



— 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

Nestled within the luxurious confines of the Ramada Arpora in Goa, R3 Spa stands as a beacon of mindful wellness, offering guests an extraordinary perch to immerse themselves in the kaleidoscope of the city's culture and vitality.

Step into R3 Spa and embark on a transformative journey of rejuvenation. Every aspect of your experience is meticulously tailored to harmonize with your individual needs and desires. From sumptuous body wraps to therapeutic massages and rejuvenating facials, our expert healers curate each treatment to restore balance and vitality to your mind, body, and soul.

Designed to evoke a sense of serenity and tranquility, R3 Spa is a sanctuary of calm amidst the bustling energy of urban life. Every detail, from the soothing aromas to the soft lighting and elegantly appointed spa suites, is crafted to envelop you in a cocoon of relaxation and renewal.

With two luxurious treatment rooms equipped with steam and shower facilities, R3 Spa offers a comprehensive range of services, including body scrubs, wraps, therapies, facials, and skincare treatments. Whether you're planning a wedding, a group retreat, or simply seeking a moment of personal indulgence, we offer customized packages to suit your every need.

At R3 Spa, each visit promises a deeply intimate journey of self-discovery and rejuvenation. Our mission is to empower you to leave feeling renewed and invigorated, armed with the tools to continue your wellness journey long after you've left our sanctuary. With a renewed sense of resilience and vitality, you'll be ready to embrace life's adventures with newfound vigor and serenity.

R3 EXPERIENCE - SPA PACKAGES

We will be delighted to assist you with our custom made spa packages specially curated to suit your specific needs.



Pour Homme (Ritual For Him)

Duration: 180 Minutes - INR 10,400

Dedicated to men. A ritual in reverence of all things masculine. 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.

Pour Femme (Ritual For Her)

Duration: 150 Minutes - INR 9,800

Tailored made for ladies. Venture into a world of peace and harmony with aroma oils of your choice to transcend into a state of equilibrium for deep rejuvenation. Start your blissful relaxation journey with a divine smelling body scrub, followed by a massage therapy; complete the wellness ritual with our indulging signature multi-vitamin facial for the perfect cream and peach glow.

Inclusive of: Choice of Any International Therapy (60 Min) | Signature Multi Vitamin, Anti-Ageing Facial | Choice of Body Scrub | Steam and Shower | Herbal Infusion Beverage.

Indulgence (Complete Spa Ritual)

Duration: 135 Minutes - INR 9,200

Start your transformative journey, with the healing scent and effect of aromatherapy oils, therapeutic benefits of intuitive touch and the soft murmur of tranquil music. The signature ritual starts with divine smelling scrub, deeply cleanse and smoothen your skin with a tailored body cocoon followed by a relaxing therapy.

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)

Duration: 135 Minutes - INR 7,900

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: Marma Abhayangam (60 Min) | Oshadi Tan Lepanam | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.

Harmony (Stress Relieving Ritual)

Duration: 120 Minutes - INR 6,100

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.

ABOVE QUOTED PRICES ARE EXCLUSIVE OF APPLICABLE GOVERNMENT TAXES

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.



Four Hands Restoration Therapy

Duration: 60|90 Minutes - INR 5,600 | 7,000

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

Duration: 60|90 Minutes - INR 3,500 | 4,500

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.

Marma Abhayangam

Duration: 60|90 Minutes - INR 3,400 | 4,400

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.

R3 Fusion Therapy

Duration: 90 Minutes - INR 4,600

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.

SELECTION OF OIL BLENDS

Kama	Grounding Sensual Blend
Moksha	Pain Relief Blend
Oorja	Energizing Blend
Divyam	Rejuvenating Blend
Ananda	Relaxing Blend

Above Quoted Prices Are Exclusive of Applicable Government Taxes

INTERNATIONAL THERAPIES

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



Deep Tissue Repair Therapy

Duration: 60|90 Minutes - INR 3,600 | 4,600

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

Duration: 60|90 Minutes - INR 3,400 | 4,400

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.

Sensory Rejuvene Aromatherapy

60 | 90 Minutes INR 3,200 | 4,200

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.

Traditional Swedish Relaxation Therapy

Duration: 60|90 Minutes - INR 3,000 | 4,000

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.

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R3 TOUCHE

Express therapies for instant rejuvenation



Leg Energiser (Feet Calves & Knees)

Duration: 30 Minutes - INR 2,200

Restore your lost energy with a therapeutic session of Leg Energiser Massage that effectively relaxes and strengthens muscles and ligaments, eliminates pain, fatigue, swelling and improves flexibility. This massage improves lymph and blood circulation, stiffness of knees and firmness of the skin of the legs while also effectively improving mood and sleep quality.

Indian Head, Neck and Shoulder Massage

Duration: 45 Minutes - INR 2,200

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

Duration: 30 Minutes - INR 2,000

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

Duration: 30 Minutes - INR 1,800

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

Duration: 30 Minutes - INR 1,500

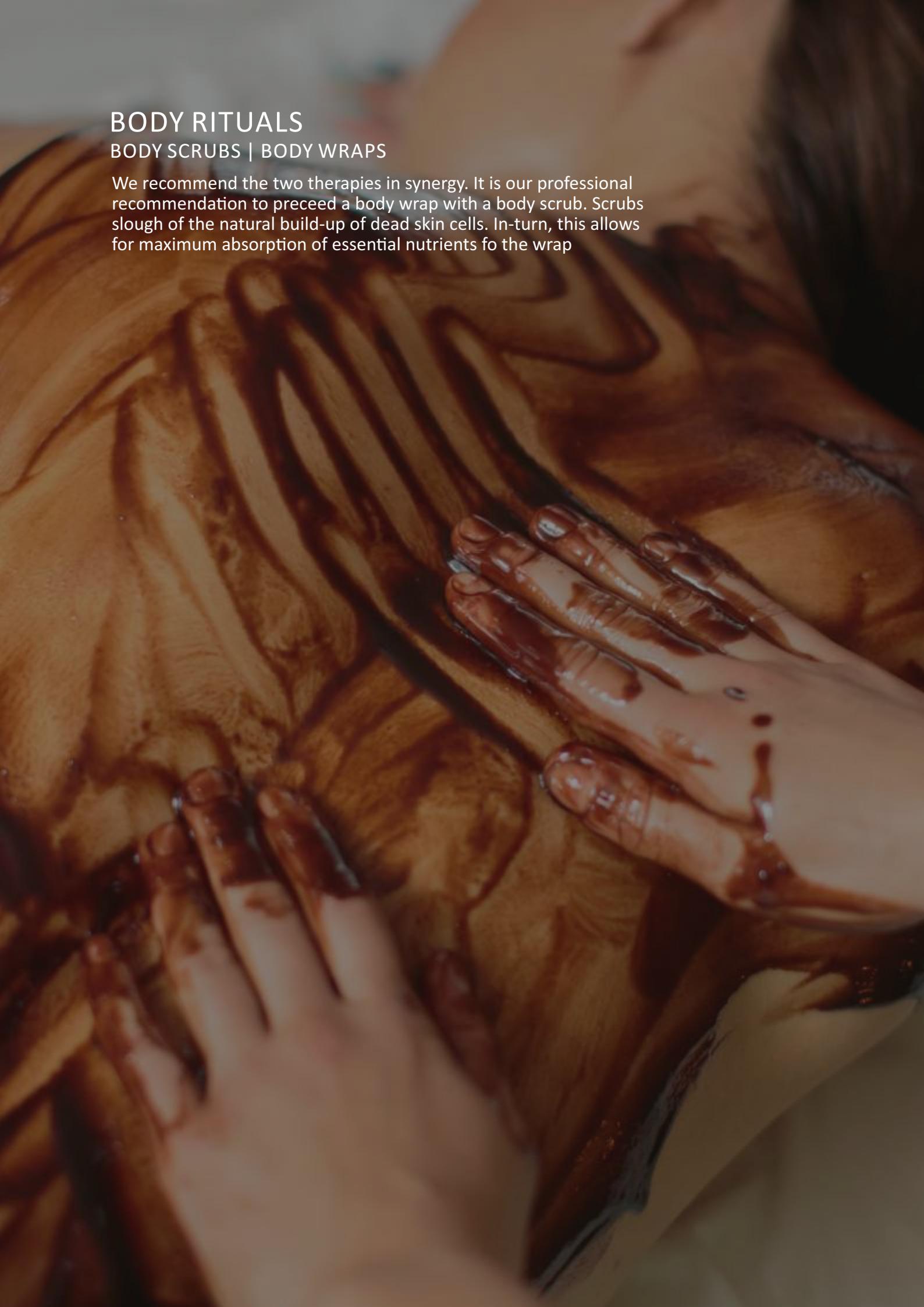
A relaxing massage technique for head and scalp, which loosens the thin layer of muscles covering the skull. This treatment helps to increase the constant supply of blood and can promote deep relaxation.

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BODY RITUALS

BODY SCRUBS | BODY WRAPS

We recommend the two therapies in synergy. It is our professional recommendation to preceed 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 fo the wrap



Rich Mineral And Mud Detox Wrap

Duration: 45 Minutes - INR 3,000

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 Lepanam

Duration: 45 Minutes - INR 3,000

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

Duration: 30 Minutes - INR 2,800

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.

Exotic Indian Herbs And Spices Scrub

Duration: 30 Minutes - INR 2,800

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.

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RESTORATIVE FACIALS

Transform the way you fell about skin-care
with our organic advance facials.



Signature Multi Vitamin, Anti-Ageing Facial

Duration: 60 Minutes - INR 3,600

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

Duration: 60 Minutes - INR 3,200

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

Duration: 60 Minutes - INR 3,200

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

Duration: 45 Minutes - INR 2,800

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

Duration: 30 Minutes - INR 2,500

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.

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R3 OFFERINGS

Treatment Menu



R3 EXPERIENCE - SPA PACKAGES

Pour Homme (Ritual for Him)	180 Minutes	INR 10,400
Pour Femme (Ritual for Her)	150 Minutes	INR 9,800
Indulgence (Complete Spa Ritual)	135 Minutes	INR 9,200
Replenish (Indian Ritual)	135 Minutes	INR 7,900
Harmony (Stress Relieving Ritual)	120 Minutes	INR 6,100

SIGNATURE THERAPIES

Four Hands Restoration Therapy	60 90 Minutes	INR 5,600 7,000
Stress Relief Therapy	60 90 Minutes	INR 3,500 4,500
Marma Abhayangam	60 90 Minutes	INR 3,400 4,400
R3 Fusion Therapy	90 Minutes	INR 4,600

INTERNATIONAL THERAPIES

Deep Tissue Repair Therapy	60 90 Minutes	INR 3,600 4,600
Balinese Massage Therapy	60 90 Minutes	INR 3,400 4,400
Sensory Rejuvne Aromatherapy	60 90 Minutes	INR 3,200 4,200
Traditional Swedish Relaxation Therapy	60 90 Minutes	INR 3,000 4,000

R3 TOUCHE

Leg Energiser (Feet Calves & Knees)	30 Minutes	INR 2,200
Indian Head, Neck and Shoulder Massage	45 Minutes	INR 2,200
Kundalini Back Massage Therapy	30 Minutes	INR 2,000
Thai Foot Reflexology	30 Minutes	INR 1,800
Chakra Head Massage	30 Minutes	INR 1,500

BODY RITUAL

Rich Mineral and Mud Detox Wrap	45 Minutes	INR 3,000
Oshadi Tan Lepanam	45 Minutes	INR 3,000
African Cocoa Butter and Almond Scrub	30 Minutes	INR 2,800
Exotic Indian Herbs And Spices Scrub	30 Minutes	INR 2,800

RESTORATIVE FACIALS

Signature Multi Vitamin, Anti-Ageing Facial	60 Minutes	INR 3,600
Hydrating Regenerative Facial - For Men	60 Minutes	INR 3,200
Ultra Radiance Facial	60 Minutes	INR 3,200
Signature Brightening Clean-up	45 Minutes	INR 2,800
Express Facial	30 Minutes	INR 2,500

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PRIVILEGE MEMBERSHIPS

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
PALLADIUM	₹ 100000	67	Life Time	6	2 Aromatherapy + 2 Balinese Massage
PLATINUM	₹ 75000	48	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. | Couple Therapy=2 Massages; 90 Min Therapy= 1.5 Massage | Four Hands Massage=2 Massages



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SPA USAGE ESSENTIALS

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 100% of the menu price. The same will be applied for a no show.
- Non-residents are welcome to reserve spa appointments. To make an appointment for the perfect treatment, call R3 Spa at +91 7678578191

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. as it may affect your spa therapy.

Advisory

- The use of a shower or steam best prepares your body for its treatment. It is suggested that coffee or alcohol is not consumed prior to your spa experience. Adequate amount of water should be consumed following your treatment as well.

Privacy

- Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

General Guidelines

- Children under 16 years are not allowed in the spa, unless accompanied by an adult. Some therapies for children are available under parental supervision. Please check with spa reception.
- 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.

Information Accuracy

- *Spa services, content and pricing are subjected to change without prior notice. In the event of any dispute R3 Spa reserves the right for final decision.*

Reservation/helpline no: +91 7678578191

Reservation Mail: info@r3naturals.com



RAMADA®

BY WYNDHAM
GOA ARPORA

Dedicated To Wellness In Over 50+ Hotels In 35 Cities In India

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

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