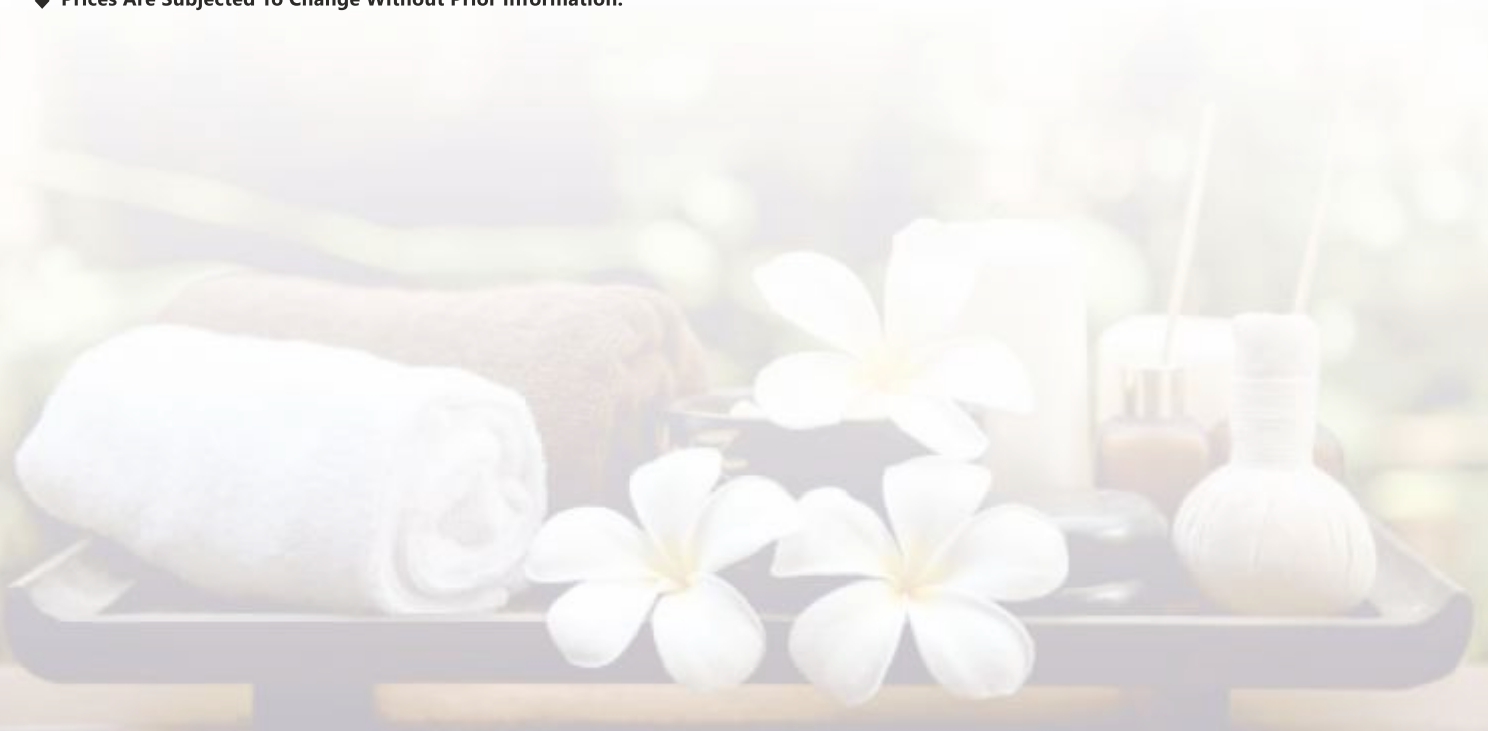
**PRIVILEGE
MEMBERSHIP**

Members Enjoy Additional Benefits And Free Services With Compliments of **R3 Spa**,
A Place Where Your Wellness Is Nurtured To Harmonise With Your Inner Self.

CATEGORY	AMOUNT	NO. OF THERAPIES (60 MINUTES)	VALIDITY (Months)	FREE UPGRADES (90 MINUTES)	COMPLIMENTARY SERVICES
PLATINUM	₹ 75000	54	12	5	1 Aromatherapy + 1 Balinese Massage
DIAMOND	₹ 55000	33	9	3	1 Aromatherapy + 1 Foot Reflexology
GOLD	₹ 28000	15	6	2	1 Aromatherapy Massage
SILVER	₹ 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 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.
- 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.





Dedicated to Wellness in over 45 Hotels in 25 Cities in India

A Unit of Spa Managed by : R3 Naturals Pvt Ltd - A Luxury Hotel Spa Chain

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