



# The Lodhi Spa

MENU OF SERVICES

THE LODHI  
NEW DELHI



A MEMBER OF  
THE LEADING HOTELS  
OF THE WORLD



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## A Bespoke Experience

Welcome to an oasis of tranquillity at The Lodhi Spa, the ultimate sanctuary to restore harmony and rebalance your mind body and senses. Revitalize with a collection of traditional Indian therapies as well as modern rejuvenation treatments blended with thoughtful amenities, or unwind at our exclusive Hammam equipped with temperature-controlled chambers.

We believe that everyone is unique, and so are the wellness programs and experience we offer. It is the path to holistic well-being through the stages we follow at the serene oasis – The Lodhi Spa.

- WELLNESS & LIFESTYLE CONSULTATION
- NUTRITION
- WELLNESS THERAPIES
- WELLNESS JOURNEY
- FITNESS, YOGA AND PRANAYAMA

## Dr Kushal Bachani Creative Director, The Lodhi Spa



At the heart of The Lodhi Spa, Dr. Kushal Bachani and Usman bring over 20 years of expertise in wellness and therapeutic artistry. Their careers include collaborations with top luxury spas and renowned international experts, crafting bespoke treatments for celebrities and industry leaders. With a passion for excellence, they lead a skilled team dedicated to creating transformative experiences that rejuvenate the mind, body, and soul. At The Lodhi Spa, every treatment is an invitation to pure relaxation and well-being.



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## WELLNESS CONSULTATION

### LIFESTYLE & NUTRITION CONSULTATION

Lifestyle Consultation is intended to understand your current lifestyle and assess all the dimensions of an individual and know about the physical, physiological and psychological proposition of a person through prakriti analysis. Wellness expertise then gives you tips and take-home recommendations on your lifestyle & dietary changes that will bring balance into your daily life so that your continuing commitment to your well-being can bring your back to a state of vibrant health by adopting healthy way of life.

**30 Minutes-INR 3,500**

### ACUPUNCTURE

Origin from Traditional Chinese Medicine, plays a vital role under Natural methods of healing. The therapy begins with an approach of palpation, history and identifying the root cause of disease. Followed by which the treatment is carried out to reduce blockages, stimulate energy flow ("chi or qi") and restore balance in the body, mind & spirit. The modality has been proven to treat aches and pains, insomnia, stress and chronic dysfunction as well as to generally improved wellbeing.

**45 Minutes-INR 6,000**

### BHUTANESE MASSAGE

Bhutanese massage uses a combination of deep tissue and Indian stretches, acupressure, reflexology and to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of well-being, calm and deep relaxation. A relaxation massage with healing, this treatment will help you feel calm and soothes away stress and tension.

**75/105 Minutes-INR 8,500/11,500**

*\*Government taxes as applicable\**



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## LODHI WELLNESS JOURNEY

### LODHI SIGNATURE/ LODHI COLLECTION

A combination of truly Asian inspiration starts with a holistic massage followed by hot bundle poultice of back and legs and oriental stretches makes this wellness experience a must have. This massage improves the endurance of the muscles, taking the pains and aches away and the oriental stretches help flexibility of the body.

90/120 Minutes-INR 11,500/13,500

### LODHI DETOX DELIGHT

Begin with a full body exfoliation that combines the purifying and soothing effect of revitalizing scrub or wrap for devitalized skin and intensive body detox that leaves the whole body intensely nourished and rejuvenate. As your skin gets rejuvenated and detoxed the purifying journey continues with a detox cellulite massage leaving you with a sense of lightness and clarity.

90/120 Minutes-INR 10,500/12,500

### HEALING JOURNEY – CUPPING THERAPY

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. A choice of Red-light therapy is combined with red light Cupping back massage, to boost circulation and enhance the healing process from within.

60 Minutes-INR, 7,500

### RELAX AND RECOVERY JOURNEY

Leg compression technology are inflatable sleeves that muscle pumps, prevent blood clots, reduce muscle pain, improve blood circulation and massage your feet, ankles, calves and thigh through various cyclic to massage combinations with leg massage.

60 Minutes-INR 7,500

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## WELLNESS MESSAGES

### THE LODHI EXPERIENCE

Begin your time of relaxation with us by combating the effects of stressful life with the rhythm of combination techniques. This unique, holistic massage allows you to reconnect with yourself using different techniques of movements of customized pressure to eliminate stress related tension.

60/90/120 Minutes-INR 7,500/9,500/11,500

### DEEP TISSUE

This massage technique in which the masseur uses mainly the thumbs and the elbow, reaches deep down the layers of muscles. Deep tissue massage increases blood circulation in muscles that are unused, relieves muscle tension throughout the body, and break down tissue and 'knots' deep in the muscles.

60/90/120 Minutes-INR 7,500/9,500/11,500

### SOLE AND PALM MASSAGE

Pamper your tired feet and legs with a blend of lemon and ginger. Start with a sea salt foot scrub followed by a focused pressure points massage to harness your body's internal energy.

60/90 Minutes-INR 7,500/9,500

### HEAD, NECK AND SHOULDER MASSAGE

Designed to destress your head, neck and shoulders by applying medium to firm pressure in particular areas of the neck and shoulders which is caused by busy modern lifestyles, this treatment will improve blood circulation, induce deep relaxation and ease away muscular aches and pains.

45 Minutes-INR 6,000

### FOUR HAND MASSAGE

A synchronized treatment conducted by two therapists working in unison at the same time, this therapy is a combination of Swedish and Deep Tissue massage and reflexology, which will leave you feeling totally relaxed and rejuvenated.

60/90 Minutes-INR 12,000/14,000

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## WELLNESS MASSAGES

### SPORTS MASSAGE

An enhancing body massage designed to transport you into a state of deep relaxation. It is an essential therapy to use gun massager to penetrate through deep layers of muscle to untangle knots and ease out muscle tension..

**60/90 Minutes-INR 7,500/9,500**

### POWER BACK MASSAGE

With firm pressure and slow strokes, this treatment impacts deep layers of muscles or knots to facilitate relief, aid recovery and improve flexibility.

**30 Minutes-INR 4,000**

### FOOT MASSAGE

Activating all the pressure points on your feet encourages the body to work naturally to restore its own healthy balance. Stimulating reflex points to restore energy flow to the body which is essential to health.

**30 Minutes-INR 4,000**

### HEAD MASSAGE – CHAMPI

This Indian head massage uses different strokes and pressure to eliminate tension headaches and provide relief from fatigue, insomnia, stress, migraines and increasing one's mental clarity.

**30 Minutes-INR 4,000**

### STRETCH MASSAGE

This deep stretching, oil-free treatment originates from the practice of Hatha Yoga. Taking place on a floor mat, in loose comfortable garments, the massage improves flexibility and allows blocked energy to flow freely through your body by opening the main meridian lines and pressure points, leaving you feeling much more in-balance than when you arrived.

**60/90 Minutes-INR 7,500/9,500**

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## LYMPHATIC DRAINAGE

### LYMPHATIC DRAINAGE MASSAGE

An energizing invigorating massage given with the aromatherapy blend that activates and alerts the nervous system leaves you completely refreshed. The therapist uses dry brushing and simple strokes to relax external muscles and stimulates the body's natural ability to cleanse..

**90 Minutes-INR 11,000**

### FACIAL LYMPHATIC DRAINAGE

.This massage helps eliminate toxins from the face, clears the blockage of lymph nodes and retains the health and beauty of the facial skin. .

**60/90 Minutes-INR 8,000/10,000**

### HEALING HOT STONE

.In this deep form of massage, hot basalt lava stones are used with different types of ancient and modern techniques to work on the deepest layers of the muscles. This process relieves stress and clears blocked energy centers within the body. This traditional therapy has been used for thousands of years to harmonize and relax the body and soul.

**60/90 Minutes-INR 7,500/9,500**

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## LODHI FACIAL

### LODHI SIGNATURE FACIAL

Our signature beauty ritual combines the brilliance of Indian herbs and essence of herbs to create a refreshing and healing treatment. This balancing and uplifting experience instantly polishes and brightens your skin, making it hydrated and renewed.

**60 Minutes-INR 8,000**

### EXPRESS FACIAL

An instant express starts with cleanup, scrub, mask and massaging techniques that brings your skin to an optimal state of hydration.

**30 Minutes-INR 5,000**

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## WELLNESS MASSAGES

### ABHYANGA

A traditional full-body massage using herbal infused oil, Abhyanga improves physical consistency, allows toxins to be released from the body and nourishment to be absorbed by the tissues. This treatment also promotes longevity, enhances skin complexion.

**60 Minutes-INR 7,500**

### SHIRODHARA

Shirodhara is made up of two words "Shiro" – head and "Dhara" - pouring of the oil. An ancient therapy of pouring warm oil on the 'third eye' (center of the forehead) to relax and a beautiful oneness of mind, improve sleep disorders and stress.

**45/60 Minutes-INR 6,000/7,500**

### CHURNAKIZHI – HERBAL POTLI MASSAGE

Potli massage uses the heat from an herbal compress and Ayurveda oil to penetrate into the muscles. Its therapeutic sweating induced to relieve the muscle pain and stiffness, increase circulation and speeds up the elimination of toxins.

**60 Minutes-INR 7,500**

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## WELLNESS MASSAGES

### UDWARTHANAM

Udwarthanam is a special deep tissue massage that uses herbal oils and herbal powders which stimulate hair follicles. This massage aims to address excess fat and mobilizes toxins. Beneficial for firming and toning the body.

**45 Minutes-INR 7,500**

### ABHYANGA AND SHIRODHARA

Abhyanga pacifies the three doshas or 'bio-energies within the body, whereas Shirodhara balances the effect on the brain while stimulating the nervous system. Combining these treatments helps connect the body and mind at a deeper level, removes toxins, increases circulation and relaxes the muscles.

**90 Minutes-INR 12,000**

### ABHYANGA AND POTLI

The traditional Abhyanga helps cleanse the body, improves circulation and induces a real feeling of peace and calm, while potli massage deeply relaxes you with the application of warm decoctions of oils and herbal powder in potli form.

**90 Minutes-INR 12,000**

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## TRADITIONAL HAMMAM

Our Hammam have two varying temperature-controlled chambers, warm and cold plunge pools, a marble massage plinth for an exfoliating rub and a private lounge to relax afterwards.

## TRADITIONAL PEEL

Rejuvenate by resting on the heated plinth for exfoliation with a Kese glove. This treatment is a traditional one, passed down from generation to generation.

**45 Minutes-INR 7,000**

## TRADITIONAL HAMMAM (POSHA)

Begin with hot and cold plunges to soften the skin and then be escorted to the treatment plinth where a therapist will exfoliate the entire body with a Kese glove. A massage with olive oil soap lather follows. You can relax with a fruit platter and herbal tea returning to the world outside.

**90 Minutes-INR 11,000**

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## BODY THERAPIES

### KASHMIRI NARGIS FOR HER – SCRUB OR WRAP/SCRUB AND WRAP

Made with Nargis flowers that grace Kashmir, this body exfoliation transports you to the snow-clad Indian valley, where the flower's delicate fragrance diffuses with the winter breeze to foretell the arrival of spring. This exceptional treatment combines sugarcane and essential oils to leave your skin soft, smooth and supple, and is completed with a wrap which adds nourishment and draws out impurities.

**30/60 Minutes-INR 4,500/9000**

### LOUDH AND GREEN TEA SKIN BUFFING POLISH - SCRUB OR WRAP/SCRUB AND WRAP

Aromatic and gentle, this body polish exfoliates and removes dead cells from the surface of the skin for a smoother, luminous complexion. Body mist lightly scents and hydrates the skin. Final layering with the ultra-rich Oudh and Green Tea Body milk, which is infused with fresh Green Tea and smoky Oudh oil, moisturizes the skin.

**30/60 Minutes-INR 4,500/9,000**

### RAJASTHAN RED EARTH BODY WRAP

This treatment includes a scalp and face massage which is done while the body draws benefits from the wrap. These blends of active ingredients restore skin balance, suppleness and elasticity.

**45 Minutes-INR 6,000**

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## SPA INDULGENCE

### ROMANTIC GETAWAY

Spend some quality time together in our double treatment suite equipped with its own private Jacuzzi and fresh herbal steam room. Begin with a footbath, purifying eucalyptus steam and a specially created rain shower, followed by our signature massage and a royal bath indulgence as you enjoy champagne or mocktails and a fresh fruit.

**2.5 Hours-INR 22,000**

### PRIDE OF INDIA

Couple Experience the integral element of Ayurveda that helps achieve maximum relaxation and rejuvenation. This treatment focuses on rebalancing and harmonizing the mind and body, both physically and emotionally. The therapy begins with a full body exfoliation to remove dead skin cells and a wrap to rehydrate and nourish the skin. Abhyanga helps restore, heal and detoxify the body.

Your journey concludes with an express Ayurvedic facial leaving your skin radiant and supple.

**2.5 Hours-INR 27,500 COUPLE**

**18,500 SINGLE**

### RAJKUMARI AND RAJKUMAR PACKAGE

Indulge in royal luxury, all on your own or with your loved one in our Double Spa Suite. Treatments include: Footbath, Body Scrub with Assam Tea or Ultimate Rose, Eucalyptus Steam, Sandalwood Pomegranate, Rajasthan Red Earth Body Wrap with a Head Massage, followed by a Signature Massage, Signature Facial, and ending with a Aromatic Bath.

**COUPLE -INR 42,000**

**SINGLE - INR 27,500**

*\*Government taxes as applicable\**

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