



gurutava
WELLNESS SPA



Welcome to Gurutava Wellness Spa, a sanctuary inspired by the Sanskrit essence of Gurutava — symbolizing depth, balance, and inner grace. Here, wellness is not just a retreat; it is a journey inward, where every therapy is crafted to awaken your natural rhythm of harmony.

Our curated menu reflects the philosophy that true luxury lies in simplicity and awareness. From ancient healing rituals to modern spa therapies, each experience is designed to calm the mind, nurture the body, and rejuvenate the soul. The warmth of skilled hands, the fragrance of pure oils, and the serenity of mindful ambiance come together to create a space where time slows down and tranquility takes over.

At Gurutava, we invite you to surrender to stillness — to rediscover yourself through the art of touch and the science of restoration. Let every breath deepen your calm, every moment ground your senses, and every therapy remind you of your inner strength.

Step into Gurutava Wellness Spa — where calm has gravity, and wellness becomes a way of being.

HEALING RITUALS



HEAD & SHOULDERS TREATMENT

Duration: 30/60 minutes – INR 800/1200

An Ayurveda system of head massage that stimulates the scalp with warm oil, condition the hair and reinforces the circulation to the brain. This massage mainly uses deep pressure point therapy on scalp and shoulders to alleviate tension, headache, spondylosis and stress. It will also help get rid of eye-straining problems, insomnia and headaches while boosting your immune system.



FOOT REFLEXOLOGY

Duration: 30/60 minutes – INR 800/1200

Known as Padabhayanga, is another form of Ayurveda reflexology. A sublime massage treatment is performed applied to specific reflex points on the foot to create a profoundly relaxing experience. The treatment is said to induce a healing response, reduce anxiety levels and even alleviating some ailments. A majestic extravagance for weary feet.



NECK AND BACK TREATMENT

Duration: 30/60 minutes – INR 800/1200

This calming mind and body experience is the perfect end to a long drive. We concentrate on your neck and back to release you from all these deep seated tensions that cause back pain and headaches.

* All above prices are in INR. Government taxes as applicable.

HOLISTIC EXPERIENCES



BLOSSOM HARMONY

Duration: 45 minutes – INR 1400

A gentle and mild therapy that stimulates the lymph fluids to circulate through the body. It helps in reducing fatigue, stress and improves tissue strength. The serenity of the technique helps in improving quality of life.



AROMA THERAPY

Duration: 60 minutes – INR 1800

An aroma therapy massage is a popular and versatile way to use additional care for health issues. The skin absorbs the essential oils maintaining its elasticity, relieves pain and the mental stimulation of the aroma gives clients the best massage session.



ABHAYANGAM

Duration: 60minutes – INR 2400

Abhyangam is the therapeutic intervention of Panchakarma in which the body is treated with medicated or warm oil massage in specific directions by professional healers. It maintains the excellence of body tissues, facilitate removal of toxins from tissues, relieves mental and physical fatigue.



SWEDISH THERAPY

Duration: 60/90 minutes – INR 2400/3400

A medium pressure therapy which enhances muscle tone, strength and skin tone. The technique helps in reducing stress levels, tension and improves circulation, muscle suppleness and skin tone while lifting the spirit and balancing the energy.

HOLISTIC EXPERIENCES



DEEP TISSUE

Duration: 60/90 minutes – INR 3000/4000

An upgrading experience which helps one lessen the tensions in muscles and tissue. Is advisable for increasing blood and reducing inflammation. A hard pressure technique is applied slowly as deep strokes to target the inner layers of muscles and connective tissues.



LOMI LOMI

Duration: 60/90 minutes – INR 3000/4000

A traditional Hawaiian therapy, also known as ‘rub rub’ massage. It is a hard pressure therapy and reflects large continuous strokes made with the healer’s palms, forearms, elbows and thumbs. The massage assists blood and lymph flow, releases tension and rejuvenates the body. A blissful experience that nurtures you from top to toe.



THAI MASSAGE

Duration: 45/75 minutes – INR 2800/3800

A conventional method rooted in both Ayurveda and traditional Chinese medicine. Is a dry massage given on a floor mat, wherein the healer uses stretching, pulling and rocking techniques to relieve muscle soreness, promote relaxation and increases flexibility and circulation.

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HOLISTIC EXPERIENCES



BALINESE

Duration: 60/90 minutes – INR 2800/3800

The technique gets its origin from Bali Province of Indonesia with influence from customary Indian ways. The technique comprises of acupressure, skin rolling and flicking with the application of essential oils. The combination of manual therapy and aromatherapy is intended for relaxation, loosening fascial restrictions, and stimulating the lymphatic system and the flow of an



SPORTS SPA

Duration: 60/90 minutes – INR 2800/3800

Experience this vigorous therapy technique with our blending mix of Balinese and Deep Tissue, which is extremely good for the skin, relieves aching, sore and tensed muscles.



TURKISH HAMMAM RITUAL

Duration: 90 minutes – INR 7000

An ancient Turkish traditional method of bathing, using special techniques in the warmth of Moroccan styled built Hammam Room exclusively at PALMS SPA. It is choreographed to cleanse and exfoliate impurities from the body.

CURATED TREATMENTS



SIGNATURE TURKISH HAMMAM

Duration: 180 minutes – INR 14,999

Balinese Therapy with essential oils and Ubtan Body Pack, combined with Rose Petal and Walnut Scrub, later followed by Turkish Hammam Bath.



BODY POLISHING

Duration: 120 minutes – INR 8,000

Body polishing is a type of full-body exfoliation that removes dead skin cells, promotes cell regeneration, and moisturizes the skin.



CHOCOLATE THERAPY

Duration: 90 minutes – INR 6,000

Rich in antioxidants and divine aroma, This therapy nourishes the skin, awakens the senses, and fills the heart with happiness



HYDRA HARMONY

Duration: 120 minutes

Single – INR 5,000

Couple – INR 10,000

Sophisticated blend of hydration and balance - A 60mins of therapy session followed with steam and jacuzzi for complete rejuvenation and blissful experience

* All above prices are in INR. Government taxes as applicable.

SIGNATURE EXPERIENCES



HOT STONE TREATMENT

Duration: 90 minutes – INR 5,500

Connect to the invisible energies within you, with our therapeutic healing method synthesised with energies of earth. During the massage, smooth, flat and heated stones are placed on body chakra's, which eases tense muscles and damaged soft tissues throughout your body.



HOT POTLI MASSAGE

Duration: 90 minutes – INR 5,000

Potli (or poultice) massages work according to ancient philosophy based on the conflux of the fire and water elements associated with specific herbs. When the heated potli is massaged onto the body, the selected herbs work on the body and mind by opening up the pores and relaxing the muscles. An ultimate reservoir of relaxation.



FOUR HAND THERAPY

(Rates as per choice of treatment)

A synchronized play of treatment choreographed to give you a balanced relaxation with left and right combination. It is performed by two therapists, which will supplement in reducing the tense muscles and increasing relaxation manifolds.



DISCLAIMER

The spa treatment, services and/or facilities received or utilized at GURUTAVA WELLNESS are intended for general purpose only and not intended to be a substitute of professional medical treatment for any condition, medical or otherwise that guests may have. Guests willfully indemnify and hold harmless GURUTAVA WELLNESS, its management, staff operator and suppliers from and against any liabilities, claims, expenses, damages or losses, including legal fees(on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities. I understand that any sexual behavior, advances or comments made by me, will result in the termination of the service, membership, packages and necessary action will be taken including non refund of the payment made by me which may also be followed by a legitimate action against me from the management/staff of GURUTAVA WELLNESS.

I have also gone through and agree to the following information and understand the same :

- That the therapy rooms do not have locks
- That I must not talk about money or extra gratuity with the therapists and staff of GURUTAVA WELLNESS, also behave gently with them and do not pamper for any immoral activities.
- That GURUTAVA WELLNESS dishonors any sexual advances, requests for sexual favours & other verbal or physical conduct of sexual nature.
- That therapists demanding tips from the guests is against GURUTAVA WELLNESS policy & guests are also requested not to encourage the same.

» Terms & Conditions

- Only 1 therapy can be availed from the packages on weekends and national holidays
- Please book your appointments in advance
- Priority will be given on appointments only
- Please arrive for our appointment 15 mins. before the scheduled time
- Price may differ depending on locations
- Please inform up in advance if you have extra sensitive skin or any medical conditions
- Memberships are NON-TRANSFERABLE & NON-REFUNDABLE Please avoid bringing valuables at the center or leaving them unattended. Management will not be responsible for any losses or damages
- Your therapy is reserved exclusively for you. Please inform us well in advance if you wish to cancel the appointment A charge is applicable for no shows and last time cancellations
- Entry restricted to carry any inflammable, hazardous and banned substance inside the center premises
- Choosing therapist is strickly prohibited.



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WELLNESS SPA

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