Discover an oasis in the heart of the city. Where serenity, peace and tranquility are restored amidst the hustle and bustle of everyday life. And your well-being is all that matters...

WelcomWellness - The Spa invites you to indulge your body, mind and soul with an array of rejuvenating and relaxing therapies.
THE WELCOME CEREMONY (90 MIN)
Let the stress, pressure and noise of modern day living fade away as you ensconce yourself in tranquility. A massage, carefully crafted to be as therapeutic as it is soothing, is followed by an ancient Indian ritual to provide a comprehensive experience for your senses.

THE WELCOME SIGNATURE MASSAGE
Our signature massage is as beneficial for your body as it is for your soul. While the soothing hands of the therapist induce a deep state of bliss, they also increase circulation, help maintain flexibility and re-energize the body-mind connection. The pressure used can be gentle, moderate or deep, depending upon your preference.

UBTAN
Discover another closely guarded secret of ancient India. Ubtan - a paste made of nuts, flowers, fragrant oils and natural herbs - is the perfect way to make your skin feel soft, supple and refreshed. The ceremony is complete with the removal of this magical salve in a cold or lukewarm bath.
MASSAGE RITUALS
Embark on a journey to complete relaxation and peace. Remove your senses from the stress-filled world and let your mind, body and spirit be revitalized and renewed.

THE WELCOMSIGNATURE MASSAGE (60 MIN & 90 MIN)
Our signature massage is as beneficial for your body as it is for your soul. While the soothing hands of the therapist induce a deep state of bliss, they also increase circulation, help maintain flexibility and re-energize the body-mind connection. The pressure used can be gentle, moderate or deep, depending upon your preference.

DEEP TISSUE MASSAGE (60 MIN & 90 MIN)
This massage reaches the tension-retaining areas of the muscle tissues in the back, neck, shoulders and legs. A natural, aromatic, muscle-relaxing blend of indigenous oils is applied with the help of a warm herbal poultice to ease away all your strain and tension.

WELLBEING MASSAGE (30 MIN)
The Wellbeing Massage delivers a quick de-stressing experience to our corporate guests who do not have too much time on their hands. The treatment concentrates on the upper body, neck and shoulders as stress is often stored there. A variety of techniques are used to relieve tension from these areas, leaving one relaxed and refreshed in a short time span.
REJUVENATING BODY TREATMENTS
It was traditional in ancient India to pamper one’s body through regular elaborate cleansing rituals. We honour these rituals with our own array of body scrubs and envelopments which help cleanse the body while improving skin tone. Enjoy moments of bliss with our carefully selected Body Treatments.

UBTAN (45 MIN)
It’s the traditional therapy used by Indian brides over the ages to look their radiant best on the most important day of their lives. A paste made of nuts, flowers, fragrant oils, milk, herbs and spices - is the perfect way to make your skin feel soft, supple and refreshed. Effects are observed after the first application itself... regular applications of Ubtan effects a sea-change and gives one ever-glowing skin.

BODY POLISHER SANDALWOOD & TURMERIC (30 MIN)
Our custom made sandalwood and turmeric body polisher gently removes dead cells and rejuvenates the skin. It detoxifies and energizes the skin after penetrating deeply, thus imparting a youthful and fresh look. Moisturizing properties of natural cold pressed oils help in cell regeneration.
BEAUTY ELIXIRS

Get our skin care professionals to create a skin care regime especially for you, with customized facials honed to your specific needs. The youthful glow of your pampered skin will reflect the beauty within.

WELCOMSIGNATURE FACIAL (90 MIN)

Experience our unique facial, where the skin is cleansed and stimulated using Eastern massage techniques. This oil-free facial massage gently releases tension in the connective tissue, freeing and lifting the muscles and restoring skin tone. Unsurpassed energy and surface repair is achieved through active principles such as hyaluronic acid filling spheres which effect a deep, visible wrinkle reducing action. This facial is regenerating and nurturing resulting in vital radiance, natural energy and equilibrium while proffering a unique experience and a complete sense of well-being.

EXPRESS FACIAL (30 MIN)

Designed keeping corporate guests on a busy schedule in mind, this quick, hassle-free facial gives the face a perfect glow while cleansing it completely.
CHAMPI - THE INDIAN HEAD MASSAGE (30 MIN)
One of the most popular traditions in India, Champi is a ritual loved by people across the length and breadth of the country.

Champi massage is focused on the head, neck and shoulders with the purpose of manipulating energy channels and clearing any blockages which cause the buildup of negative energy, which in turn lead to various ailments. The basic theory behind this treatment is that any disruption of energy flow in the body leads to disease, stress and pain.

This powerful, therapeutic massage is effected using an Ayurvedic oil, blended with ingredients that you can choose as per your specific needs.
SPA INFORMATION

FACILITIES
WelcomWellness - The Spa offers two personalized therapy rooms and separate changing rooms for men and women with lockers. Our wet areas encompass a Steam and shower. We provide robes, towels, slippers and personal amenities.

ETIQUETTE
The Spa is an oasis of serenity, relaxation and rejuvenation. To maintain this tranquil environment, we request you to be respectful of the privacy of other guests, speak softly and put disruptive devices such as cell phones and pagers on silent mode.

WHAT TO WEAR
We will provide you with a robe and slippers to be worn in the Spa. A locker will also be provided to store your belongings. Our therapists are professionally trained to ensure a high level of comfort by appropriately draping areas of the body that are not a focus of the treatment. We require swimming attire to be worn in the pool and Steam facilities.

STORING VALUABLES
While lockers are provided to guests using the Spa, we recommend you leave valuable items in the safe provided in your room.

LATE ARRIVAL TIME
We request you to arrive at least 30 minutes prior to your scheduled appointment. However, if late arrival is unavoidable, please call and notify the spa receptionist as soon as possible.

Arriving late curtails the time of your treatment, as we must complete the therapy by the designated end-time in order to accommodate the next guest.

CANCELLING A RESERVATION
We request guests to give us a four hour cancellation notice to avoid a 50% surcharge. A ‘no show’ will incur a 100% surcharge.

SPA TREATMENT SELECTION
Please call the Spa directly and speak to one of our knowledgeable staff members. A discussion with our reception staff can often help in deciding between the various types of treatments offered, depending on whether your goal is simply relaxation or more therapeutic in nature.

SPECIAL HEALTH CONSIDERATIONS
If you have any health concerns, or are pregnant, please be sure to notify our spa staff when booking your treatment. Our reception staff can offer guidance as to which treatments will be the most beneficial and those that should be avoided due to physical limitations or sensitivity.

ALCOHOLIC BEVERAGES
We recommend that you do not consume alcohol before, during or immediately after your spa treatments.

SHAVING
Generally, shaving is not recommended prior to any treatment or hair removal service. However, it is recommended that men shave prior to a facial at least two hours before the scheduled time.
PERSONAL PREFERENCES
From the room temperature to the intensity of massage pressure, please communicate your preferences to our therapist so they can customize your experience and make it special.

VALUABLES
While we endeavour to look after your belongings, the Spa will not be liable for loss of your valuables. We urge you to leave your valuables in the safe provided in your room.

GRATUITIES
Our Spa staff is dedicated to exceeding your expectations and creating a memorable experience. We do not levy a service charge at the spa. However, gratuities are an accepted norm in India and a 10 -20% gratuity is considered adequate and can be given either directly to the staff member, or extended at the front desk of the Spa.

PAYMENT
We accept all major credit cards and cash. You may also charge spa services to your hotel room.

MINIMUM AGE
Guests must be at least 16 years of age to avail spa treatments.

FEEDBACK
If your experience at our Spa has not met your expectations, we request you to speak to the Spa Supervisor before leaving the facility.

HOURS OF OPERATION
Monday through Sunday
Fitness Centre: 7:00 am - 8:00 pm
Pool: 7:00 am - 7:00 pm
Spa: 8:30 am - 7:00 pm

For more information about the spa and services, please contact WelcomAssistance at ext. 6
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