

THE LODHI SPA

MENU OF SERVICE

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

PRE-ARRIVAL

To ensure a seamless and relaxing spa experience,we recommend arriving 10 minutes prior to your scheduled appointment for a consultation. To fully unwind before your treatment, please arrive on time, as all treatments will conclude as scheduled to accommodate all other guests.

For your comfort and to maintain the tranquil atmosphere of The Lodhi Spa, mobile phones should be switched to silent mode and valuables may be stored in the secure lockers provided.

SPA ENVIRONMENT

At the Lodhi Spa, we are committed to providing apeaceful and restorative sanctuary for all guests. We kindly request your cooperation in maintaining a quiet and relaxing environment throughout your visit.

ATTIRE

Complimentary bathrobes, slippers, and changing facilities are available for your comfort. Guests utilizing spa are requested to wear appropriate attire. Secure lockers are available for personal belongings.

SPA FACILITIES

Spa guests may enjoy access to selected wellness facilities, including relaxation areas, steam and sauna facilities, subject to availability. Please contact the spa team for details regarding facility access included with your treatment

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SPA HOURS

The Lodhi Spa is open daily from 8:00 AMto 10:00 PM, offering a serene spa experience designed to restore balance, relaxation, and well-being.

TAXES & CHARGES

All treatment prices are quoted in Indian Rupees (INR) and are exclusive of applicable government taxes. Taxes will be charged as per prevailing regulations.

AGE REQUIREMENT

We kindly request a minimum of 4 hours' notice for any cancellation or rescheduling.

CANCELLATION POLICY

Spa guests may enjoy access to selected wellness facilities, including relaxation areas, steam and sauna facilities, subject to availability. Please contact the spa team for details regarding facility access included with your treatment Cancellations made within 4 hours of the appointment may incur a 50% cancellation charge. No-shows may be charged 100% of the treatment value. Late arrivals may result in a shortened treatment duration to avoid inconvenience to subsequent guests.

HEALTH CONSIDERATIONS

Please inform our spa team of anymedical conditions, allergies,injuries, pregnancy, or health concerns at the time of booking. This information allows us to tailor your treatment safely and effectively.

PACKAGE TERMS & CONDITIONS

Discounts, promotional offers, and special rates are not applicable on Wellness Massage Packages or Spa Indulgence experiences.
Please note that a 120-minute treatment will be considered equivalent to two 60-minute massage sessions.

SPA RECEPTION

Should you require assistance in selecting treatments, wellness programs or spa packages, our dedicated spa team will be delighted to assist you in creating a personalized spa experience at The Lodhi Spa.

Contact: +91 97111 44115

Email: spa@thelodhi.com

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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

BALINESE THERAPY

Balinese massage uses a combination of medium pressure 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.

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

Government taxes as applicable

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LODHI WELLNESS JOURNEY

LODHI SIGNATURE COLLECTION

A combination of truly Asian inspiration starts with a holistic massage followed by body walk & acupressure focus on back and legs andoriental 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.

60/90 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.

60/90 Minutes-INR 12,500/14,500

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 Minutes-INR, 8,500/10,500

LODHI RELAX AND RECOVERY JOURNEY

Leg compression technology is 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.

45/60 Minutes-INR 7,500/8,500

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WELLNESS MASSAGES

THE AROMATIC EXPERIENCE

A soothing massage that combines gentle therapeutic techniques with aromatic essential oils to relax the body, calm the mind, and relieve stress. This restorative treatment promotes overall well-being, leaving you feeling refreshed, balanced, and rejuvenated.

60/90 Minutes – INR 8,500/10,500

TRADITIONAL DEEP TISSUE

This massage technique, in which the masseur uses mainly the thumbs and elbows, reaches deep into the layers of muscles. Deep tissue massage increases blood circulation in muscles that are underused, relieves muscle tension throughout the body, and breaks down tight tissue and knots deep within the muscles.

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

TRADITIONAL THAI - STRETCHING

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 8,500/10,500

SPORTS DEEP TISSUE

An enhancing body massage designed to transport you into a state of deep relaxation. It is an essential therapy that uses a massage gun to penetrate deep layers of muscle, release knots, and ease muscle tension.

60/90 Minutes-INR 10,500/12,500

FOUR HAND RESTORATION THERAPY

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, leaving you feeling totally relaxed and rejuvenated.

60/90 Minutes-INR 16,000/19,000

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WELLNESS MASSAGES

SOLE/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

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

BACK, NECK AND SHOULDER MASSAGE

Designed to destress your back, 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 7,000

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 5,000

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 5,000

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 5,000

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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.

60/90 Minutes-INR 10,500/12,500

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 8,500/10,500

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 10,500/12,500

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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 8,500

EXPRESS FACIAL

An instant express treatment that starts with a clean-up, scrub, mask, and massage techniques to bring your skin to an optimal state of hydration.

30 Minutes-INR 6,000

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AYURVEDIC JOURNEY

ABHYANGA

A traditional full-body massage using herbal-infused oil, Abhyanga improves physical well-being, helps release toxins from the body, and allows the tissues to absorb nourishment. This treatment also promotes longevity and enhances skin complexion.

60 Minutes-INR 8,500

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 7,000/8,500

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 9,000

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AYURVEDIC JOURNEY

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 8,500

ABHYANGA AND SHIRODHARA

Abhyanga pacifies the three doshas or 'bio-energies within the body, where as 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 14,000

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 14,000

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AYURVEDIC JOURNEY

TRADITIONAL HAMMAM

Our Hammam has two temperature-controlled chambers, hot and cold plunge pools, a marble massag plinth for an exfoliating rub, and a private lounge to relax in 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 8,500

TRADITIONAL HAMMAM (POSHA)

Begin with revitalizing hot and cold plunges designed to awaken the senses and prepare the skin. Recline on the warm marble plinth as your therapist performs a luxurious full-body exfoliation using a traditional Kese glove, unveiling beautifully smooth and radiant skin. A rich cleansing ritual with olive oil follows, complemented by a nourishing hair wash for complete head-to-toe renewal. Complete your experience with a specially curated fruit platter, coconut water, and aromatic herbal tea, leaving you refreshed, renewed, and beautifully restored.

90 Minutes-INR 15,000

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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 blends 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. It is completed with a wrap that adds nourishment and draws out impurities.

30/60 Minutes-INR 5,000/10,000

OUDH AND GREEN TEA SKIN BUFFING POLISH - SCRUB OR WRAP/SCRUB AND WRAP

Aromatic and gentle, this body polish exfoliates the skin and removes dead cells from its surface, leaving it smoother and more luminous. The body mist lightly scents and hydrates the skin. The final layer of ultra-rich Oudh and Green Tea Body Milk, infused with fresh green tea and smoky Oudh oil, moisturizes the skin.

30/60 Minutes-INR 5,000/10,000

RAJASTHAN RED EARTH BODY WRAP

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

45 Minutes-INR 7,000

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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 fresh fruits.

2.5 Hours-INR 25,000

PRIDE OF INDIA

Couple Experience an integral element of Ayurveda that helps achieve deep relaxation and rejuvenation. This treatment focuses on rebalancing and harmonising the mind and body, both physically and emotionally. The therapy begins with a full-body exfoliation to remove dead skin cells, followed by a scrub and wrap to rehydrate and nourish the skin. Abhyanga helps restore, heal, and detoxify the body. Your journey concludes with an express facial, leaving your skin radiant and supple.

Massage, Scrub/Wrap, Express Facial

2 Hours – COUPLE INR 29,500
SINGLE INR 20,500

RAJKUMARI AND RAJKUMAR PACKAGE

Indulge in royal luxury, either on your own or with your loved one, in our Double Spa Suite. Treatments include a footbath, body scrub with Assam Tea or Ultimate Rose, eucalyptus steam, Sandalwood Pomegranate body wrap with a head massage, followed by a signature massage, signature facial, and an aromatic bath to complete your experience.

Massage, Scrub, Wrap, Signature Facial, Aroma Bath

3.5 Hours- COUPLE INR 52,000
SINGLE INR 29,000

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THE LODHI WELLNESS JOURNEY PACKAGES

THE LODHI SERENITY COLLECTION

10 Massages | 6 Months Validity | INR 80,000
15 Massages | 9 Months Validity | INR 115,000
20 Massages | 12 Months Validity | INR 145,000

INCLUDES ANY 60 MIN OF THE TREATMENTS FROM

THE AROMATIC EXPERIENCE
BALINESE THERAPY
TRADITIONAL THAI STRETCHING
SOLE/PALM MASSAGE
HEAD MASSAGE/FOOT MASSAGE
POWER BACK MASSAGE
EXPRESS FACIAL
SCRUB/WRAP

BENEFITS

TRANSFERABLE TO IMMEDIATE FAMILY MEMBERS

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THE LODHI WELLNESS JOURNEY PACKAGES

THE LODHI ADVANCE COLLECTION

10 Massages | Valid for 6 Months | ₹90,000
15 Massages | Valid for 9 Months | ₹130,000
20 Massages | Valid for 12 Months | ₹165,000

INCLUDES ANY 60 MIN OF THE TREATMENTS FROM

TRADITIONAL DEEP TISSUE
ABHYANGA
SHIRODHARA
RAJASTHAN RED BODY WRAP
CHURNAKIZHI HERBAL POTLI MASSAGE
LODHI SIGNATURE COLLECTION
LODHI SIGNATURE FACIAL

BENEFITS

INCLUSIVE OF THE LODHI SERENITY COLLECTION TREATMENTS.
LOYALTY REWARD: RECEIVE 1 COMPLIMENTARY 60-MINUTE WELLNESS MASSAGES (VALID ON 20 MASSAGES ONLY)
TRANSFERABLE TO IMMEDIATE FAMILY MEMBERS.

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THE LODHI WELLNESS THERAPY PACKAGES

THE LODHI HARMONY COLLECTION

10 Massages | Valid for 6 Months | ₹110,000
15 Massages | Valid for 9 Months | ₹160,000
20 Massages | Valid for 12 Months | ₹210,000

INCLUDES ANY 60 MIN TREATMENTS FROM

LODHI DETOX DELIGHT
HEALING HOT STONE MASSAGE
LYMPHATIC DRAINAGE MASSAGE
SPORTS DEEP TISSUE
LYMPHATIC DRAINAGE FACIAL
UDWARTHANAM
POSHA HAMMAN

BENEFITS

INCLUSIVE OF THE LODHI ADVANCE COLLECTION TREATMENTS
EXCLUSIVE BIRTHDAY MONTH SPA BENEFIT
LOYALTY REWARD: RECEIVE 2 COMPLIMENTARY 60-MINUTE WELLNESS MASSAGES UPON COMPLETION OF 20 SESSIONS (VALID ON 15 & 20 MASSAGES ONLY)
EXCLUSIVE RENEWAL BENEFIT: ADDITIONAL INSTANT 10% PRIVILEGE ON PACKAGE RENEWAL WITHIN 30 DAYS OF PACKAGE EXPIRY
TRANSFERABLE TO IMMEDIATE FAMILY MEMBERS

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