

SENSES

SPA SERVICES

Le MERIDIEN



SENSES SPA

Set amidst a tranquil and peaceful environment, Senses at Le Meridien Gurgaon, offers a wide array of traditional and modern treatments and packages carefully put together by a team of experts.

The 5 temperature controlled treatment rooms are tastefully designed with separate steam and shower areas. Immerse yourself in the intimate luxury of our indulgent couple treatment room with a private deep soak bath tub and a steam area.

Rejuvenate as our professionally trained therapists pamper you and guide you on a path of renewal.

For more details, kindly contact the Spa Manager at +91 8860609367 or +91 124 499 2049

SPA HOURS

09:00–00:00

First appointment at 09:10

Last appointment at 22:30

BODY MASSAGE

SWEDISH

A unique pacifying technique, Swedish massage involves medium circular pressure applied by both hands and palms. With firm kneading, percussion-like tapping, bending and stretching this massage is exceptionally beneficial to improve blood circulation, decrease muscle toxins and enhance flexibility.
60 minutes/90 minutes.

BALINESE

Balinese massage is being used for centuries now to renew, strengthen and heal the body and mind. Stretching, long strokes, skin rolling, palm and thumb pressure techniques release the energy blocks and help in restoring circulatory, lymphatic and muscular balance.
60 minutes/90minutes.

ABHYANGA

An ancient stress reducing Indian Ayurvedic therapy, this massage uses herbal oils based on body dosha type to detoxify and restore balance. A variety of Ayurvedic techniques are at work along the energy channels of the body in a synchronized manner to restore the flow of vital energy, Prana and stimulate body's lymphatic system.
60 minutes/90minutes.

SPORTS

The deep pressure Sports massage promotes flexibility, reduces fatigue, improves circulation by stimulating neurological pathways through elbows and thumbs. It focusses on areas of the body that are overused and stressed from repetitive and aggressive movements. This massage also aids in recovery from exertion through improving strength and posture.
60 minutes.

WARM STONE

This sedative therapy melts away tension, eases muscle stiffness, increases circulation and metabolism. It reduces stress, chronic pain and promotes deep muscle relaxation through the placement of smooth, water-heated stones at key points on the body. The direct heat of the warm stone expands blood vessel which in turn enhances blood flow throughout the body.
90 minutes

SHIRODHARA

This massage technique soothes the senses and invigorates the mind. A total feeling of wellness and mental clarity is experienced in this therapy. 'Shirodhara' means the dripping of oil like a thread (dhara) on the head (shiro). This tranquil form of Ayurvedic oil treatment begins with Abhaynga massage followed by hot oil flow which is pored on the third eye area of the forehead. It improves concentration, sleep disorders and encourages deep relaxation. 60 minutes

STRESS RELIEVERS

HEAD, NECK & SHOULDER

It is a gentle yet tranquil experience for relaxation. A massage which concentrates on your head, neck and shoulder area to give relief from stiffness and pain.
30 minutes

BACK MASSAGE

Helps release stiffness from the back by working upon the upper and lower back area and putting pressure on spine.
30 minutes.

HAND & FEET MASSAGE

A gentle soothing massage which involves mild stroking, circular motions and pressure points. Massaging the hands and feet bring deep relaxation, improves hand motion and elevates blood circulation.
30 minutes.

BODY SCRUBS

SUGAR & OIL SCRUB

Perfect blend of sugar and oil makes an excellent scrub for the skin. Sugar helps in removing dead skin and oil ensures that the skin left hydrated.
45 minutes.

PAPAYA SCRUB

It is the best exfoliating ritual to revitalize tanned skin with exotic expertise. This body scrub is made of fresh papaya pulp and seeds. Papaya not only cleanses the skin but it is also known for making the skin glow as it contains 'Papain' which eliminates dead skin cells, spots and whitens the skin.
45 minutes.

HOT CHOCOLATE SCRUB

It is a great way to cleanse away dead skin cells and pave the way for new cells to regenerate. It is the best procedure to exfoliate and leave the skin looking radiant than ever. Beneficial for all skin types, the hot chocolate scrub stimulates circulation, helps in fighting cellulite and improves skin tone.
45 minutes.

PACKAGES

PAMPER ME

Feel the difference after getting this invigorating therapy which is combination of a Swedish Massage followed by a Fruit Facial.
90 minutes.

REJUVENATE THE SOUL

There is no better way to reward yourself than a delightful spa indulgence. Enjoy with this exhilarating package which includes Swedish Massage, Sugar and Oil Scrub and followed by Express Manicure and Pedicure.
120 minutes.

COUPLE GETAWAY

Spend valuable time together with this unforgettable spa indulgence package. It starts with a floral foot ritual followed by a Hot Chocolate Scrub, Swedish Massage and concludes with a Skin Specific Facial in our couple room.
150 minutes.

EXPRESS TREAT (WITHOUT OIL)

HAND

The hands contain reflexology points which correspond to various areas of the body. Hence, the hand massage correspondingly relaxes areas like the head, neck, mouth, nose, eyes and ears. Those suffering from chronic condition from a specific injury like a sprain or a broken bone, this hand massage technique can help ease that pain.
15 minutes

FEET

This 15 minute massage session greatly improves circulation in the lower extremities of the feet, which is particularly important for those suffering from ailments like diabetes, anxiety and low blood pressure.
15 minutes

HEAD

It stimulates head to neck blood circulation and improves lymphatic drainage, thus helping in elimination of toxins.
15 minutes.

SPA MEMBERSHIP

DIAMOND (ONE YEAR)

SINGLE **INR 1,10,000**

- Usage of Gym & Pool
- 25% Discount on Spa & Salon treatments
- 2 Body massages, 2 haircuts & 2 facials
- 20% Discount on F&B
- 10% Discount on Room Rate (Bar Rate)

COUPLE **INR 1,25,000**

- Usage of Gym & Pool
- 3 Body massages & 4 haircuts
- 25% Discount on Spa & Salon treatments
- 20% Discount on F&B
- 10% Discount on Room Rate (Bar Rate)

FAMILY **INR 1,60,000**

- Usage of Gym & Pool
- 2 Body massages & 6 haircuts
- 2 manicures & pedicures
- 25% Discount on Spa & Salon treatments
- 20% Discount on F&B
- 10% Discount on Room Rate (Bar Rate)

GOLD (ONE YEAR)

SINGLE **INR 90,000**

- Usage of Gym & Pool
- 1 Body massage & 2 haircuts
- 15% Discount on Spa & Salon treatments
- 15% Discount on F&B

COUPLE **INR 1,10,000**

- Usage of Gym & Pool
- 2 Body massages & 2 haircuts
- 15% Discount on Spa & Salon treatments
- 15% Discount on F&B

FAMILY **INR 1,30,000**

- Usage of Gym & Pool
- 2 Body massages, manicure & pedicure
- 15% Discount on Spa & Salon treatments
- 15% Discount on F&B

SILVER (HALF YEAR)

SINGLE **INR 60,000**

- Usage of Gym & Pool
- 10% Discount on Spa & Salon treatments
- 10% Discount on F&B

COUPLE **INR 80,000**

- Usage of Gym & Pool
- 10% Discount on Spa & Salon treatments
- 10% Discount on F&B

FAMILY **INR 1,10,000**

- Usage of Gym & Pool
- 10% Discount on Spa & Salon treatments
- 10% Discount on F&B

DAY USAGE

INR 1,000 PER PERSON.

Usage of Gym/Pool/Steam/Shower

<u>PRICE LIST</u>	<u>TIME</u>	<u>INR</u>
Swedish Massage	60 Mins	3300
	90 Mins	4200
Balinese Massage	60 Mins	3300
	90 Mins	4200
Abhyanga Massage	60 Mins	3300
	90 Mins	4200
Sports Massage	60 Mins	3300
Warm Stone Massage	90 Mins	4500
Shirodhara Massage	60 Mins	4000
Head, Neck & Shoulder Massage	30 Mins	2000
Back Massage	30 Mins	2000
Hand & Feet Massage	30 Mins	2000
Sugar & Oil Scrub	45 Mins	2500
Papaya Scrub	45 Mins	2500
Hot Chocolate Scrub	45 Mins	3000
Pamper Me Package	90 Mins	6000
Rejuvenate the soul Package	120 Mins	7500
Couple Getaway Package	150 Mins	10000
Express Treat (Without Oil)	15 Mins	200

All Prices are quoted in Indian Rupees and subject to prevailing Government Taxes and Service Charge. Prices are subject to change without notice.

*Terms and conditions apply

LE MERIDIEN GURGAON, DELHI NCR

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