



## SPA

Welcome to an oasis of tranquility 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.

Immerse yourself a bespoke transformative experience.

## **MASSAGE THERAPIES**

*Choose from a luxurious selection of Western, Eastern and signature therapies. Therapist consultations will ensure treatments are personalized to the individual's specific needs.*

### **THE LODHI EXPERIENCE**

Allow the rhythm to ease and relax your body with western techniques. This treatment restores and rebalances the body in times of change, pressure and stress.

120 minutes – INR 11,500

90 minutes – INR 9,500

60 minutes – INR 7,500

### **DEEP TISSUE**

A customized muscle massage designed to increase blood circulation, this classic style relieves tension and relaxes your mind and body.

120 minutes – INR 11,500

90 minutes – INR 9,500

60 minutes – INR 7,500

### **SOLE AND PALM MASSAGE**

Pamper your tired feet and legs with a blend of peppermint, clove, juniper, thyme and lemon. Start with a sea salt foot scrub followed by a focused pressure point massage to harness your body's internal energy. Give your hands the same courtesy by indulging in the 90 minutes treatment.

90 minutes – INR 9,500

60 minutes – INR 7,500

### **HEAD, NECK AND SHOULDER MASSAGE**

In this treatment, the therapist focuses entirely on these areas, where stress concentrations are most intense. Cedar wood, lemon and frankincense are used to release the tension.

45 minutes - INR 6,000

### **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.

90 minutes – INR 9,500

60 minutes – INR 7,500

### **HOT STONE MASSAGE**

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.

120 minutes – INR 11,500

90 minutes – INR 9,500

60 minutes – INR 7,500

### **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.

90 minutes – INR 14,000

60 minutes – INR 12,000

### **SPORTS MASSAGE**

Loosen up those overworked muscles with our deep tissue massage which focuses on the specific muscle groups that are cramped. It is an essential therapy for people who do a lot of physical work and exercise. It removes stiffness and soreness in the muscles and recharges oneself.

90 minutes – INR 9,500

60 minutes – INR 7,500

**LODHI SIGNATURE FACIAL**

Our signature beauty ritual combines the brilliance of Indian herbs and essence of Jasmine and Sandalwood to create a refreshing and healing treatment. This balancing and uplifting experience instantly polishes and brightens your skin, making it hydrated and renewed. Concluded with a relaxing back massage, this treatment leaves you feeling re-energized.

60 minutes - INR 8,000

**EXPRESS FACIAL**

This pampering facial begins with a thorough cleansing followed by exfoliation with a paste of almond, pistachio and honey, fresh flower-infused mists and aloe vera gel to create a hydrating facial experience. A sheet mask is then applied to draw out impurities while re-texturizing the complexion with a radiant sheen.

30 minutes - INR 5,000

## **LYMPHATIC DRAINAGE**

### **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.

90 minutes – INR 10,000

60 minutes – INR 8,000

### **LYMPHATIC DRAINAGE MASSAGE**

The lymphatic system carries waste like dead cells, bacteria and fluid, and this treatment helps it drain and tones the body. The therapist uses smooth strokes to relax external muscles and stimulates the body's natural ability to cleanse.

120 minutes – INR 13,000

90 minutes – INR 11,000

## **BODY THERAPIES**

*Refresh the skin and revitalize the spirit with our range of body therapies. The healing properties will cleanse, moisturize and refresh your skin. To enrich your experience, scrubs and wraps are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil.*

### **KASHMIRI NARGIS FOR HER**

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.

Scrub/wrap (30 minutes) - INR 4,500

Scrub & wrap (60 minutes) - INR 9,000

### **ODUH AND GREEN TEA SKIN BUFFING POLISH**

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.

Scrub or wrap (30 minutes) - INR 4,500

Scrub and wrap (60 minutes) - INR 9,000

### **RAJASTHAN RED EARTH BODY WRAP OR KOKUM BUTTER AND HONEY 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

## **AYURVEDIC**

### **SHIRODHARA**

An ancient therapy of pouring warm oil on the 'third eye' (center of the forehead) to relax the mind, this treatment is known to improve sleep disorders and stress.

45 minutes - INR 6,000

60 minutes - INR 7,500

### **ABHYANGA**

Abhyanga provides the means for transdermal absorption of the healing qualities of materials used in this massage. It allows toxins to be released from the body and nourishment to be absorbed by the tissues. This treatment also promotes longevity, enhances skin complexion and luster.

60 minutes – INR 7,500

### **HERBAL POTLI MASSAGE**

Potli massage uses the heat from an herbal compress and light oil to penetrate into the muscles. Each herbal compress contains ten different types of dry herb roots that help relax muscle pain.

60 minutes – INR 7,500

### **Udwarthanam**

Udwarthanam Is a special deep tissue massage that uses herbal oils and herbal powders. The massage is done in seven postures by applying suitable pressure for weight loss. By generating heat through massage, this treatment melts the excess fat in the body and improves blood circulation.

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



## **TRADITIONAL TURKISH HAMMAM**

*Traditionally, the Hammam were used as a gathering place to cleanse and socialize throughout Turkey and North Africa.*

*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.*

*To reap the health benefits, we recommend taking it slowly. You're your way with 5-10 minutes in each chamber, until reaching the hottest area where purifying herbs are added to the steam to open your pores, release toxins and clear the mind, creating an equilibrium.*

### **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 before returning to the world outside.

90 minutes - INR 11,000

### **EYE AREA REJUVENATION**

Using fennel, aloe and marjoram, this facial helps reduce the puffiness and dark circles, while soothing any irritation around your eyes.

45 minutes - INR 6,000

## **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 21,000 - Couple / INR 16,000 - Single

### **PRIDE OF INDIA**

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 21,000 - Couple / INR 16,000 - 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 Jasmine, Ylang-Ylang and Sandalwood Bath Ritual.

4.5 hours

INR 33,000 - Couple / INR 21,000 - Single

The Spa is located on the lower ground floor and you may take the elevator from your floor to LG1.

**Timing: 9 AM to 10 PM**

**CANCELLATIONS**

Please give at least six hours' notice to cancel an appointment to avoid a 50% charge. For cancellations received with less than one hours' notice, the full cost of the treatment will apply.

**SPECIAL CONSULTATIONS**

Please contact us for any queries, and advise us of any medical or health concerns.

**HAMMAM CHAMBERS**

Separate male and female Hammam chambers and change facilities are available from 7 AM to 9 PM daily on a complimentary basis for guests and club members.

It is mandatory that all guests shower before entering the Hammam. Please do not use any hair or body oil, or face packs allowed in any chamber.

**TREATMENT PREPARATION**

You are advised not to eat heavy meals at least 90 minutes prior to a massage or body treatment.

Please arrive 15 minutes prior to your appointment.

**NO SMOKING AND PLEASE REFRAIN FROM USING MOBILE PHONES**

Smoking is not permitted in all public areas of our hotel.

The Spa is a quiet zone and mobile phones should not be used. Please avoid carrying your cell phone.