

TAJ
MADIKERI RESORT & SPA
COORG





Dear Guest,

What a great pleasure it is to welcome you to the Taj Madikeri Resort & Spa, Coorg. My team and I are enthusiastically committed to ensuring your stay is not only comfortable, but also memorable.

The capital city of Coorg - Madikeri has mesmerising mountain ranges all over with luscious greenery and the tranquil waters of the Cauvery River flowing through the hilly area. It is also referred to as the Scotland of India and is said that its scenic beauty dragged the British to this tourist spot nearly 200 years ago. The hill resort also has a lot of ancient history attached to it with the Great Mercara Fort.

A biosphere for the cosmopolitan wanderlust seeking great mornings and splendid sunsets with “as you please in between”. Housed within a 180-acre living, breathing rainforest, perched at 4000 feet above sea level on an idyllic hillside and with more than 350 species of flora and fauna for company, Taj Madikeri Resort & Spa, Coorg promises the next high.

Please let us know if there is anything we can do to make your stay with us more pleasurable and memorable.

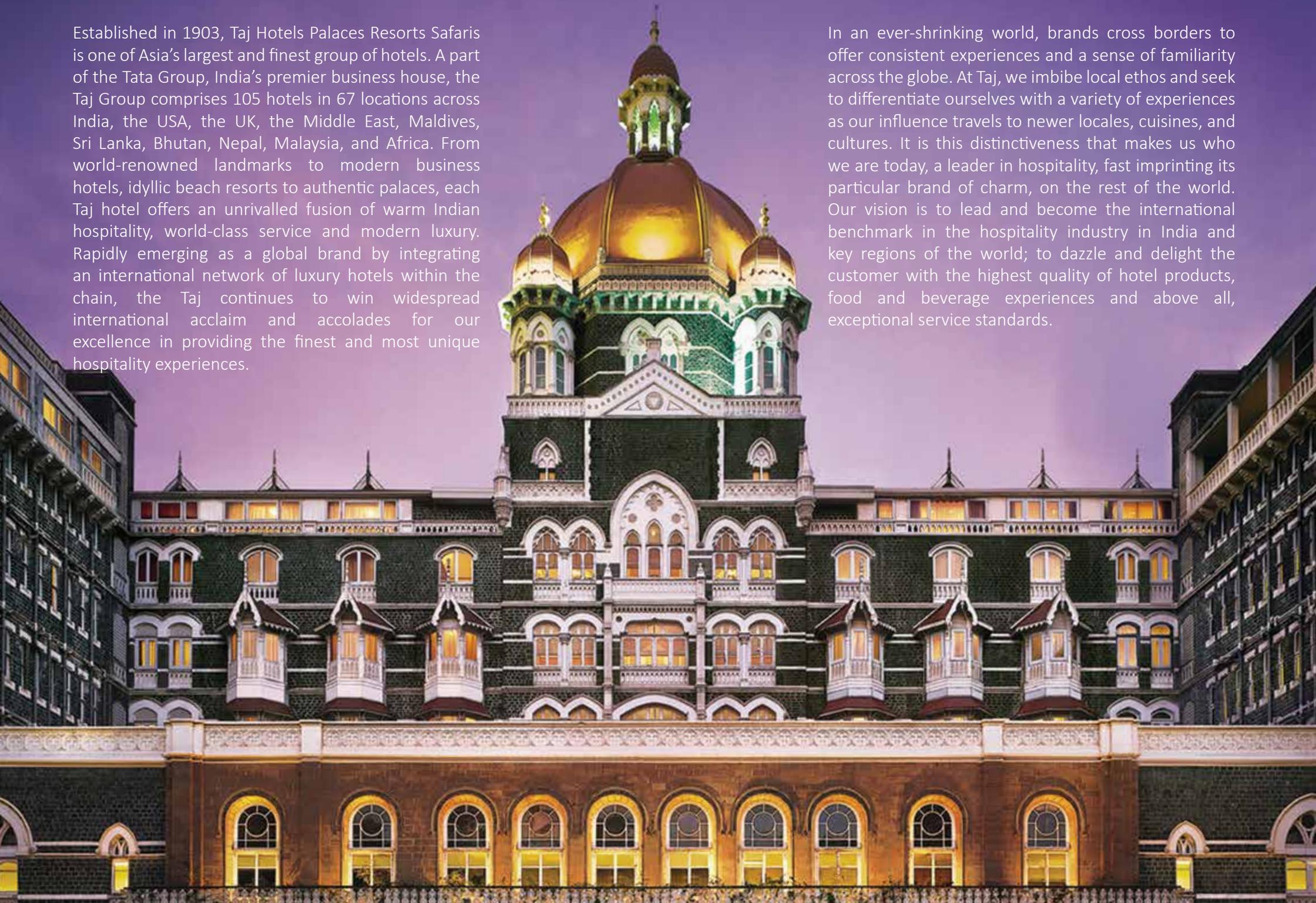
Vikas Kumar

General Manager



Established in 1903, Taj Hotels Palaces Resorts Safaris is one of Asia's largest and finest group of hotels. A part of the Tata Group, India's premier business house, the Taj Group comprises 105 hotels in 67 locations across India, the USA, the UK, the Middle East, Maldives, Sri Lanka, Bhutan, Nepal, Malaysia, and Africa. From world-renowned landmarks to modern business hotels, idyllic beach resorts to authentic palaces, each Taj hotel offers an unrivalled fusion of warm Indian hospitality, world-class service and modern luxury. Rapidly emerging as a global brand by integrating an international network of luxury hotels within the chain, the Taj continues to win widespread international acclaim and accolades for our excellence in providing the finest and most unique hospitality experiences.

In an ever-shrinking world, brands cross borders to offer consistent experiences and a sense of familiarity across the globe. At Taj, we imbibe local ethos and seek to differentiate ourselves with a variety of experiences as our influence travels to newer locales, cuisines, and cultures. It is this distinctiveness that makes us who we are today, a leader in hospitality, fast imprinting its particular brand of charm, on the rest of the world. Our vision is to lead and become the international benchmark in the hospitality industry in India and key regions of the world; to dazzle and delight the customer with the highest quality of hotel products, food and beverage experiences and above all, exceptional service standards.





TAJ MADIKERI RESORT & SPA - COORG

A biosphere for the cosmopolitan wanderlust seeking great mornings and splendid sunsets with “as you please in-betweens”. Housed within a 180-acre living, breathing rainforest, perched at 4000 feet above sea level on an idyllic hillside and with more than 350 species of flora and fauna for company, Taj Madikeri Resort & Spa, Coorg promises the next high.

Invigorate yourself at the 30,000 sq. ft. J Wellness Circle with a wood-fired Gudda Bath. Unlock the secrets of a rainforest with a naturalist insider. Undergo clay therapy at our Pottery Studio. Ruminant at our Buddha Garden. Let the sun go down on you with the finest sundowners. Savour traditional Coorg cuisine at Nellaki. Or simply cosy up at the fireplace. Just some of our unique Taj motif experiences.

It bears sobriquets as varied as its offerings. And they all sit well. Known as the ‘Scotland of India’, and sometimes as the ‘Kashmir of the South’, Kodagu (Coorg) is located on the forested Western Ghats of Southwestern Karnataka. Known as much for its peppery coffee, lush green valleys, virgin forests, and rustic spices as for its rich martial history and brave warriors, Coorg is often called as the land of cardamom, colonels, and the Cauvery. If you haven’t fallen for the charms of this quaint destination as yet, it’s time to wake up and smell the coffee!!

Cocooned in a living, breathing rainforest and taking utmost care to be an unobtrusive, organic constituent of the environs around it, Taj Madikeri Resort & Spa, Coorg is persona grata here. A true citizen to the core which carries its green manifesto on its chest. Conceived to be light of feet with 63 residential units strewn across 30 acres and ensconced by another 150 verdant acreages of unsullied wild, the resort has a curriculum vitae that spells “one with nature”.





Blessed with a topography and location, on the windward side of a subtropical rainforest, it precipitates 200-220 inches of rainfall a season ensuring self-sustenance in terms of water requirements not to mention playing ringside to the wiles of the elusive forest mist. An extremely prolific ecology spread over tropical forests sheltering a varied plant kingdom, more than 350 odd species of birds, amphibians, and mammals with quite a few of them endangered and safe-harboured within, the biosphere presents itself as a model of co-existence. To maintain this harmonious balance, over 45,000 fruiting trees have been planted in the last couple of years and a practice that continues every season.

The site was carefully surveyed to identify areas of construction for roads and cottages so as not to displace trees. All construction was done with compressed bricks made on-site with the displaced soil. The cottages are painted with mud paints obtained and made on-site. All roof tiles used are handmade recycled tiles bought from dismantled old houses.

Natural river stones have been used throughout the property and present themselves as a smooth leitmotif across. The local tribes have been encouraged to revive their craft witnessed amongst other elements in the cane artefacts and the lighting fixtures in the guest rooms and common areas inspired by their fish traps used in brooks and rivulets.

All lighting used in the property is eco-friendly while old restored recycled wood has been used extensively in key areas like the, J Wellness Circle.



HISTORY OF MADIKERI

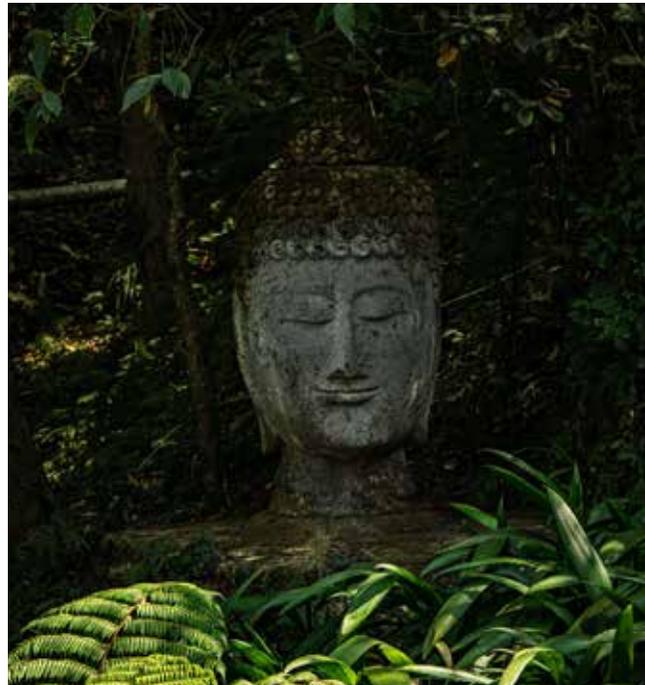
Madikeri, also known earlier as Mercara, is the picturesque capital of Coorg, where time seems to have stopped for feasting the eyes of its honourable guests. Dubbed as the Scotland of India, this town has a lot to offer to the tourist. Misty hills, lush forest, acres and acres of tea and coffee plantations, orange groves, undulating streets and breathtaking views are what make Madikeri an unforgettable holiday destination.

Madikeri is the land of the Kodavas. Kodavas have distinctive dresses, the men wearing wraparound robes called the Kupaya and the women with a distinctive style of wearing the sari. They have many distinctive practices such as carrying ceremonial knives and martial war dances. The culture also includes communal gatherings where drink, dance, and special meat dishes seasoned with Garcinia are central attractions.

Dotted with a cluster of red-roofed dwellings and a bustling bazaar, the town situated at an elevation of 1525 m, has a charming old-world feel. Raja's Seat perched atop a hill is where the kings of yore spent many pleasant evenings watching the golden sunset.

In Madikeri, the main festivals celebrated are Kailpodhu, Kaveri Sankramana, Puttari, and Dasara. Karaga festival also starts during the time of Navarathri. Madikeri Dasara procession is a very beautiful procession of mantapas.

Madikeri welcomes its every visitor with open arms into the land full of fantasies. With undulating topography covered in different shades of green, dotted with exquisite coffee plantations, and an atmosphere heavy with mist, Madikeri is a picture of magnificence. Madikeri town is full of trekking options with some of the most picturesque trek routes in Karnataka a perfect gateway for a leisure holiday.





PLACES TO VISIT IN MADIKERI

Raja's Seat: Raja's Seat in the town of Madikeri is where the kings would sit and watch the sunsets with their consorts. This is considered one of South India's most scenic locations. The view from Raja's Seat is breathtaking as you gaze upon the green valleys and towering hills. This is the perfect place to sit with a glass of wine and watch cars curving up the road to Mangalore that lies in the valley like a flowing ribbon. The government has set-up a garden all around Raja's Seat. This is the ideal place to go for a morning stroll.

Omkareshwara Temple: The Omkareshwara Temple was established in 1820 by Lingarajendra II with Muhammadan-style architecture, which featured a centre dome and four corners with turrets. According to legend, the king put a pious Brahmin to death unjustly and built the temple to appease the Brahmin's spirit. The Omkareshwara Temple is like a Muslim dargah and has a Linga near the door of the entrance. The history of the temple was inscribed by the king on a plate made of copper that is hanging at the frame of the door to the temple entrance.

Madikeri Fort or Mercara Fort: Mercara Fort can be found on elevated ground atop Madikeri. The fort was originally made out of mud and rebuilt by Tipu Sultan with stone, only to be wrested back by the Coorg King in 1791. There are two mortar elephants, built life-size to catch the visitors' eyes as they enter the fort. Inside the fort, the British took out the temple of Virabhadra in 1855 and replaced it with the gothic-style Anglican Church, which has since been converted into a museum.

The Madikeri Palace: The Madikeri Palace is inside Madikeri Fort and is home to the office of the Deputy Commissioner. The palace was established by Lingarajendra Wodeyar II in 1814. The two-storey structure was renovated by the British two times and a clock tower and portico for the commissioner's car was added in 1933.

Abbey Falls: Coorg's most popular waterfall is an 8 km drive from the main town.

Talacauvery: Every year, at a pre-determined time, water gushes out from a small pond at Talacauvery, the birthplace of river Cauvery. Talacauvery is located 44 km from Madikeri, on the slopes of Brahmagiri Hill. Besides being a pilgrimage centre, Talacauvery is known for its natural beauty.

Cauvery Nisargadhama: A beautiful island off the state highway, 2 km from Kushalanagar town and 28 km from Madikeri. The 64-acre island, surrounded by the Cauvery River, can be accessed by walking across a hanging bridge. Its breathtaking beautiful surroundings are lush with thick foliage of bamboo groves, sandalwood, and teak trees. It has lovely river-side cottages which can accommodate five persons. Elephant rides and boating are some of the other attractions. There is a deer park, children's park, and orchidarium in the resort.

Bylakuppe: Bylakuppe near Kushalanagar is one of the largest Tibetan settlements in South India. It has several monasteries and the prominent among these are the Great Gompa of Sera Je and Sera Mey and the Namdroling Monastery. The Mahayana Buddhist University is at Sera. Another important monastery is the Tashi Lhunpo Monastery, the seat of the Panchen Lama. The gold-coated Buddhist statues in the monastery are imposing and unique, reflecting the rich cultural heritage of the Tibetans.

Dubare Reserve Forest & Dubare Elephant Camp: This is another scenic spot located 15 km from Kushalanagar, famous for its elephant training camp. It is also an ideal place for angling in the swirling waters of the Cauvery. Closed on Tuesdays and timing elephant bathing and ride is between 0900 hrs to 1100 hrs.

SAFETY INFORMATION



We've taken all precautions to ensure your safety during your stay with us. We request you to adhere to the security procedures laid down for your safety.

FIRE PROCEDURES

We firmly believe that the safety and security of our guests are of paramount importance.

Taj Madikeri Resort & Spa, Coorg is equipped with the latest gadgets in fire detection and communication systems to ensure the safety of our Guests. In the event of an emergency, you will be notified by an announcement through the public address system (megaphone) or you may dial the dedicated emergency button available in the room phone (789).

THINGS TO KNOW

Guests are requested to get familiar with the exit locations on the way to their rooms.

When you check-in to your room:

- Please check the exact location of your room on the 'Room/Villa Floor Plan' Resort Map placed in the room.
- Locate the fire extinguisher placed in the closet.
- Always keep your room key readily available.
- Familiarise yourself with the location of the Emergency Assembly Point.

SAFETY INFORMATION

PREVENT A FIRE IN YOUR ROOM

For your own safety, we request you to:

- Please stub out cigarettes completely.
- Please ensure electrical appliances are turned off or unplugged after use.

If you find a fire, stay calm and follow these steps:

Please notify the Operator by dialing the dedicated emergency button and give the Operator the following information:

- Nature of the trouble (smoke, fire, heat, sparks, etc.).
- Location of the trouble.
- Seriousness of the trouble.
- Your name and where you are.
- Close the doors around the fire area to keep the fire from spreading.
- If the fire endangers your life or the lives of others, close the doors to contain the fire.
- Always take your room key.
- Please do not expose yourself to any unnecessary risks.
- Please keep inflammable objects/liquids as far away as possible.



If you hear an alarm:

Please do not panic, listen carefully to the announcement on the public address system (megaphone) and follow any instructions that are announced.

In case you decide to leave the room:

- Take your room key and do not carry your belongings.
- If the door is hot, do NOT open it. If the door is cool, open it slightly ajar, check outdoor for smoke. If there is thick smoke, quickly close the door and remain in the room.
- Wet a cloth and keep it tied over your nose and mouth.
- If there is no smoke, walk out carefully towards the nearest Emergency Assembly Point.
- Shut the main door of your room before you leave.

In case you decide to stay in the room:

- With the back of your hand, test the door to the pathway to see if it is hot and do not open it.
- Shut all doors to avoid draft of smoke.
- Dial the dedicated emergency button and inform the Operator of your presence.
- Turn off air conditioners and fans or seal vents to prevent smoke intake.
- Use wet sheets and towels to block smoke from creeping through doors and vents.
- Fill the bathtub with water in case it is needed to wet down your body. Keep waste baskets or ice buckets nearby for carrying water to quickly remoisten the clothes keeping out the smoke.
- Throw water on hot doors and walls to keep them cool.
- If smoke is creeping in, put a wet towel around your nose and mouth.



LOST AND FOUND

If you have misplaced any of your belongings in your respective room or in a public area, please contact Guest Services by pressing the fast dial button on the phone.

SAFE (IN-ROOM)

Safe deposit boxes are provided inside the wardrobe in your room. You are requested to read the guidelines on your personal safe deposit box carefully. If you require any assistance with regards to opening/closing, please contact Guest Services by pressing the fast dial button on the phone.

We encourage you to secure your valuables in the in-room safe. Please note that the hotel or its management is not liable for the loss of money, jewellery, and any other valuables belonging to a guest.

SAFETY INFORMATION



VALET PARKING

The valet parking service operates 24/7 from the porch at Taj Madikeri Resort & Spa, Coorg. All vehicles are parked at the owner's risk. The hotel is not responsible for any theft or damage to a vehicle parked in or around the hotel premises.

SECURITY GUIDELINES

- The hotel is staffed 24/7 and inspection rounds are made throughout the night. Public areas and guest rooms outdoors are under video surveillance for safety reasons.
- Non-residents and visitors are allowed to enter the hotel area after registration at the reception. The hotel reserves the right to refuse entry to a person/persons in particular cases. Non-residents are requested to leave/vacate a guest room by 2200 hrs or extra charges will be added to the room tariff and ID proof of the visitor has to be provided.
- Taking pictures of the back of the house area, drawing picture routes, going on the terrace, and any activity that creates an issue for the hotel is strictly prohibited.
- Carrying of illegal substances and weapons into the hotel is strictly prohibited and the management reserves the right to refuse entry into the hotel or notify the authorities if required.
- Smoking is prohibited in the hotel, however, permitted in specifically-designated outdoor/indoor areas.
- Keep all valuables in the safe provided in the room.
- While leaving the room, ensure that it is locked/closed properly.
- Look through the peephole and confirm the identity before opening or unlocking the door or releasing the safety chain.
- Please keep the door closed to guard against pests.

IN-ROOM TECHNOLOGY

In-room Technology:

- The ultra-slim profile and robust functionality - designed LED TVs for premium hospitality experience.
- Creates a sophisticated viewing environment with a premium slim design and state-of-the-art technology.
- Offers an upgraded guest experience with wireless connection to personal devices. Provides superior quality with digital setup.

Lighting / Air Conditioning / Other Gadgets:

- Each room is outfitted with a quality indoor air conditioning system with hot and cold modes and digital thermostats to control AC according to your own comfort, controlled by an energy saver through a key card panel.
- The rooms are installed with dual flushing system in WC.
- Each room has an individual hot water geyser system using LPG source making it energy efficient.



BATH AND PILLOW MENU

BATH MENU

Bath Salt Experience

A delicate balance of salt mixed with essential oils will cleanse, moisturise, and refresh your skin and the aroma will rejuvenate your senses.



PILLOW MENU

We provide you with a range of the finest pillows for great sleep.

Contoured Cervical Pillow

The space-age pillow supports your head in perfect alignment with your spine while you are resting – the perfect prescription for a blissful sleep. Ideal for neck pains and backaches.

Microfiber Pillow

Microfiber pillows have fine strands of synthetic materials, usually polyester or nylon. It is comfortable to use, made from foam and memory materials that are effective in maintaining its shape, and ideal for any sleeping position.

Firm Pillow

A unique combination pillow with high-density foam and a soft outer core of “Wonderful” wadding. This pillow is ideal for customers who are not comfortable sleeping on a soft pillow. This pillow has been designed in a manner to prevent neck or body strain.

Latex Pillow

A pillow made from soft, all-natural latex. It has hypoallergenic properties and is free from any dangerous chemicals.

Hard Pillow

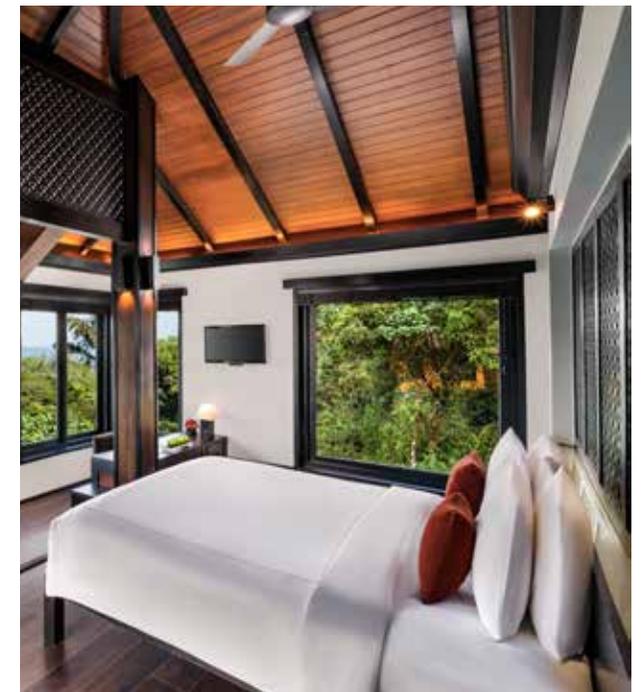
The short answer: good pillows will provide proper support throughout the night which helps prevent neck, back, and head pain and can also reduce snoring by improving airflow. Necks come in handy most of the time. The only time they tend to be more of a nuisance than a benefit is when we are sleeping.

Natural Cotton Pillow

Made of the finest cotton from Rajasthan, this pillow is an ideal choice for those who seek a good night’s sleep.

Neck Pillow

A neck pillow is a specially-designed pillow that supports your neck and head in a natural position. All are designed to create a natural resting position for your head that maintains the lordotic curve of your spine.



BAR AND RESTAURANTS



NELLAKI

Coorg cuisine speciality.

Coorg's culinary secrets entice you and whip up an appetite. Salt brine instead of oil, flavours of mushrooms, jackfruit, tender fern, and more spice up these unique but wholesome meals.

Timings:

Lunch : 1230 hrs to 1530 hrs

Dinner : 1900 hrs to 2230 hrs

GRILLS

Grills & barbeque at the gorgeous poolside.

Relish the catch of the day as the plantations and paddy fields sway side-by-side giving you company.

Timings:

1930 hrs to 2230 hrs

DEW

Coorg's healthiest restaurant.

Farm-fresh food teased and tossed into platters of guilt-free indulgence effortlessly combines taste with wellness.

Timings:

1130 hrs to 1830 hrs / 1230 hrs to 1530 hrs

HIVE

Coorg's best lounge bar.

The eclectic-style and designer décor with its dramatic views serves chilli-infused vodka and more.

Timings:

1130 hrs to 2300 hrs / 1100 hrs to 2230 hrs

FERNTREE

All-day dining restaurant.

A vibrant all-day dining restaurant in Coorg that gives you the best views and food. This vibrant all-day dining space boasts of a trendy uncarpeted space and offers you interactive dining stations serving Continental, Far-eastern, and traditional South Indian cuisine.

Timings:

Breakfast : 0730 hrs to 1030 hrs

Lunch : 1230 hrs to 1530 hrs

Dinner : 1900 hrs to 2230 hrs

IN-ROOM DINING

Timings: 24 hrs



UNIQUE DINING EXPERIENCES

Venues are seasonal



GAZEBO DINING

A table for two overlooking the scenic valley whets an appetite for dinner and romance.

INR 40000 + Tax per Couple

SUNKEN SEATING DINNER

For those intimate moments, a view of the sun bidding adieu overlooking a seemingly endless Infinity Pool, creates a moment of splendour.

INR 30000 + Tax per Couple

BUDDHA GARDEN

A glowing candle-lit pathway leads up to a romantic setting where Prosecco and a 4-course meal welcome you.

INR 90000 + Tax per Couple

101 CANDLES AT THE AMPHITHEATRE

As the sun sets, a pathway lit by 101 candles guides you to your table at the amphitheatre and some precious moments.

INR 80000 + Tax per Couple





As part of India's premier business house, the Tata Group, Taj Hotels, and its holding company, the Indian Hotels Company Ltd. are committed to serving its many local communities by furthering education and skills education and skills training, particularly among rural populations, helping preserve Indian art, culture and wildlife, and promoting sustainable and environmentally-sound operations.

EARTH (Environment Awareness & Renewal at Taj Hotels) is a project that reiterates the conscious effort of one of Asia's largest and finest group of hotels to commit to energy conservation and environmental management. EARTH has received certification from EarchCheck, the only worldwide environmental certification programme for travel and tourism. Taj Hotels has also joined the internationally-recognised EarthCheck benchmarking and certification system as an extension of its existing environmental policies.

Having implemented the Environmental Awareness and Renewal at Taj Hotels (EARTH) programme, a project that began as a conscious effort to commit to energy conservation and other sustainability strategies, Taj Hotels was one of the first groups to join the tourism industry in its environmental efforts. Please share our concerns for the environment.

EARTH-Facts. You can help us conserve water in the following ways:

Activity	What to do?	Water saved
Brushing your teeth	Turn taps off while brushing	5-10 litres
Washing hands and face	Use a washcloth and turn off the taps	8-15 litres
Shaving	Fill mug and turn off taps	10-15 litres
Shower	Rinse, turn off taps, soap, and rinse again	50-70 litres
Leak	Please report immediately	400-3000 litres per day

Each time a towel is laundered, precious resources such as energy and water are consumed and polluting detergents are used. If you would like your towels to be replaced, please drop them into the tub and we will provide you with fresh towels. If you wish to reuse your towels, please hang them on the rack to dry.

PAATHYA

Leading change with trust, awareness, & joy

Derived from the Sanskrit term पथ्य, inferring a path, Paathya encapsulates our initiatives to lead positive change with IHCL's core values of trust of all stakeholders, awareness around the needs of our ecosystem, and joy at heart. Taking ahead IHCL's over a century-old legacy, Paathya forges a journey focused on Environmental Stewardship, Social Responsibility, Excellence in Governance, Preserving Heritage, Value Chain Transformation, and Sustainable Growth.

Owing to our commitment to protecting and preserving nature, Taj Madikeri Resort & Spa, Coorg remains at the forefront of positive environmental change and continues to give back to society while sharing the values and importance of protecting our home. We strive to create a cleaner, greener, and more sustainable ecosystem through our holistic approach to environmental stewardship. Our efforts emphasise the promotion of clean energy usage, water conservation, waste management, and the avoidance of single-use plastics.





WELLNESS
CIRCLE



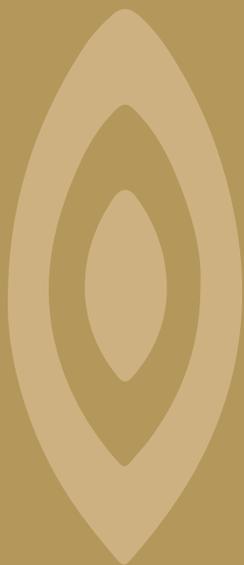
In the lap of our universe, an intricate dance ensues between the five sacred elements - Akash, Vayu, Agni, Jal, and Prithvi. In this delicate rhythm, the path toward holistic healing unfolds.

Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle- a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

Embark on a journey through your inner world. Immerse yourself in healing energies and experiences. Awaken to a revived consciousness, guided by soothing scents, serene sounds, and touch- gentle yet transformative. When you emerge, find your mind, body & soul aligned and in harmony.

Feel at one with yourself and the universe.





THERAPIES

HOLISTIC HEALING THERAPIES

SVASTHA Pain Relief	120 min
NIDRA Sleep	120 min
SHODHANA Detox	120 min

SIGNATURE THERAPIES

GUDDA BATH Traditional Coorg Bath	60 min
UDHANA Avocado Body Polish	45 min
VISHRAMĀ Deep Muscular	120 min
SUSHUPTI Dreamless Sleep	120 min
SAMATTVA Balance	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min

INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min
DRISTI Eye Therapy	30 min

BODY RITUALS

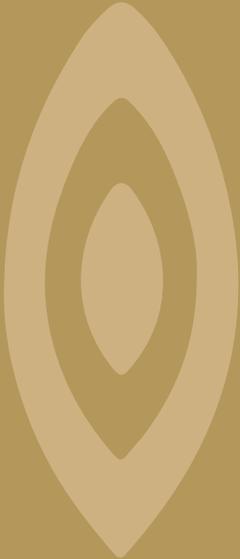
POSHA Nourishing	30 / 70 / 90 min
VISHUDDI Detoxify	30 / 70 / 90 min

BEAUTY

SIGNATURE FACIAL (For all Skin Types)	60 / 90 min
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SPA INDULGENCES

SOUNDARYA Beauty	330 min
PRANĀM	240 min
SUKHA Bliss	240 min
SVASHAKTI Find the Power Within	180 min
DEV NIDRĀ Sleep of God	90 min
SOMĀ Nectar of the Gods	120 min
ABHISARANA Rendezvous of Romance	90 min



HOLISTIC HEALING THERAPIES

The ethos of our carefully recreated therapies is inspired by the rich wellness heritage of India. Based on the principles of Ayurveda, these therapeutic experiences are designed to heal and restore. Using natural products, these therapies are performed by specially-trained hands and help with enhanced mobility and provide relief.

Each of these therapies comes with a pre-therapy steam ritual and a post-therapy relaxation lounge experience for enhanced efficacy.

SVASTHA Pain Relief Duration - 120 mins

An invigorating therapy using ancient Indian wellness techniques of cupping and fomentation. Your healing process starts with Indian cupping, where the heat in a glass is used to create a vacuum and ease knots and sore points on your back. This is followed by fomentation therapy, an application of a hot compress of therapeutic Indian herbs that works on your tired and sore muscles as you slip into sheer bliss. As a result, the body is re-aligned and the energy flow within is restored.

Complete your experience with our restoring signature beverage.

NIDRA Sleep Duration - 120 mins

Commence your experience with a hot-water shower to ease out your stress. A full-body relaxing massage with soothing strokes and fragrant bespoke blends with the richness of Kewda, Frankincense, and Brahmi infused in Sandalwood and Sesame, releases tension and calms your being. A languid face massage of your marma points and a dry scalp massage add to your serenity.

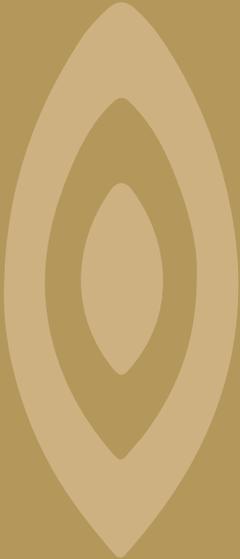
Slip into a cocoon of tranquillity with our signature beverage.

SHODHANA Detox Duration - 120 mins

A unique combination of therapies to purify and leave you in an optimum state of well-being.

Gharshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. Our bespoke detox blend with the goodness of Lime, Ginger, and wild Turmeric, combined with the lymphatic drainage technique, works from within, eliminating toxins. A sublime massage performed on the soles of your feet leaves you feeling light and refreshed.

Cleansed anew, you will face the world again, revived, and re-energised.



SIGNATURE THERAPIES

These treatments are exclusive to J Wellness Circle and have been carefully recreated from the fabled lifestyle and culture of Indian royalty and the healing therapies that embrace Indian spirituality.

GUDDA BATH Traditional Coorg Bath **Duration - 60 mins**

Gudda Bath is a bath available in every traditional Coorg household. Generally located in an outdoor setting, water is heated in a Gudda (a copper vessel) on a wood fire and this hot water is used for bathing. Copper is a good disinfectant and destroys all micro-organisms and is good for the skin.

Initiate this experience with the healing strokes of our professionally-trained therapist. Gentle, yet effective strokes, with our signature blend comprising of nutmeg, turmeric, kalonji, and other herbs. Commence at the crown and move towards the sole of your feet, ebbing away your stress. A traditional massage is done in an upright position, this experience helps relieve aches and pains.

This is followed by a hot water bath from the Gudda. Using a loofah, the therapist will scrub away the remnants of oil with soapnut powder. This increases peripheral circulation leaving you refreshed.

The aroma of Samrani (incense) permeates your senses and brings you to a state of utter bliss.

Hot milk with saffron and almonds compliments your experience.

UDHANA Avocado Body Polish **Duration - 45 mins**

Coorg is known for its beautiful women and handsome men. The rich plethora of flora and fauna native to the region lends to their flawless complexion.

This unique signature experience inspired by ingredients indigenous to Coorg, blends coffee beans, avocado, and rice powder to make a sensuous scrub. Avocado, rich in anti-oxidants and easily absorbable, nourishes the skin; the coffee acts as a mild stimulant, and the rice powder being an excellent cleanser leaves your skin radiant.

VISHRAMĀ Deep Muscular **Duration - 120 mins**

A deep muscular massage for profound relaxation.

An application of a hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within is restored.

SUSHUPTI Dreamless Sleep **Duration - 120 mins**

An indulgent treatment for deep relaxation and glowing skin.

Set the mood for this pure indulgence as you commence with an aromatic footbath. Pamper yourself with the richness of nature, a natural blend of 22 herbs, green gram flour, honey, and fresh cream. A heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Soak your cares away with a warm bath of nourishing raw milk enhanced with rose essence and rose petals to wash away the traces of the wrap. Succumb to the rhythmic strokes of a relaxation massage, during which hot packs are placed on the body dissolving aches and strains. Complete your experience with a face massage leaving you languid and thoroughly pampered from head to toe.

SAMATTVA Balance **Duration - 120 mins**

Our signature Yoga treatment takes you through a profoundly contemplative and meditative journey, leading to a heightened state of well-being.

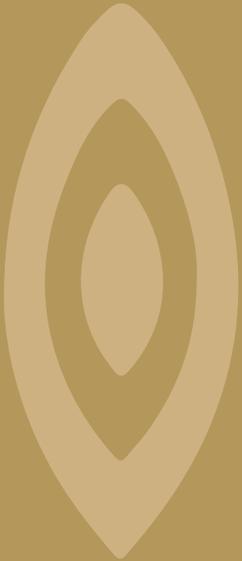
After a personalised consultation, our yoga expert will guide you through a series of 'Āsanās' (body and mind postures) and 'Prānāyāmās' (controlled breathing techniques) leaving you energised and balanced. Experience higher levels of concentration with 'Trātaka' (steady flame gazing) and Kaya Sthairyam (consciously stilling the body).

Restore the body's chakras (energy centres) and enhance the clarity of mind with gemstone visualisation, an intense colour therapy experience. You will then be asked to pick a contemplation card. The inspiring word inscribed upon it needs to be reflected upon and an intention-'Sankalpa'- is to be made. Guided meditation followed by Yoga Nidrā (a state of conscious deep sleep) amplifies your relaxed state of being and offers you pristine moments of lucidity. Journal writing ends this introspective experience.

This spiritual therapy embracing ancient practices is effective in helping you attain poise and equilibrium in mind, body, and emotion.

PEHLWĀN MĀLISH Warrior Massage **Duration - 90 mins**

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature aromatherapy oil or mustard oil, which is extremely good for the skin and relieves aching, sore, and tense muscles.





INDIAN THERAPIES

J Wellness Circle presents traditional therapies inspired by the rich and the ancient wellness heritage of India and the rituals of Indian royalty.

INDIAN AROMATHERAPY Duration - 60 mins / 90 mins

During this indulgent massage, our essential signature oils are generously applied and absorbed through the skin, circulating their relaxing and therapeutic properties throughout your body. You can choose from our bespoke range of all-natural energising, relaxing, or detoxifying blends.

PĀDA MARDANĀ Indian Foot Massage Duration - 60 mins

A sublime massage treatment is performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

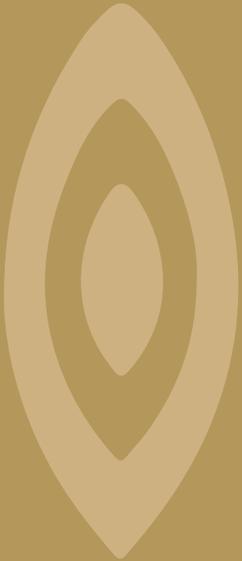
CHAMPI Indian Head Massage Duration - 45 mins

This luxuriant hair-invigorating treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves, and Neem is known to propagate long-lasting and enriching benefits. This massage releases muscular tension from the head, neck, and shoulders creating a deep sense of relaxation and joy as well as clarity of thought.

DRISTI Eye Therapy Duration - 30 mins

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation, and reduce dark circles. Relief for tired and puffy eyes.





BODY RITUALS

Indulge in the relaxing, exfoliating, and nourishing properties of our baths, scrubs, and wraps, each exclusively prepared from the natural goodness of fresh fruits, vegetables, Indian herbs, sea salts, and pure essential oils. The healing properties will cleanse, moisturise, and refresh your skin, producing a natural glow.

An exfoliating and cleansing scrub is applied and the treatment is completed with a wrap, which nourishes your skin and draws out impurities.

Scrubs can be taken individually and are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil. Body wraps are best taken after a scrub to encourage better results from the nourishing effects of the mask.

Choose from the two luxuriant treatments mentioned below.

POSHA Nourishing **Duration - 30 / 70 / 90 mins**

Nourishes your skin and makes it silky-smooth and supple.

Posha Scrub

Posha Wrap

Posha Bath

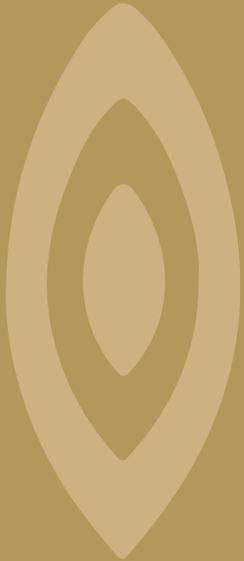
VISHUDDI Detoxify **Duration - 30 / 70 / 90 mins**

Cleanses and refreshes your body and eliminates all toxins for complete purification.

Vishuddi Scrub

Vishuddi Wrap

Vishuddi Bath





BEAUTY

Our products are made of natural ingredients, exclusively developed for use at J Wellness Circle. They are crafted with an inherent understanding of the therapeutic goodness of Indian herbs and rich essential oils.

SIGNATURE FACIAL (For all Skin Types) **Duration - 60 mins / 90 mins**

Using our exclusive range of 100% natural and rare hand-blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged, and moisturised. A therapeutic mask completes this wonderfully relaxing treatment. Immerse yourself in this luxurious experience for a balanced and radiant glow.



Deep Cleansing (For Oily and Acne-prone Skin)

This treatment focuses on deep cleansing using our natural handmade products that offer a visible difference and a clearer complexion.



Nourishing (For Dry/Dehydrated Skin)

Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.



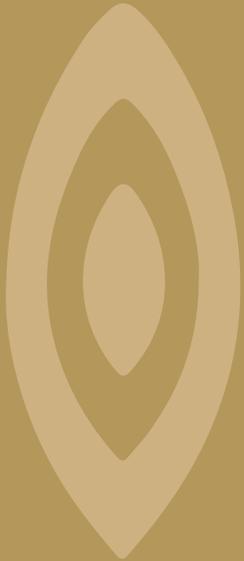
Soothing (For Normal/Sensitive Skin)

A balancing facial to soothe, calm, and restore the natural texture and radiance of the skin.



For Gentlemen

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. The key extracts gently heal and nourish the skin. Get a fresh, clean masculine look with this men's facial.





YOGA

* YOGA

BALANCED	90 min	KUNJAL KRIYA	55 min
ADVANCED	90 min	JALA NETI	45 min
ABHILAYA Journey Towards Your Inner Rhythm	60 min	YOGA NIDRĀ Yogic Relaxation	25 min
ADVANCED SURYA NAMASKAR Sun Salutations	60 min	YOGA NIDRĀ ADVANCED	50 min
GENTLE	60 min	HRIDAYĀKASHA DHĀRANA with Trātaka	50 min
DYNAMIC	60 min	ĀJAPA JAPA	50 min
PRĀNĀYĀMĀ with Mudrās & Bandhās	60 min	ANTAR MOUNA Inner Silence	40 min
LAGHOO SHANKHAPRAKSHĀLANA	90 min		



YOGA & MEDITATION

Yoga is an eternal science representing the universal need to evolve and transcend all limitations. Ancient mystics and seers discovered a way of connecting to the source of life within us. J Wellness Circle continues this time-honoured tradition by abiding by the rules and practices of the Bihar School of Yoga – a holistic form of yoga that integrates physical, psychological, and spiritual dimensions equally.

Group classes, as well as individual sessions, are offered. The individual session will be specially designed to suit your personal requirements and level of prior yoga practice. A consultation with our yoga teacher to assist you in choosing the appropriate programme.



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

BALANCED Duration - 90 mins

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Āsanas), Breath (Prānāyāmās), Gestures of Energy Flow (Mudrās), and Awareness of Mind (Meditation). The basic intention is to bring about harmony in the Physical, Mental, Psychic, and Spiritual aspects of the practitioner.

ADVANCED Duration - 90 mins

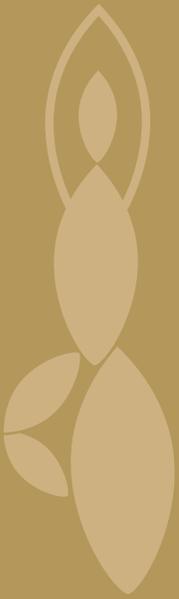
Static, classic Postures (Āsanas) will be performed to have a profound influence on your well-being. With the appropriate guidance of our teachers, intermediate and advanced practitioners can feel an enhanced level of awareness through the exploration of various Breath Control (Prānāyāmā), Gestures of Energy Flow (Mudrā), and Psychic Lock (Bandhā) practices. The session comes to a close with a short relaxation practice.

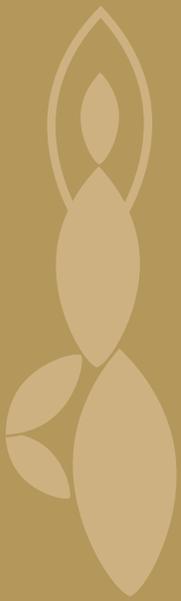
ABHILAYA Journey Towards Your Inner Rhythm Duration - 60 mins

Transport yourself to new heights of relaxation with this ideal Yoga session designed to diminish the effects of jet lag. This will harmonise your disturbed body rhythm, restore your disturbed sleep, eliminate body aches, fatigue, and general disorientation.

The session starts with a nasal cleansing technique, soothing facial muscles, and stimulating your mind. Special breathing practice (Prānāyāmā) helps synchronise and re-balance the body, thereby refreshing your system. This is followed by simple postures (Āsanas), which relieve muscular pain and stiffness and enhance blood circulation. The Yoga session ends with meditative sleep (Yoga Nidrā) that helps in restoring your sleep cycle.

This 60-minute session is recommended both prior to and after your travel.





ADVANCED SURYA NAMASKAR Sun Salutations **Duration - 60 mins**

For a complete energisation of the body.

Bring out your inner radiance with this, ancient sequential practice of Yoga that pays tribute to the Sun, a symbol of radiance and spiritual consciousness. An effective way to loosen up, stretch, massage, and tone all joints, muscles, and internal organs of the body. Done with advanced Awareness of Movements, Breath, and special Sound Vibrations (Mantras), which activate the energy centres (Chakras) thereby energising the body-mind system. A group of 12 dynamic āsanās form the physical matrix around which the practice is woven. Wrap up this invigorating session with a short relaxation practice.

GENTLE **Duration - 60 mins**

As the name suggests, this group of āsanās is extremely gentle, but works hard at loosening all the major joints of the body. In this practice, you will experience the benefits of a series of anti-rheumatic exercises. An exclusive of the Bihar School of Yoga, these practices are recommended if vigorous physical exercise is not possible. End the session with a short relaxation or meditation practice.

DYNAMIC **Duration - 60 mins**

Dynamic practices primarily involve energetic movements of the body. These are intended to increase flexibility, stimulate circulation, and release energy blocks from different parts of your body. Feel a renewed energy infusing vitality into your being. Bring your energised body to a state of calm with Prānāyāmā (controlled breathing) and a short relaxation session.

PRĀNĀYĀMĀ with Mudrās & Bandhās **Duration - 60 mins**

Balancing vital energy – through Breath, Gestures, and Psychic Locks.

Prānāyāmā is a Yogic technique to control the intake and outflow of breath to expand the vital energy within us. Prānāyāmās, when used with Mudrās (Psychic, Emotional, and Aesthetic Gestures) and Bandhās (Psychic Locks) create an intense flow of conscious energy in a specific region. Feel your breathing improve with this practice and also bring your nervous and pranic systems into equilibrium. End the session with a short meditation or relaxation practice.

LAGHOO SHANKHAPRAKSHĀLANA **Duration - 90 mins**

Cleansing and rejuvenation of the alimentary canal.

An early morning practice of cleansing the intestine by drinking saline water and performing a series of Postures (Āsanās). The combination of the saline water and the peristaltic movement, stimulated by the āsanās, works to wash and clear the intestines of underlying impurities. An extremely rejuvenating practice.

KUNJAL KRIYA Duration - 55 mins

Cleansing of the stomach and throat. Decongesting the chest and lungs.

A practice of cleansing the digestive tract, chest, and stomach with saline water. On a physical level, this practice is exceptionally beneficial in alleviating chronic respiratory and digestive problems, such as asthma and acidity. On a more subtle level, it works to release suppressed emotional and mental disturbances. The session ends with a meditation practice.

JALA NETI Duration - 45 mins

Cleansing of the nasal passage: Activating the energy centres in the facial region. An ancient Indian Yoga technique of cleansing and purifying the nasal passages with saline water. Using a special Neti Pot, this process flushes the nostrils and clears the nasal passages. This practice ends with a short Prānāyāmā session, leaving you with a feeling of lightness and clarity. It is a panacea against colds and sinusitis. It also brings about a complete activation of the five senses.

YOGA NIDRĀ Yogic Relaxation Duration - 25 mins

Psychic sleep for relaxation of the mind and body.

Yoga Nidrā is a state of consciousness where one flits between sleep and wakefulness. It is a state of inner awareness, wherein, one communicates with the subconscious and the higher conscious. This practice relaxes the mind and the entire body through the awakening of the sense of hearing and feeling.

YOGA NIDRĀ ADVANCED Duration - 50 mins

Psychic sleep for the evolution of the dormant potential within.

The advanced level of Yoga Nidrā (Psychic Sleep) brings about a complete relaxation of the internal organs and synchronisation in the flow of breath and energy, leading to a balanced state of mind. Through creative visualisations, you explore the dormant potential within and you sow a seed of resolve (Sankalpa) in the subconscious mind to bring a positive change in you.



HRIDAYĀKASHA DHĀRANA with Trātaka **Duration - 50 mins**

Experience balance and develop the emotional aspects of your personality.

In this practice, one can be guided to become aware of the heart space. One observes the heart space with the attitude of a witness watching one's prevailing and changing emotions. This practice allows us to communicate with our emotions and provides a detached space to view and express one's emotional being. This practice is combined with Trātaka (candle-flame gazing), a powerful technique to alleviate mental tension, anxiety, insomnia, and depression.

ĀJAPA JAPA **Duration - 50 mins**

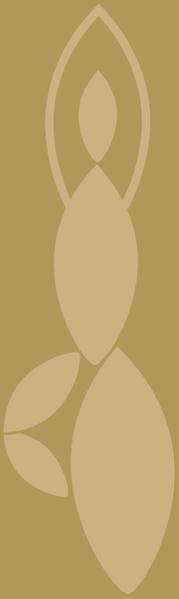
For awakening of the energy centres.

An advanced practice in which you become aware of your breath and the psychic passage of energy (Prānās), followed by the visualisation of the movements of breath and repetition of the spontaneous mantra – Soham. This is an extraordinarily calming and therapeutic practice that brings about an awakening in your energy centres, leading to a higher level of awareness.

ANTAR MOUNA Inner Silence **Duration - 40 mins**

Management of thoughts.

In this practice, one remains a silent witness of every thought that is traversing the mind. One focuses on what the mind is thinking, how it is reacting, and what images are appearing from the subconscious. Antar Mouna teaches one to observe the process of the mind and to find ways to bring it under control.





AYURVEDA

CONSULTATION	30 min
ABHYANGA Including Snānā	90 min
ABHYANGA SHIRODHARA Including Snānā	120 min
UDVARTANĀ Including Snānā	75 min
DINACHARYA Including Snānā	120 min
MUKHALEPA Traditional Herbal Facial	60 min
KATI BASTI / PRUSHTHA BASTI	45 min
PICHU	30 min



AYURVEDA



AYURVEDA

Ayurveda, the knowledge of life and longevity is perhaps the oldest existing body of knowledge on the healing process. A holistic knowledge system, Ayurveda deals with not just the physical, but also the mental, the emotional, the spiritual, and the environmental aspects of well-being. It is this multi-dimensional perspective that makes Ayurveda truly unique.

Ayurveda further defines health as happiness and disease as sorrow. It has a twofold objective- to attain 'Sukha' - happiness and more importantly to prolong this state of bliss.

CONSULTATION Duration - 30 mins

Ayurveda believes that every one of us is unique; there are no standard prescriptions or programmes. We respect the individual in you and hence after a consultation with our Ayurveda physician, a course of treatment is prescribed. This is based on careful scrutiny of your lifestyle, your medical history, your needs, and in true royal mode, your likes and dislikes as well. The prescribed plan includes treatments that are administered by our trained therapists with the appropriate blend of oils and herbs. This consultation is extremely important for deciding the ideal Ayurveda programme for you. For long-term benefits, the physician will also offer a lifestyle consultation to benefit your health requirements.

ABHYANGA Including Snānā Duration - 90 mins

The medicated herbal oil application, Abhyanga is not really a massage; it is a programme where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis will yield wide-ranging benefits like good appetite, alertness during the day, good sleep at night, and reduced stress levels. It removes fatigue and simple pains, gives glowing skin, and most importantly protects one from outside influences (builds your immunity).

SNĀNĀ Traditional Medicated Bath Experience: Ayurveda desires that you continue to remain in the state of 'gentle ease and calmness' that you have drifted into during our various body treatments. You will be bathed by our therapist using a soothing combination of herbal paste and medicated water.

ABHYANGA SHIRODHARA Including Snānā Duration - 120 mins

The medicated herbal oil application, Abhyanga is not really a massage; it is a programme where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis will yield wide-ranging benefits like good appetite, alertness during the day, good sleep at night, and reduced stress levels. It removes fatigue and simple pains, gives glowing skin, and most importantly protects one from outside influences (builds your immunity).

Shirodhara is a classical Ayurvedic procedure in which lukewarm herbal oil is poured on the forehead over a specific time period in an even stream at a specific temperature, height, and time to pacify and revitalise the mind and the body. This therapy includes a relaxed state of awareness that results in a dynamic psycho-somatic balance.



UDVARTANĀ Including Snānā **Duration - 75 mins**

A body toning programme, Udvartanā is the application of a combination of herbal powder and oil on the entire body, excluding the face. When this treatment is taken as part of a programme including an appropriate diet, regular exercise, and internal herbal medication, as prescribed by the Ayurveda physician, it helps to reduce weight and gives you a well-toned body. The blend of powder and oil also acts as a scrub to improve the texture and rejuvenate your skin.

DINACHARYA Including Snānā **Duration - 120 mins**

A gateway to the world, our senses connect to the mind and the consciousness, completing the circle of perception. This programme gives you an experience of the physical cleansing process in the dinacharya or daily routine programme, wherein each of your senses is carefully looked after. The perception of the sense of smell, taste, form, touch, and sound is dependent on the proper functioning of the nose, tongue, eyes, skin, and ears. Using oils/herbs based on the physician's recommendation, the therapist will proceed to gently work with each of your senses using the following treatments:

ANJANĀ – The gentle application of a medicated liniment to the inner skin of your lower eyelids. This treatment removes impurities, accentuates the natural beauty of your eyes, and improves eyesight when practiced regularly.

NASYĀ – Two drops of medicated oil are instilled in each nostril, which is then inhaled deeply. This enables the removal of phlegm from the respiratory channels thus permitting easy breathing and better perception of the sense of smell.

GANDUSHĀ – A medicated therapy that gently improves oral hygiene by holding natural fluids like milk, honey, oil, etc., (as recommended by the physician) for 3-8 minutes in the mouth. This treatment will strengthen your teeth and gums, and more importantly, improve the sensitivity of your taste buds and freshness in your mouth.

DHUMAPANĀ – A therapy that requires inhaling medicated fumes through each nostril to experience an enhanced sense of smell. It removes excess phlegm and also opens up the sinuses.

KARNAPOORANĀ – A few drops of medicated oil are instilled into each ear canal to experience more clarity in your sense of hearing. Also, prevent the build-up of earwax with this medicated oil.

ABHYANGA – As described above.

MUKHALEPA Traditional Herbal Facial **Duration - 60 mins**

A traditional beauty regimen, this Ayurveda facial gently cleanses and tones delicate skin. A medicated face pack enriched with natural herbs followed by the application of exotic Saffron oil, enhances the texture of the skin, leaving it blemish-free. A relaxing foot massage adds a soothing touch during the treatment.



KATI BASTI / PRUSHTHA BASTI Duration - 45 mins

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back.

Kati Basti is a therapeutic application in which warm medicated oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fomentation of the oil radiates through the muscles releasing tension and stiffness.

A light massage with the spa's therapeutic oil enhances the benefits of this treatment, leading to deep relaxation and comfort.

At least three treatments of Kati Basti are recommended for maximum benefit.

PICHU Duration - 30 mins

An authentic traditional treatment for relieving stress and stiffness in your joints or back.

Cotton and linen pads 'Pichu', soaked in hot medicated oils are gently placed on sore joints or back to offer immediate relief from pain and discomfort. The warmth of the soaked pads seeps into the body and induces a deep sense of relief.

Short, gentle, and rhythmic massage strokes followed by a medicated herbal pack further alleviate stress and enhance the healing process. Emerge from this treatment with renewed agility and comfort.

At least three treatments of Pichu are recommended for maximum benefit.

Note:

- It is mandatory that every guest has a consultation with the Ayurveda physician before commencing any treatment.
- Some of the benefits described above can be achieved when programmes are done on a regular basis and the advice given by the physician is adhered to.
- All the above programmes can be administered as single sessions.
- For long-staying guests, more customised programmes can be created based on their needs and availability of requisite facilities.
- Consultations are complimentary with treatments.
- Longer duration Ayurveda treatments are available. Please contact the Spa Manager for further details.





SPA INDULGENCES

We recommend contacting our Spa Manager who will be delighted to assist you with specially tailored spa treatments suited to your exclusive needs - as many treatments as you like, for as many hours or days as you like.

SOUNDARYA Beauty **Duration - 330 mins**

A Day of Beauty to draw out your inner radiance

- Begin with a deeply nourishing scrub and wrap of your choice
- Invigorate your senses with an indulgent aromatherapy massage
- Then give your skin a natural glow with a one-hour facial of your choice
- As a final touch, give in to a Spa Manicure and Pedicure, coupled with a cup of green tea and a fresh fruit platter

PRANĀM An Indian Encounter **Duration - 240 mins**

Make a Journey back in time

- Commence with a one-to-one yoga session of your choice
- A private consultation with our Ayurveda Physician
- Step back 200 years in time and encounter Ventoz
- Leave the spa radiant after an Ayurveda Mukhalepa

SUKHA Bliss **Duration - 240 mins**

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage- Pehlwān Mālīsh
- Ends with a relaxing one-hour facial



SVASHAKTI Find the Power Within **Duration - 180 mins**

Encounter spirituality, balance, and inner peace

- Commence with our Indian head massage 'Champi'
- Detox with our Indian Aromatherapy massage 'Pavithri'
- Relax with a one-hour yoga session of your choice
- End with a refreshing wholesome fresh fruit juice

DEV NIDRĀ Sleep of the Gods **Duration - 90 mins**

Upon booking this treatment, we will send to your room relaxing bath salts and oils for you to indulge your senses in a tranquil bath before this treatment. Our therapists will then administer a soothing aromatherapy massage in the spa, after which an infusion of relaxing tea will be served.

FOR TWO;

SOMĀ Nectar of the Gods **Duration - 120 mins**

Two therapists will perform a romantic candle-lit, Indian Aromatherapy massage using evocative oils to set the mood. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of sparkling wine.

ABHISARANA Rendezvous of Romance **Duration - 90 mins**

Relax with an hour of Indian Aromatherapy massage of your choice. Relax in a rose petal soak tub to romance your senses. Stimulate your taste buds with the freshly-prepared aromatic hors d'oeuvre. Lastly, quench your thirst with a wholesome fresh juice.





SPA INFORMATION

SPA FACILITIES

Three couple suites with soak tubs, two single treatment rooms, a relaxation lounge, two Ayurveda treatment rooms, a beauty salon, a Pedi-spa, a manicure, and an inner sanctuary for Yoga and meditation with separate changing rooms for men and women with shower facilities. In addition, we have a separate level dedicated to wet areas such as steam, sauna, temperature-controlled pool, Jacuzzi, and shower facilities. The spa also boasts of an outdoor swimming pool. We provide robes, slippers, towels, and personal amenities.

The Gudda Bath is the high point of this spa. Conceptualised from the traditions of Coorg. It is located in an outdoor setting, wherein water is heated in a Gudda (a copper vessel) on a wood fire and used for bathing.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification, and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five-minute pre-therapy and post-therapy ritual.

TIMINGS

Spa: Open daily from 9 am to 9 pm.



VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above.

Entire charge will also be levied for the cancellation of a 30-minute treatment.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones and electronic devices at all times. We also request you use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa facilities.
- J Wellness Circle is an alcohol and smoke-free environment. Guests under the influence of alcohol, high-energy drugs, and medication will not be allowed to use the wet areas, gym, or treatment facility. During the course of the therapy, if the guest is found under the influence of alcohol, the therapy will be discontinued.
- Appropriate swimwear is to be worn in wet areas. Underwear/disposable underwear (which is provided by the spa) must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.



SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles, or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, or who have any medical complications are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- As a policy, we do not offer spa body treatments to pregnant women.
- Entry to J Wellness Circle is at guests' own risk and although strict policies and procedures are implemented to maximise safety, J Wellness Circle, its employees, and its representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.



PRICES



* HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	₹ 12000
NIDRA	120 mins	₹ 12000
SHODHANA	120 mins	₹ 12000

* SIGNATURE THERAPIES

GUDDA BATH	60 mins	₹ 7500
UDHANA	45 mins	₹ 5500
VISHRAMĀ	120 mins	₹ 11000
SUSHUPTI	120 mins	₹ 11000
SAMATTVA	120 mins	₹ 4500
PEHLWĀN MĀLISH	90 mins	₹ 9000

* INDIAN THERAPIES

INDIAN AROMATHERAPY	60 / 90 mins	₹ 6000 / ₹ 9000
PĀDA MARDANĀ	60 mins	₹ 4500
CHAMPI	45 mins	₹ 4500
DRISTI	30 mins	₹ 3600

* BODY RITUALS

POSHA	30 / 70 / 90 mins	₹ 2500 / ₹ 5000 / ₹ 7500
VISHUDDI	30 / 70 / 90 mins	₹ 2500 / ₹ 5000 / ₹ 7500

* BEAUTY

SIGNATURE FACIAL	60 / 90 mins	₹ 6000 / ₹ 9000
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* YOGA

BALANCED	90 mins	₹ 3000
ADVANCED	90 mins	₹ 3000
ABHILAYA	60 mins	₹ 2600
ADVANCED SURYA NAMASKAR	60 mins	₹ 2600
GENTLE	60 mins	₹ 2600
DYNAMIC	60 mins	₹ 2600
PRĀNĀYĀMĀ	60 mins	₹ 2600
LAGHOO	90 mins	₹ 4000
SHANKHAPRAKSHĀLANA		
KUNJAL KRIYA	55 mins	₹ 2400
JALA NETI	45 mins	₹ 1800
YOGA NIDRĀ	25 mins	₹ 1100
YOGA NIDRĀ ADVANCED	50 mins	₹ 2000
HRIDAYĀKASHA DHĀRANA	50 mins	₹ 2000
ĀJAPA JAPA	50 mins	₹ 2000
ANTAR MOUNA	40 mins	₹ 1800



AYURVEDA

CONSULTATION	30 mins	Complimentary
ABHYANGA	90 mins	₹ 6000
ABHYANGA SHIRODHARA	120 mins	₹ 8500
UDVARTANĀ	75 mins	₹ 7000
DINACHARYA	120 mins	₹ 7500
MUKHALEPA	60 mins	₹ 4000
KATI BASTI / PRUSHTHA BASTI	45 mins	₹ 2500
PICHU	30 mins	₹ 2500



SPA INDULGENCES

SOUNDARYA	330 mins	₹ 20000
PRANĀM	240 mins	₹ 14000
SUKHA	240 mins	₹ 15500
SVASHAKTI	180 mins	₹ 11500
DEV NIDRĀ	90 mins	₹ 15000
SOMĀ	120 mins	₹ 23000
ABHISARANA	90 mins	₹ 15500

PRICES



- Prices are in Indian Rupees, exclusive of applicable government taxes.
- Body treatments can also be offered in the spa, two hours prior and two hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of Rs. 2000/- per treatment.
- For early morning appointments, i.e., before operational hours, intimation is required by 6 pm the prior evening.
- For late evening appointments, i.e., after operational hours, intimation is required by 6 pm the same day.
- Body treatments can be offered in-room at an additional charge of Rs. 2000/- per treatment. However, no cross-gender treatment will be offered in the room.