Vilasa Spa by Tattva at Aloha on the Ganges, Rishikesh

Aloha on the Ganges, nestled at the foothills of the Himalayas, is an abode of natural well-being and a life of cleansed mind, body and soul. The gentle gurgling of the river Ganga, the whispering winds through the lush green and the air so pure – will all come together to usher you on this journey to meet your inner self.

Vilasa spa by Tattva invites you to pamper your senses by experiencing authentic wellness rituals. Our range of organic spa therapies emphasize on relaxing, revitalizing and rejuvenating you. Spa treatments, mediation sessions, Yoga and signature Ayurvedic rituals will drift away your worries and lead you to state of shanti.

Welcome to the world of relaxation, well-being and rejuvenation in the natures lap.
WELNESS EXPERIENCES

For Men 120 minutes INR 5299
Hours hunched over a computer, seated in meetings or crammed onto an airplane lead to stress and pain in the lower back, shoulders, neck, hands and eyes. This spa session will be your stress buster.
Includes:
- Deep tissue massage (60 min)
- Invigorating head massage (30 min)
- Foot massage (30 min)

Ladies Love 120 minutes INR 5299
Allow the super woman in you restore her super-powers to take on the world refreshed and renewed. Give in to this me-time for you.
Includes:
- Choice of swedish or deep tissue massage (60 min)
- Vitamin Detox facial (60 min)

Couples Escape 120 minutes each INR 8999
Our therapists treat you like royalty in a tranquil natural setting and lead you and your love to a state of bliss with the perfect combination of our luxurious therapies of beauty and rejuvenation.
Includes:
- Choice of swedish or deep tissue massage (60 min)
- Vitamin Detox facial (60 min)

VILASA
TRADITIONAL BATH RITUALS

Add-On Services

Detoxifying Neem Bath INR 599
Enjoy your therapeutic spa bath with the traditionally blended Neem with milk. The natural goodness of Neem and milk gives you immense relaxation and purifies your mind instantly.

Purifying Ganga Jal Bath INR 599
Let the holy and pure Ganga water from the Himalayas cleanse away the toxins from your body and mind. The added Tulsi and Chandan lepam restores the nourishment to your tired skin.
MASSAGE SELECTION

**Vishuddhi** (Traditional deep tissue massage)  
60 | 90 minutes  
INR 3499 | 4799

Vishuddhi massage aims to achieve ‘Shuddhi’ – through removal of toxins from our body. The therapy focuses on the deeper layers of your body tissues, ligaments, and fascia. Experience this rustic massage with our specialty blend natural herbal oil, which helps relieve pain and tones the muscle tissues.

**Vishram** (Traditional swedish massage)  
60 | 90 minutes  
INR 3499 | 4799

A medium pressure body massage which uses traditional, long energizing strokes. Our enriched oil has a cooling & detoxifying effect on the body and tones up the skin. This massage is helpful in reinforcing your oxygen level in the blood, enhancing your blood circulation and putting your mind and body in ‘vishram’ or the state of resting.

**Abhyanga**  
60 | 90 minutes  
INR 3499 | 4799

In the Abhyanga massage technique, your body is soaked with the Ayurvedic oil and then with our skillful hand strokes correct pressure points are given. This helps reduce your fatigue and mild body ache. This medium-pressure massage aids you in relaxing your mind and detoxifying your body, and tones up your skin too.

**Ayurvedic Potli Massage**  
60 minutes  
INR 3499

Relieve your body pain with our Ayurvedic Potli Massage. The linen potli stuffed with essential herbs and therapeutic oils rekindles your senses, relaxes your tensed muscles, resulting in detoxification and rebalancing the natural body energy.

**Shirodhara** (Indian ayurveda massage)  
60 minutes  
INR 3499

A therapy that involves a consistent flow of warm oil over the forehead, specifically on the ‘third eye’. This is the chakra point just above and between the eyebrows and is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair. Experience a blissful sensation and attain instant calm with this Ayurvedic oil massage.
**SUKSHMA WELLNESS SELECTION ~ express massages**

**Head Massage**
30 minutes INR 1299
This ancient Indian technique releases stress as tension is eased out of tight muscles in the head and upper back. Our signature brew of hair nourishing herbal oil will invigorate the entire body, balance the Chakras and infuse deep calm and relaxation.

**Foot Massage**
30 minutes INR 1299
Based on the techniques of reflexology, our masseur works carefully on your tired feet – perfect after a long journey. A treatment that balances the flow of energy in your body and removes system blockages - makes you feel like you are walking on the air.

**Neck & Shoulder Massage**
30 minutes INR 1599
Originating from the islands of far east, the masseur uses a variety of techniques to soothe your stressed back and shoulders, and relieve sore muscles. This stimulating massage will leave you charged for the rest of the day.

**Travel Energizer Massage**
30 minutes INR 1899
This energizer foot massage based on the traditional Balinese technique, works vigilantly on your entire body. This reflexology massage technique helps de-stress your neck, upper back, and shoulder pain and re-boosts your energy level.
**BEAUTY ELIXIRS**

**Floral Mist** (Body polisher)  
60 minutes  INR 3499

Tattva brings to you a misty fusion of aromatic oils, palash, saffron and specialty floral extracts from the Himalayan valley that will make you glow and maintain the suppleness of your skin.

**Kalp Vriksha** (Body scrub)  
60 minutes  INR 3499

Kalp Vriksha is an exceptional coconut-based herbal body scrub that helps hydrate your body and gives you an everlasting effect. This exceptional body tonic cleanses and hydrates the uneven and patchy skin from within.

**Vanilla Nutmeg Smoothie** (Body polisher)  
60 minutes  INR 3499

A luxurious creamy treatment that leaves your skin soft and supple. This aromatic mixture provides essential hydration and conditions the damaged skin leaving your body with a delicate sweet fragrance.

**Soundarya** (Recommended for skin brightening)  
60 minutes  INR 3499

Enliven your day with Tattva’s active detoxifying facial treatment enriched with essential skin vitamins. Our healer will softly relax your facial muscles and gently enhance blood circulation leaving you with a supple skin for an everlasting youthful look.

**Organic Facial** (Recommended for oily & dull skin)  
60 minutes  INR 3499

Tattva’s organic facial spa treatment brings hand-blended, nourishing skin food for you! Experience a luxurious bio-glow facial treatment with our integrated techniques of deep cleansing, gentle massage and an organic skin brightening face mask. Our products are suitable for all skin types.

**Mukh Lepam** (Cleansing facial)  
30 minutes  INR 1599

A simple yet effective deep cleansing treatment helps exfoliate dead skin and black heads and unclogs the pores. This treatment refines skin clarity and reduces acne blemishes to leave you with fresh skin that breathes.
Yoga Combination Massage 90 minutes INR 4899
(Indian massage)
A series of long stretches and yoga positions is used to stimulate the muscles. The massage is done on pressure points on your body and back, using the masseur’s own body weight. A truly rejuvenating experience that balances your mind and spirit.

Healing Waters Massage 60 minutes INR 3999
(Signature massage)
The sacred Ganges is figurative of purification of the body & soul, and its waters are believed to reclaim order from disorder. Evoking Shanti, this wellness therapy treats your body to a traditional rich mishran of Santalam Album powder, honey and natural relaxing Jasmine oil. The rhythmic movements over the body, like the gentle flowing waters will nurture the body and result in soft, blemish free skin.

Kundalini Jagran 30 minutes INR 1899
(Back massage)
This wellness therapy aims at activating “Kundalini” energy which lies at the base of the spine in coiled form. Our masseurs’ strokes gently work on the backside of your body giving deep pressure points to activate deep lying energy which purifies the human Chakra system. The energy thus released from Kundalini is skillfully channelized by our masseurs to provide you an overwhelming mystical experience.

Charna Snana
Fundamental to true Indian hospitality ~ each Vilasa wellness spa experience begins with the traditional foot soak. Your feet are soaked in purified water with rose petals in a brass urn symbolizing commencement of the purification process.

Vilasa Potion
Prepared from tender shoots of wheatgrass and served along with jaggery, our signature brew contains a host of vitamins, folic acid, and iron. Its detoxifying properties also help improve hemoglobin levels and aids in regeneration of healthy cells in your body.
GENERAL INFORMATION

Reservation and Cancellation

- It is recommend that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment.
  Late cancellations will attract a 50% cancellation fee.

Spa Etiquette

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult
- Smoking and consumption of alcohol are prohibited within the spa area. The spa management has the discretion of not serving guests under the influence of alcohol
- Gentlemen are advised to shave at-least 3 hours prior to a facial session
- What should guests wear during a treatment?
  Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

Considerations

- Membership packages are non-refundable and can be availed against a valid membership card / booklet
- Pregnancy lady guests and other guests with any medical condition, are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Tattva Spa, it’s employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service
- The spa treatments rendered by Elementia Wellness Pvt. Ltd. are professional in nature. Any illicit or sexually suggestive behavior, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges for the scheduled service
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