



THE LEELA

GANDHINAGAR

THE SPA
TREATMENTS



THE SPA

REJUVENATE YOURSELF

A peaceful wellness oasis awaits you at 'The Spa', at the Leela Gandhinagar. An urban destination which is just a half-hour drive from the 'din and roar' of the twin cities- 'The Spa' offers a world cuisine of Swedish and Deep Tissue Treatments and various other Western therapies.



THE SPA SIGNATURE

Mind And Body Rebalancer

100 minutes

Indulging in a mind and body rebalancing session is not just a luxury but a vital investment in your well-being. The combination of focused breathing exercises, hot stone therapy, and targeted scalp massages targeting marma points creates a harmonious synergy that transcends mere relaxation. This holistic approach goes beyond the physical, delving into mental and energetic realms, offering a profound rejuvenation experience. By embracing these practices, you prioritize self-care, allowing your mind to unwind, your body to release tension, and your spirit to find balance.

Essence Of Leela

100 Minutes

Our Signature treatment comes with a full body massage that is personalized as per your requirement for a soft, firm or deep pressure massage performed with oil you prefer, which helps to clear the mind, calm the spirit, and ease tension. Prior to the

massage, the body is polished with sandalwood & saffron scrub to bring lustre to the skin, as the result your skin feels rehydrated, nourished, and soothed combined with a sense of deep relaxation.

Detox Therapy

150 minutes

A combined ritual of a Body massage, Body Scrub and Body wrap. A Body Wrap thereafter and Body massage follow the initial deep cleansing full body exfoliation with aroma oils, which work on pressure points, restoring equilibrium to mind and body. This treatment ends with oriental head massage performed with specially developed Hair and Scalp massage oil to clear the mind, calm the spirit and ease tension.

The Spa Couple Ritual

120 minutes

Embark on a sensory journey with our exquisite Couple Package, crafted to ignite romance and rejuvenation. Begin with the luxurious Rose and Almond, a fragrant blend designed to gently exfoliate and renew the skin, leaving it velvety smooth. Follow this with a truly bespoke experience through our Customized Body Massage, where skilled therapists tailor techniques to your preferences, ensuring a harmonious blend of relaxation and revitalization. As the soothing melodies of a gentle scalp massage transport you to a state of tranquility, promising moments of blissful connection and pampered indulgence.



THE SPA ESSENTIAL MASSAGES

Body Treatments combine the best of ancient and modern techniques to release tension and leave you feeling deeply relaxed and rebalanced. Experience the physical and emotional therapeutic benefits of these advanced body treatments, which are tailored to your specific needs. Speak to your Therapist to choose the best oil suitable to your needs.



Aromatherapy Massage

60/90 minutes

Aromatherapy massage is essential, professional, and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Includes: Aromatherapy massage to back, legs, arms, and abdomen.

Swedish Massage

60/90 minutes

This traditional body massage with nourishing oil uses slow and firm rhythmic strokes to promote relaxation and ease muscle tension. This treatment includes Swedish massage to back, legs, arms and abdomen with stimulating movement that helps soothe tired aching muscles to leave you relaxed and revived.

Balinese Massage

60/90 minutes

A powerful combination of stretches and therapeutic massage to combat stiff and tired muscles and joints. This treatment is an ideal solution for anyone looking to release deep-seated tension and stress. Specialized techniques concentrate areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore tight shoulders.

Deep Tissue Massage

60/90 minutes

It involves applying firm pressure and slow strokes to target the deeper layers of muscles and fascia (connective tissue). This technique helps break up adhesions (knots) and improve blood circulation, which can aid in reducing inflammation and promoting healing. It is often sought for relief from conditions like chronic pain, muscle tightness, and injury rehabilitation. It's important to communicate with your therapist about your comfort level, as the pressure can be intense

Hot Stone Massage

75 Minutes

Hot stones are placed on vital energy points harmonising the seven subtle energy centres known as Chakras to balance the body and mind physically and emotionally. The body is massaged using individually tailored essential oils combined with hot stones to release tension and boost immunity.

QUICK RELAXATION

Back Massage

Reawaken the senses as our expert therapist uses thumb forearm and palm pressure to release stress and tension from the powerhouse of our body, the spine that helps to improve energy levels and provides deep relaxation.

30 minutes

Foot Massage

This is the perfect treatment to combat jetlag, stress, and the modern-day busy lifestyle. A deeply relaxing foot and lower leg massage is performed concentrating on the pressure points using an invigorating or soothing blend of essential oils to either revive your energy or soothe you to sleep.

30 minutes

Head Massage

A head massage is a deep style massage that focuses on the head, neck and shoulders. A head massage applies a range of techniques to help reduce stress and release tension in the upper body. Massaging the scalp helps to stimulate nerves and blood vessels around the area and begin to calm muscle tension around the head.

30 minutes





BODY RITUALS

Rose & Almond

30 Minutes

This exquisite pairing offers a delightful fusion of floral and nutty aromas, creating a sensory experience that elevates both body and mind. Hydrating properties of almond oil and the soothing essence of rose, this duo provides a nourishing treat for your skin.

Sandalwood & Saffron

60 minutes

This aromatic treatment not only exfoliates your skin, leaving it silky smooth, but also harnesses the calming properties of sandalwood and the brightening effects of saffron. It gently removes impurities, unveiling a radiant complexion, while the wrap envelops you in a cocoon of relaxation, deeply nourishing your skin. Allow the soothing blend of scents to transport you to a state of tranquillity, leaving you refreshed, rejuvenated, and with a lingering sense of well-being.

Indian Ubtan

60 minutes

Experience the timeless beauty ritual of Indian Ubtan, a traditional skincare. Crafted from a harmonious blend of natural ingredients such as turmeric, gram flour, and herbs. This age-old beauty secret not only promotes a healthy complexion but also engages your senses with its earthy fragrance. Embrace the holistic approach to skincare with the rejuvenating touch of Indian Ubtan, a celebration of heritage and natural beauty.



FACE RITUALS

DESENSITIZER

Cold Cream Marine Ritual

60 minutes

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 of skins. The skin is softened, soothed and restored with comfort to dry, very dry and sensitive skins.

REHYDRATOR

Source Marine Ritual

60 minutes

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.

Anti-ageing Hyalu Pro Collagen

Super Lift Treatment

60 minutes

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-ageing massage lifts the features, before a super-lifting mask is 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 firmer.

BRIGHTENING

Lumiere Marine Treatment

60 minutes

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 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.



HOW TO SPA

OPENING HOURS

SPA Treatment times daily from 9am to 8pm. You are encouraged to arrive a minimum of 15 minutes prior to your appointment to change, relax and enjoy the facilities of The Spa at The Leela. Please be advised that late arrivals may result in a reduction of treatment time.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our SPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available, we recommend booking in advance.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa Guests' right to privacy and serenity. Considering this the Spa is a mobile phone and smoke-free zone. The Spa will provide amenities required for use during your visit. The minimum age requirement for access and treatments in The Spa at Leela is 16. We would advise that valuables are left in the safe in your room.

SPA FACILITIES AND ACCESS

Before your treatment, we encourage you to enjoy the luxurious spa facilities to prepare mind and body for the treatment experience to follow. These include the following separate facilities for female and male guests. Steam and Sauna room, Changing room, Relaxation area.



CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment not cancelled at least 6 hours prior to the appointment time. No shows will incur a 100% charge. Late arrival will shorten your treatment time.

FITNESS STUDIO

A state-of-the-art fitness studio, equipped with the cardiovascular, strength machines and free weights. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with creating a life-changing fitness routine.

HEALTH CONDITIONS

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

PRICES

All prices are quoted in Indian Rupees and are subject to prevailing government taxes.



TREATMENT CHARGES

The Spa Signature Rituals

Mind And Body Rebalancer	100 mins	8000
Essence Of Leela	100 Mins	8000
Detox Therapy	150 Mins	12000
The Spa Couple Ritual	120 Mins	18000

The Spa Essential Massages

Aromatherapy Massage	60/90 Mins	5000/7000
Swedish Massage	60/90 Mins	5000/7000
Balinese Massage	60/90 Mins	5000/7000
Deep Tissue Massage	60/90 Mins	5500/7500
Hot Stone Massage	75 Mins	6500

Quick Relaxation

Back Massage	30 Mins	3500
Foot Massage	30 Mins	3500
Head Massage	30 Mins	3500

Body Rituals

Rose & Almond	30 Mins	3500
Sandalwood & Saffron	60 Mins	6500
Indian Ubtan	60 Mins	6500

Face Rituals

Desensitizer - Cold Cream Marine Ritual	60 Mins	5000
Rehydrator-Source Marine Ritual	60 Mins	5000
Anti-Ageing Hyalu Pro Collagen		
Super Lift Treatment	60 Mins	6000
Brightening- Lumiere Marine Treatment	60 Mins	6000

Fitness Session

Personal Training	75 Mins	2000
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SALON SERVICES

Children Haircut	700	Highlights/strip	500
Women's Haircut	1500	Straightening / Smoothening 1/2/3/4	6000/8500/10000
Men's Haircut	1000	Keratin 1/2/3/4	4500/6500/8500
Beard Trim	500	Cysteine / Botox 1/2/3/4	5000/7000/10000
Wash and Blast Dry	1000	Scalp Treatment	2500
Blow dry/Ironing/toning 1/2/3	1800/2100/2400	Hair Spa 1/2/3	3500/4500/5500
Hair Up Do 1/2/3	1800/2100/2400	Cut & File / Polish Change	500
Root Touch up Men/Women	1500/2000	Manicure / Pedicure	1000/1500
Global Hair Colour Men	2500	Bombini Manicure / Pedicure	2500/3000
Global Hair Colour Women 1/2/3	4000/6000/8000	Nail Paint	1000

Note: Taxes will be extra as applicable.



Gel Nail Paint	2500	Full Face Threading	1000
Nail Art 2 Finger	500	O3 Clean Up 45mins	4000
Face Massage	1000	Saree Draping	1000
Head/Foot Massage	2000	Pre-Wedding Groom's Package (Hair, Skin & Nail Care)	12500
Chin / Upper lip Waxing	300	Pre-Wedding Bridal's Package (Hair, Skin & Nail Care)	25000
Full Face Waxing	1000	Half Hands/Legs De-Tan	800/1000
Underarms / Stomach / Chest Waxing	800	Full Hands/Legs De-Tan	1200/2500
Half Arms /Legs Waxing	700/900	Face & Neck De-Tan/ Back De-Tan	1500/1800
Full Arms / Legs Waxing	1300/2000	Full Body De-Tan	5000
Bikini Wax	2000	Eye Make-up	1500
Full Body Waxing	5000	Light Make-up	3500
Eyebrows / Upper lip / Forehead / Sides / Chin Threading	300	Party make-up	5500

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