

The background is a vibrant teal color with a subtle, organic pattern of water droplets and ripples. Several palm fronds with long, slender, dark green leaves are scattered across the scene, some overlapping the text. The lighting is soft, creating gentle shadows and highlights on the leaves and the water droplets.

# THE SPA







# OUR OFFERINGS

The Leela Signature Experiences

Ancient Ayurveda

Inspired Treatments – The Indian “Wisdom Of Life”

Western Massage

Thalgo

Phytomer

“From The Sea To The Skin”

Executive Spa Express Treats

Immerse In The Leela Spa Day Journey

Spa Guidelines







# THE LEELA SIGNATURE EXPERIENCES

## THE PRIVATE LEELA SPA SUITE: *3 HOURS / INR 30000*

Our Private Spa Suite allows you complete privacy to enjoy the ultimate spa experience. Consisting of couple treatment rooms, changing area, shower and hydrotherapy bath, The Leela Spa Suite is perfect for sharing indulgent relaxation time with a friend, loved one or simply by yourself. The Private Spa Suite will be your haven of tranquillity for a minimum of three hours.

## THE ESSENCE OF LEELA: *120 MINUTES / INR 11000*

The essence of Leela ritual focuses on harmonising the body to restore energetic, physical and emotional equilibrium. The treatment begins with a welcome foot ritual, followed by a cleansing body exfoliation and a personalised treatment with hot stones to rejuvenate and relieve tension. The session ends with a balancing head massage to achieve total relaxation.

## LEELA SIGNATURE SYNCHRONISED THERAPY: *90 MINUTES / INR 12000*

Our synchronised therapy takes you on a blissful journey establishing the equipoise between body, mind and spirit. Starting with a foot ritual, our two therapists then connect to commence the four hands moving in harmony to restore and balance the energy, finishing the body massage with a soothing therapeutic head massage to achieve total bliss.

## CYFOLIA ECOCERT- CERTIFIED ORGANIC PRODUCTS

### *Radiance Plumping treatment – Face and Eye Contour – 75 MINUTES / INR 8500*

A nice glow and well moisturized skin thanks to a pleasant treatment that combines soothing massage and highly – efficient organic products. Suitable for teenagers from 13 years old.

## COUPLE CONNECT: *75 MINUTES / INR 16000 | 90 MINUTES / INR 19000*

This treatment is designed for couples to experience together a sensual ritual that helps to promote reconnection on a physical, emotional and spiritual level. Enjoy a therapeutic full body massage using aroma therapy oils to release tensions and encouraging a beautiful union of body, mind and soul.







# ANCIENT AYURVEDA INSPIRED TREATMENTS

*THE INDIAN "WISDOM OF LIFE"*

## ***ABHYANGA: 75 MINUTES / INR 8000***

Traditional Ayurveda recommends anointing the body by using fusions of warm herbal oils as a part of daily life. Treatment is specialised with therapeutic technique and gentle pressure on the marma energy points in the body to achieve a sense of well-being.

## ***SYNCHRONISED ABHYANGA: 75 MINUTES / INR 10500***

Immerse yourself in Ayurveda by allowing our two skillful therapists to work simultaneously on both sides of the body in a smooth and rhythmic manner with warm herbal oils leaving you spiritually calm and physically restored in absolute balance.

## ***SHIRODHARA: 90 MINUTES / INR 11000***

This unique and popular treatment helps ease stress and calm the mind. Traditional Shirodhara is always done in conjunction with a body massage. After the massage warm herbal oil is gently and steadily poured on the forehead. The pouring of oil is always performed in absolute silence accompanied by a tender scalp massage.

## ***PINDA SWEDA: 90 MINUTES / INR 10000***

Pinda Sweda is an age-old massage therapy that utilises warm medicated oils and herbal powders and spices packed in bundles. Treatment begins with a body massage using medicated oils following which the herbal bundles are heated and applied to the skin to relax and ease out the stressed parts of the body.

## ***DHARA: 30 MINUTES / INR 5000***

Dhara is one of the most pleasant Ayurvedic treatments, during which a thin stream of warm herbal oil is poured onto the forehead and through the scalp stimulating the blood circulations along with achieving the effect of profound relaxation for the body and peace of mind.







# WESTERN MASSAGE

## **ESSENTIAL AROMATHERAPY MASSAGE: 75 OR 90 MINUTES / INR 8000 OR 9000**

Aroma therapy massage is a specific type of therapy that incorporates using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Includes: Aroma therapy massage to the back, legs, arms, abdomen, neck & shoulder.

## **SWEDISH MASSAGE: 75 OR 90 MINUTES / INR 8000 OR 9000**

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help tired aching muscles to leave you relaxed.

Includes: Swedish massage to the back, legs, arms, abdomen, neck & shoulder.

## **DEEP MUSCLE MASSAGE: 75 OR 90 MINUTES / INR 8000 OR 9000**

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas & alleviate common discomforts such as stiff neck, lower back pain and tight shoulders.

Includes: Deep muscle massage to the back, legs, arms, abdomen, neck & shoulder.

## **BALINESE MASSAGE: 75 OR 90 MINUTES / INR 8000 OR 9000**

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aroma therapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension.

Includes: Balinese massage to the back, legs, arms, abdomen, neck & shoulder.

## **HOT STONE MASSAGE: 75 OR 90 MINUTES / INR 9000 OR 10000**

A therapeutic full body massage using aroma therapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aroma therapy massage to the back, legs, arms, abdomen, neck & shoulder.







# THALGO

*Backed by more than 50 years of skincare experience, Thalgo, the undisputed expert in marine intelligence, explores the ocean to extract active molecules with unrivalled powers to regenerate, moisturise, stimulate and nourish. Experts' diagnosis, advanced know – how, exclusive massage techniques, divine textures come together with enchanting fragrances. Indulged in the personalised advice and expert hands of our Beauty Therapists.*

## ESSENTIAL RITUALS

### **DESENSITIZER – COLD CREAM MARINE RITUAL: 60 MINUTES / INR 7000**

A haven of comfort for dry or sensitive skin. A concentrate, rich in algae extracts and replenishing oils, gently infused into the skin with Thalgo's signature Heart of the Ocean massage. Active ingredients bathe the skin in pure nourishment for even the most sensitive skin. The skin softened, soothed and restored with comfort to dry, very dry & sensitive skin.

### **REHYDRATOR-SOURCE MARINE RITUAL: 60 MINUTES / INR 7000**

A moisture-boosting delight for all skin types especially for dehydrated skin. A special Thalgo's signature Heart of the Ocean massage along with moisture-infused products, rehydrate and improve the skin's texture. Creates a vital water reserve in the skin and regenerates its brightness resources. The complexion is smooth, plump and radiant.

## ADVANCED RITUALS

### **ANTI-AGING HYALU PRO-COLLAGEN SUPER LIFT TREATMENT:**

**60 MINUTES / INR 8000**

Dare to defy time with this super lift facial, designed to combat all signs of ageing (loss of firmness and pronounced wrinkles). An expert anti-aging massage lifts the features, before custom masks applied to fill deeper wrinkles, lift and contour the face and neck. The complexion will glow, fine lines will be less noticeable, and your skin will appear firmer.

### **BRIGHTENING-LUMIERE MARINE TREATMENT:**

**60 MINUTES / INR 8000**

A new treatment procedure for tailor-made correction of pigmentation marks and uneven skin tone. With progressive triple exfoliation, this effective treatment adapts to all face concerns with the targeted or over-all application. It works effectively on all skin tones reducing dark spots and evens out the skin tone leaving a clear radiant complexion.

### **SIGNATURE PRODIGE DES OCEANS FACE RITUAL:**

**90 MINTUES / INR 9000**

This supreme Beauty Ritual provides ultimate regeneration for overall youthfulness. A perfect alchemy between efficacy and sensory pleasure, this treatment provides the revitalising benefits of Intelligence Marine Regenerative, a complete concentrate of 63 marine active ingredients-an exclusive Thalgo Patent. At its heart, the Prodige des Oceans Mask, provides pure plumping oxygenation, and its specific massage inspired by Kobido, an age-old Japanese manual facelift technique, visibly smoothes wrinkles and restores the skin firmness and elasticity.







# PHYTOMER

## “FROM THE SEA TO THE SKIN”

Let yourself be carried away by a wave of well-being. Taste the benefits of natural products and treatments created in Saint Malo, France, and chosen by the most beautiful spas around the world.

### ESSENTIAL RITUALS

#### ANCIPUR

##### *Blemish Solution Treatment – 60 MINUTES / INR 7000*

This cleansing and matifying facial treatment, with proven efficacy against blemishes, leaves your skin visibly healthier, clearer and your complexion fresher.

#### HYDRA ORIGINAL

##### *Plumping Thirst – Relief Treatment with Organic Algae – 60 MINUTES / INR 7000*

A skincare essential that combines high-performance moisturizing with intense relaxation by pairing luxuriously-textured products and a relaxing massage. Plumped and refreshed, the skin regains its soft, smoothed, balanced glow.

### ADVANCED RITUALS

#### EXPERT YOUTH

##### *Wrinkles Correction Treatment – 60 MINUTES / INR 8000*

The leading anti-aging ritual that targets all wrinkles to smooth the skin, reduce lines and replump the face.

#### OLIGOFORCE LUMINATION

##### *Treatment for Complexion – Dark Spots- Wrinkles – 60 MINUTES / INR 8000*

A complete global anti-aging treatment that illuminates the complexion, reduces dark spots and smoothens wrinkles. The ideal combination of a peel, a powerful anti-aging serum and a sheet mask rich in trace elements, works to infuse the skin with light.

#### SUPREME YOUTH PIONEER TREATMENT:

##### *Ultimate Facial Treatment Face, Eye Contour, Neck & Decollete - 90 MINUTES / INR 9000*

This supreme treatment restores the skin's freshness, youth and radiance. It's exceptional massage, which covers the entire face and decollete, visibly smooths the skin while providing absolute relaxation. Throughout the treatment, the back is infused with trace elements in a relaxing sensation of gentle warmth.

#### CLEAR SKIN EXPRESS

##### *Skin Cleansing Treatment – 30 MINUTES / 4000*

A warming, absorbed marine face mask is followed by a custom facial mask to clear pores for skin that's cleansed and a complexion that's refreshed.

#### EYE PERFECTION

##### *Radiance Smoothing Eye Treatment – 30 MINUTES / INR 3500*

An ultra-comprehensive treatment for sparkling, young-looking eyes. Your eye contour area is smooth and rested, to complement all facial treatments.







# EXECUTIVE SPA EXPRESS TREATS

*Our 30 minutes executive spa express treatments are the perfect complement to any treatment or the ultimate solution when time is of the essence.*

## **HEAD MASSAGE: 30 MINUTES / INR 3000**

A head massage designed to relax the mind and encourage blood circulation by focusing on the head, neck and shoulders with warm oil, creating a deep sense of relaxation and clarity of thought.

## **BACK, NECK AND SHOULDER MASSAGE: 30 MINUTES / INR 4500**

This massage is tailored to address any area of concern and uses the most appropriate massage techniques along with a body oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

## **FOOT REFLEXOLOGY: 30 MINUTES / INR 4500**

Reflexology also known as “zone therapy” is an alternative medical practice involving the application of pressure to specific points on the feet to relieve stress and built-up tension.

## **BODY SCRUB: 30 MINUTES / INR 4000**

Before proceeding ahead for the body scrub a personalised consultation will be provided by the therapist ensuring that you receive a unique treatment to suit your specific needs for the skin.

## **BODY WRAP: 30 MINUTES / INR 4000**

Body wrap known as a body mask is created to enhance the health and appearance of the skin. Allow your therapist to select the specific body wrap based on your health consultation.







# IMMERSE IN THE LEELA DAY SPA JOURNEY

*Our day Spa Programme offer combinations of treatments that complement each other and include full use of all the Spa facilities including the heat experiences. A great way to escape the city and re-charge your batteries.*

## **EXECUTIVE ESCAPE: 90 MINUTES / INR 10000**

Escape the office and discover a world of relaxation with personalised treatments to soothe your needs.  
Includes: Massage - head, back and foot.

## **THE LEELA SPA RETREAT: 2 HOURS & 30 MINUTES / INR 17000**

Retreat from the hustle and bustle of the city to the serene calmness and holistic nurturing of the Spa at The Leela Spa and enjoy a day of pure indulgence.  
Includes: Body scrub, aromatherapy massage and facial

## **CITY HIDEAWAY: 3 HOURS / INR 20000**

Cleanse away the City and experience a different side to Gurugram with this combination of stress relieving treatments.  
Includes: Body Scrub & wrap, aromatherapy massage and facial



# SPA GUIDELINES

## SPA OPENING

Monday to Sunday

## SPA TIMINGS

09:00am to 10:00pm

## SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa Front Desk team who will be able to guide you to the right choice.

Hotel guests can dial 841/ 842 from their in-room telephone.

From outside the hotel please call +91 (124) 4771234. To ensure your preferred time and service is available, advance bookings are recommended.

## ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit. We advise guests to bring their own swimwear to enjoy our extensive heat experiences.

## SPA FACILITIES AND ACCESS

The following spa facilities are available at The Leela Spa: Sauna, Steam, Experience Shower, Vitality Pool, Spa Changing and Relaxation Lounge Area.

## FITNESS STUDIO

A state-of-the-art gym equipped with the Techno Gym cardio vascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The Gym is available to hotel guests and Fitness Members.

## POOL

The 22.5 meter temperature controlled Pool is available to hotel Guests and Fitness Members.

## HAIR SALON

A glamorous studio dedicated to hair and nail services. Due to obvious time constraints, guests who have booked a hair or nail service only will be escorted directly to from the Spa reception to the Hair Salon.



# SPA GUIDELINES

## CHILDREN'S POLICY

We are delighted to offer treatments for children over 12 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures taken in the Express Studio.

Please contact the Spa Front Desk Team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym is restricted to guests under 16 years.

## CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 3 hours prior to your scheduled time. Late arrival will result in a reduction of your treatment time.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy. In light of this, the spa zone does not allow use of mobile phones. Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapist will always use draping techniques to respect your privacy.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## PREGNANCY

Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## GIFT VOUCHERS

An ideal gift for someone special. Please contact the Spa Front Desk team for details.

## HOMECARE

To continue your spa experience at home, most products used in our treatments are available on request at Spa Reception.

## VALUABLES

The Leela Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

## LOST PROPERTY

All lost property found on the premises should be handed in at Spa Reception. Items will be stored for three months, if they are not collected within this time they will be disposed of as per policy.

## PRICES

All prices are quoted in INR (Indian Rupees) and taxes are applicable. Gratuities are not included and are welcomed at your discretion.





**THE LEEEA**

AMBIENCE GURUGRAM  
HOTEL & RESIDENCES