

CINQTUAIR

SPA



THE CLARIDGES
NEW DELHI

Salus Per Aquam

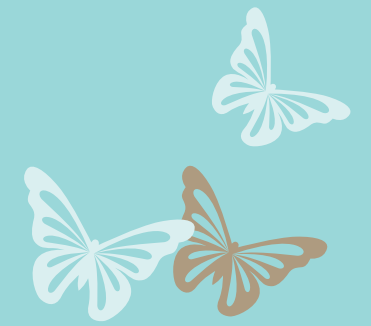
Water.

A life-giving force, inextricably tied to vitality and our well being.

‘Salus Per Aquam’ is a Latin phrase that translates to ‘health through water.’ The term SPA, is derived from it and reflects the ideology that’s intended to be at the heart of every spa.

At **Cinqtuair Spa**, water is at the nucleus of all our therapies. We seamlessly incorporate it in our treatments, so as to harness its complete benefits, and then amalgamate it with other techniques and ingredients to give potent, almost metamorphic results.





Cinqtuair Spa isn't just a place to help soothe sore muscles. It's the very temple in which to worship and honour your best self. It's a sanctuary that both shelters you from the world, and makes you stronger for it.

Journey with us as you walk the path of self-discovery. Invigorate your body, still your mind and expand your consciousness with our myriad holistic treatments and therapies that work on healing you from within.

Enhance longevity and quality of life, by uncovering the limitless potential you hold, and the spark that is just waiting to be lit.

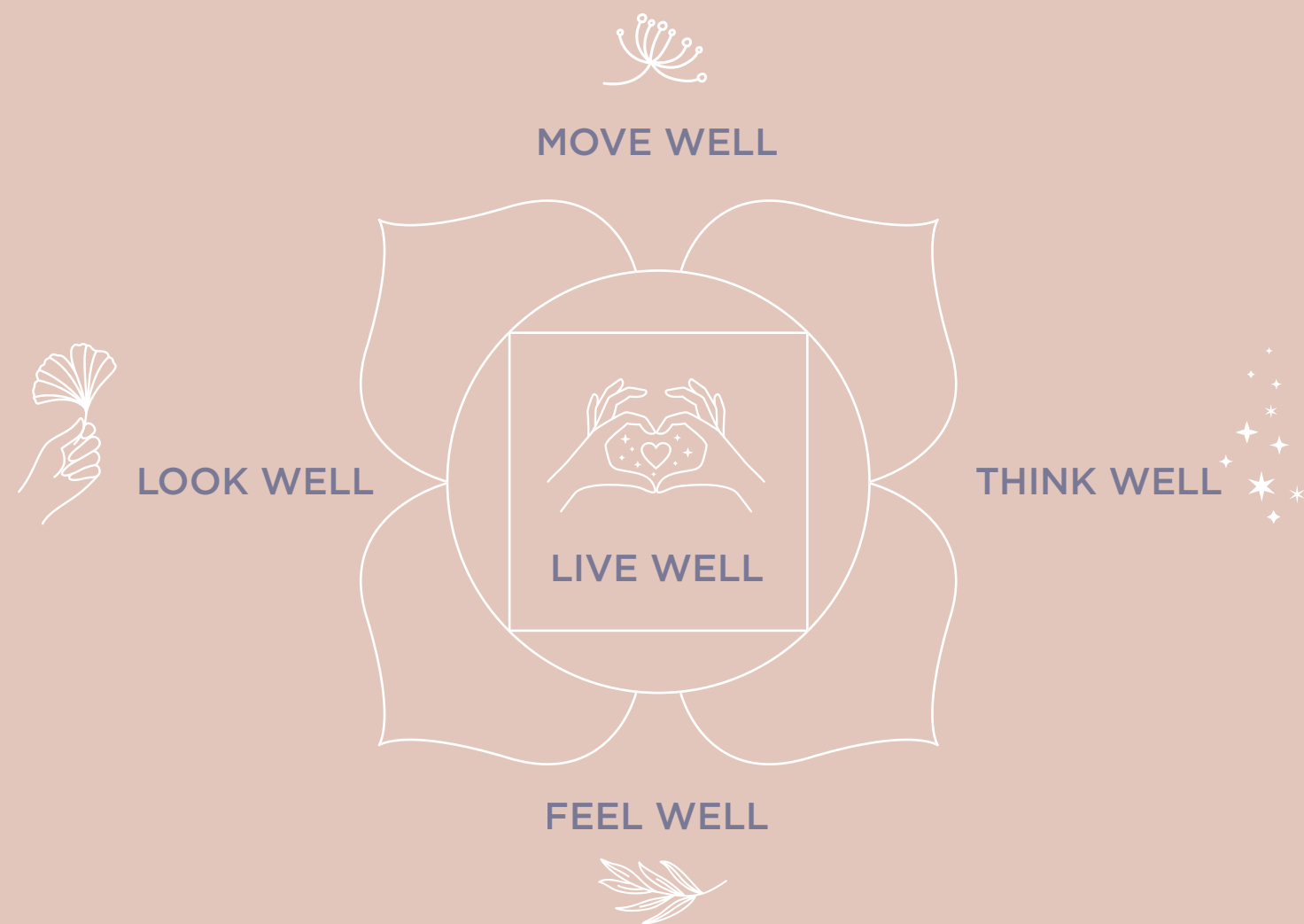
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5 PATHS TO NIRWANA



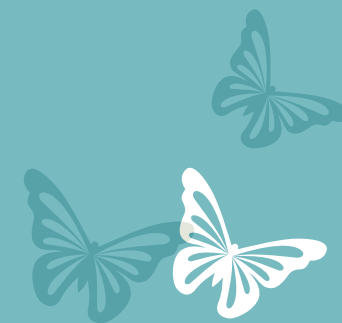
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Enter our impermeable
sanctum of peace.



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Our approach to wellness combines the very best of ancient wisdom and therapies passed down from our ancestors, with every cutting edge technology that the 21st century has to offer.

Our range of high quality products used in SPA are unmatched in quality, and serves to enhance the quality of your experience and your connection with nature.

We believe in fortifying the mind-body-spirit link because no part of us exists in a vacuum, and everything is interdependent and interconnected.

*Step into a forest
of tranquillity.
A world unlike any
other. Step into
Cingtuair Spa.*

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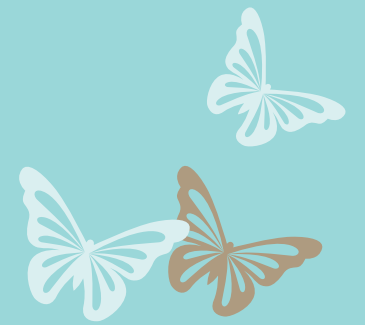
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- **The products used in Cinqtuaire SPA are World class brands so as to achieve the best result from the skin and the body.**
- **Our spa therapists are experts in their field, with certification and minimum of 2 year experience in 5 star hotels. Ayurvedic doctors and yoga trainers are on staff as well.**
- **We're amongst the first in Delhi to offer treatments like HBOT, Normatec Compression therapy, CRYO EMS etc.**
- **We also offer a healthy menu, full of nourishing, wholesome options for the nutritionally conscious.**
- **Each treatment room consists of colour changing lights (colour therapy) which help calm the mind.**

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BODY MESSAGES

—
*Release your body from
its own shackles*



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CINQTUAIR SIGNATURE MASSAGE

-

Our signature massage begins with a ritual of the feet that is traditionally meant to signify the cleansing of the soul, which enables one to channel positive energies. A combination of aromatherapy and Balinese massage is then used to alleviate tension and promote relaxation. The perfectly blended oils further accentuate your experience of absolute calm. Come, escape into a world of pure, sensory pleasure.

(90mins | INR 9500)

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HOT STONE THERAPY

-

Ergonomically crafted, heat retaining, basalt a volcanic rock which is formed from the solidification of molten lava are gently placed on you in this therapy to provide rejuvenation. Rich, natural mineral component of magnesium and iron has healing properties. Our essential oils also help align and balance your energies. At the end of this therapy, your body is utterly unwound, Decreased muscle spasms and tension which in turn increases cell metabolism and helps you feel enlivened once again.

(75mins | INR 8000)

CINQTUAIR
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AROMATHERAPY MASSAGE

-

A holistic healing therapy with slight pressure points and concentration on the lymphatic drainage point to flush out toxin and water retention with a gentle stroke and mild pressure. Our aromatic essential oils further aid in healing and enrapturing your senses into a state of complete tranquillity.

(60/90mins | INR 7000/9000)

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BALINESE TRADITIONAL MASSAGE

-

Teleport through touch to the island province of Bali, with our authentic Balinese massage. All you need to do is close your eyes and you'll be whisked away. Our massage therapists use a combination of gentle strokes and firm focus on pressure points, to achieve an elevated calmness of being that nothing can perturb.

Ylang Ylang and Jasmine essential oils also help soothe the senses with their relaxing properties.

(60/90mins | INR 7000/9000)

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DEEP TISSUE MASSAGE

-

A therapeutic technique that targets deep layers of muscle and connective tissue. Expertly designed to alleviate tension and promote healing, this massage method focuses on releasing chronic patterns of muscular tension. Experience profound relaxation as it eases stiffness, improves flexibility, and enhances overall mobility, ensuring a revitalized and rejuvenated feeling.

(60/90 Mins | INR 7000/9000)

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SWEDISH MASSAGE

-

Application of precise pressure on the deeper tissues and bones is used to achieve muscle relaxation in this massage. The strokes are in the same direction as the blood flow that returns from the heart, which helps improve circulation as well as mindfulness toward our own body and its functioning.

This therapy can reduce recovery time from muscular fatigue as it helps flush out build ups of metabolic wastes like lactic acid and uric acid. Due to its ability to relieve tension both physical and emotional, it can be useful to incorporate it regularly into a routine designed for stress management.

(60/90mins | INR 7000/9000)

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THAI YOGA MASSAGE

Also referred to as 'Nuad Boran', this massage employs a series of specific yoga postures, which are guided by our master practitioner. During the postures, the practitioner expertly palms and thumbs your pressure points along the body's energy lines. This unique massage helps boost circulation, alleviate muscle tension as well as balance the energies.

(60/90mins | INR 7000/9000)

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MOISTURISING CANDLE MASSAGE

-

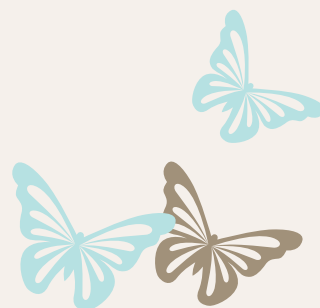
Warming and gentle soy candles are used to nourish and relax the tissues and the deeper layers of your skin. Fortified with essential oils and antioxidants, the candles help soothe and revive your skin. The candles are both skin, and environment friendly.

(75mins | INR 8000)



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*A feeling so cathartic, it feels both like
being gently lulled to sleep and being
awoken anew.*

BODY TREATMENTS

*Self-care is the most
enjoyable route to reverence.*



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MANGO BODY SCRUB

-

Mango Body scrub based on Loofah fiber and Mango butter which deeply cleans the skin from impurities and dead cells and provides a sensation of purity.

(45mins | INR 5500)

CINQTHUAIR
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THERMAL SALT SCRUB

-

Exfoliating salt particles, an age-old gem from Salies-de-Bearn, contain a concentrated composition of mineral content for an intense renewal of skin and refreshing and energizing sensorial experience.

(45mins | INR 5500)

CINQUAIRE
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CHARCOAL MUD PEEL

-

Organic mud and charcoal cleanser, smooth and purify the skin. The result: the remineralising and detoxifying effect of nature, thanks to the fine particles of black sand, which provide a natural and deep exfoliation, and the purifying and absorbing properties of charcoal.

(45mins | INR 5500)

CINQTUAIR
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VOLCANO MINERALIZING BODY WRAP

-

The natural richness of volcanic mud is associated with the crystalline and pure mineral water of New Zealand. This wrap gently heals the muscle ache and provides the skin cells with the minerals essential to their correct functions and purifies the skin.

(45mins | INR 5500)

CINQ TUAIR
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SAPPHIRE CREAM WRAP

—

Creamy, energizing body wrap with sapphire particles. This jewel of well-being, also known as the gem of heaven, provides radiance and deeply revitalizes the skin.

(45mins | INR 5500)

CINQTUAIR
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HEMATITE MUD WRAP

This wrap strengthens the skin's natural defences with hematite extract, organic mud and water from Salies-de-Bearn. Nature repairs the skin with its firming and remineralising effect.

(45mins | INR 5500)

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*The part can never be well, unless
the whole is well also.*

PLATO

AYURVEDA TREATMENTS

*Upholding the modern day legacy
of timeless ancient wisdom.*



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SHIRODHARA

—
One of the hallmark treatments of Ayurveda, this massage is meant to stimulate the 'third eye'; A gentle stream of medicated oils is poured over the forehead region, which stills the mind and reduces tension. The vibrations from the stream reverberate through the rest of the body, as well as the nervous system, helping achieve a state of unmitigated calm. The body is purged of all stress.

(45mins | INR 5500)

CINQ TUAIR
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ABHYANGAM TRADITIONAL MASSAGE

-

A full body massage that is enhanced by the usage of Ayurvedic herbal oils, which are based on your specific 'dosha'. A steam bath and hot shower is encouraged after the massage, for deeper absorption of the oils. It brings about various benefits like glowing skin, improved eyesight, more restful slumber and enhanced vitality. It's a full body experience that helps armour your mind and body against wear and tear.

(60/90 mins | INR 7000/9000)

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SYNCHRONISED ABHYANGAM MASSAGE

-

A rhythmic experience administered by two therapists, which provides two-fold efficacy. Warm, herbal oils, kneaded skillfully into the skin, help the body to improve circulation, hypertension and even diabetes. The haemoglobin value is also said to increase post this massage. Experience a dissolution of physical strain and restoration of mental drain.

(60mins | INR 11000)

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KIZHI POTLI

-

A rejuvenating treatment that utilises poultices filled with herbal plants, beneficial spices and powders, which are then heated in medicated oils and massaged on the entire body. This lessens joint pain, enhances circulation and soothes muscle cramps.

(75mins | INR 8000)



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PIZHICHIL TREATMENT

A perfect union of heat and oil therapy, in this treatment, warm, medicated oils are massaged into the body to provide a restorative experience. Joint stiffness, arthritis and circulation all see an improvement at the end of the session.

(60/90mins | INR 7000/9000)

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HAND AND FOOT MASSAGE

-

The acclaimed Chinese technique of acupressure is employed in this massage to stimulate the reflexive zones in our hands and feet.

The liberation of built up pressure is almost magical in its effect, and helps in the removal of toxins and boosts oxygenation of tissues.

(60mins | INR 5500)

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SCALP, NECK AND SHOULDER MASSAGE

-

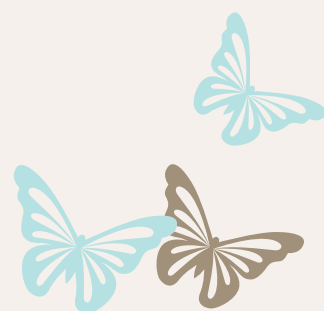
This massage is aimed at relieving migraines, unravelling muscular knots and easing tension. It's a corrective massage for the repetitive stress syndrome that often ails the shoulders and neck as a result of our modern lifestyles.

(30mins | INR 3500)



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*Self care isn't selfish. It is rather an act
of radical kindness, reminding
us of our inherent worth.*

RITUALS

—

Pause. Breathe. Revel. Repeat.



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SLEEP WELL JOURNEY

-
A treatment that juxtaposes the benefits of Abhyangam and Shirodhara. Where Abhyangam is intended to balance the 'doshas' of the body, Shirodhara soothes the nervous system and pacifies the brain. Together, these create a potent therapy that eliminates bodily toxins, enhances mental calm and boosts circulation.

(90mins | INR 10000)

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PATHWAY TO REJUVENATION

When life begins to overwhelm and detract from our peace, escape into our haven at Cinqtuair Spa to restore your body and mind to its former glory. It is a haven of imperturbable calm that heals all internal wounds.

The gentle, rejuvenating touch of our therapists will then help you emerge invigorated into the world, ready to face it once more.

This treatment includes -

- Body polish
- Aromatherapy massage (60 mins)
- Aromatic oxy bath

(120mins | INR 12000 for 1 person)

(120mins | INR 20000 for 2 person)



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EQUILIBRIUM OF LIFE

At Cinqtuair, we believe in a holistic approach to wellness. We exist not as disparate parts, but as one single unit that must be in harmony. Every treatment we offer leads you closer to the equilibrium of life, where our mind, body and soul function in perfect unison. Our in house botanical blends work in synergy with our treatments to provide a renewing experience that leaves you energised. Enjoy a hydrating mocktail and a nourishing fruit platter after your session to refresh you some more.

(150mins | INR 15000)

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*Go into yourself and see how deep the place
is from which your life flows.*

MARIA RILKE

FACE THERAPY

-

*Skin care must be a ritual.
Not a routine.*



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WHITE PEARL SKIN CARE

White Pearl Skin Care fights against hyperpigmentation with the outstanding efficiency of GemWhite complex. This facial acts simultaneously on the 4 biological pathway of skin coloration. Unique formulation White Pearl, Magnesium and Vitamin C retrieve a radiant complexion, a smoothed and moisturized skin and lightens dark spots.

(90mins | INR 8000)

CINQ TUAIR
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DIAMOND ANTI-AGING CARE

It is an ultimate facial for anti-wrinkle. Combination of Diamond, Rose-Peony and Orchid regenerates and invigorates the skin while providing tensing effects with self-heated action.

(90mins | INR 10000)

CINQ TUAIR
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EXPERT CLEANSE PRO LINE

Double Dimension Cleansing System. New Expert Line in Facial Skin Hygiene. It is formulated to respect the environment, Care For the Skin and cleanse in depth. 100% eco clean. Reinforces the skin's macrobiotic. 100% clean skin - soft, bright, cared for and moisturized.

Exclusive certification: Care Certificate, 90% biodegradable raw materials, recycled and recyclable packaging, FSC certification, certified main ingredients {COSMOS approved} green energy.

(60mins | INR 6000)

CINQUAIRE
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AQUATHERAM LINE

-
Cosmetic range for facial care formulated with thermal water sourced from Salies-de-Bearn (French pyrenees) to respond to the problems of sensitive and reactive skins that cannot be treated with traditional cosmetic products. Reinforces the barrier layer. Diminishes the sensitivity threshold. Restores the ecological balance in the skin.

(60mins | INR 7000)

CINQUAIRE
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POWER OXYGEN LINE

Power Oxygen protects your skin from environment pollution and provides much needed oxygen to it. The double action product line is created to provide skin with oxygen and create barrier protective effect against environmental pollution.

It has high content of perfluorodecal in, an oxygen attracting molecule and two complimentary polysaccharides with protective effect.

A combination of oxygenating, anti-pollution, anti-oxidant, detoxifying and pre-biotic active ingredients for a more intense purifying and all - round protective effect.

Power oxygen is perfect for suffocated and stressed skin living in urban cities.

(75mins | INR 7500)

CINQ TUAIR
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CORRECTIVE LINE

-

Deep Line Filler Programme:

Triple Anti- wrinkle Action-Peeling-filler-Decontracting

More than 10years of experience result in THE CORRECTIVE LINE: the cosmetic treatment that reduce deep wrinkles and expression line quickly and effectively.

The innovation blend of three action mechanisms in a single treatment - peeling, filler, and decontracting - is able to produce an intence smoothing effect on the deepest wrinkles. The result : Wrinkles dossappear naturally and gradually from the session .

(90mins | INR 8000)

CINQ TUAIR
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TIMELESS PRODIGY LINE

Science and Luxury Unite to create this prodigious line. Formulated with more than 25 pure Ingredients. Developed with the latest multigene Technology. The most exclusive technological jewel for your skin. The fusion of science and luxury in a unique sensory experience. Skeyndor puts the most advance technology in your hands to create this global ultra anti-ageing treatment to decisively fight the signs of ageing skin.

(90mins | INR 15000)

CINQ TUAIR
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MEN'S LINE

Skeyndor Men is a professional range of cosmetic for men, designed with two main purposes in mind: Maintaining the skin's balance and correcting the most aesthetical problems of masculine skin.

(60mins | INR 7000)

CINQUAIRE
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EYE TREATMENT

-

The skin around the eye is the most delicate and the most softest on the face, since it is always exposed to external elements such as sunlight, cold, wind, smoke and pollution. The line lifts the eye lashes, smoothens, and contours wrinkles, reduces under eye dark circle and makea eye lashes stronger.

(30mins | INR 3500)

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*The ability to be in the present moment
is a major component of mental wellness.*

ABRAHAM MASLOW

DISCOVER YOGA

*Yoga helps you find yourself
and lose yourself, altogether.*



CINQ TUAIR
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YOGA

-
At our yoga session, you will learn to forge a deeper connection with the self, using postures, meditative breathing techniques and focus gazes. The session is tailored to your level of expertise, whether you're a beginner, intermediate or advanced practitioner. You will garner an appreciation for the way your body and muscles engage in each posture, gain a heightened sense of awareness and learn to marry the breath with your movements.

(45mins | INR 3000)



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CHAKRA MEDITATION

Meditation has been traditionally used to heal, centre, and balance the chakras (or the energy centres of the body) During the session, you will learn to consciously focus the attention on the internal events of the body, as well as the chakra centres, which will help elevate their vibrations and increase the light in their energy fields.

(45mins | INR 3000)



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YOGA GROUP SESSION

A uniquely curated yoga session that places equal emphasis on all aspects of yoga, including postures (asanas), breathing (pranayama), gestures of energy flow (mudra) and psychic lock (bandha). This is intended to balance the physical, mental, psychic and spiritual facets of the body and bring harmony amongst them.

(60mins | INR 8000 for 4 person)

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*In the midst of movement and chaos, keep
stillness inside of you.*

DEEPAK CHOPRA

POPULAR TREATMENTS

*The world of wellness laid out
for you to delve into.*



CINQTUAIR
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HBOT

-
This treatment accelerates the body's natural healing process by increasing oxygenation in areas of injury and promotes faster wound repair.

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CRYO EMS

CRYO EMS (Electric Muscle Stimulation) stimulates the muscles for a tauter, more contoured look. It helps you look and feel younger, as it reshapes your body and boosts collagen production.



CINQ TUAIR
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NORMATEC COMPRESSION THERAPY

-
A cutting edge therapy that helps muscle recovery and reduces inflammation. It also prevents DOMS (delayed onset muscle soreness) and improves circulation, leaving you agile and limber once again.



CINQUAIRE
SPA

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RED LIGHT THERAPY

-
This emerging therapy uses low wavelength red light to improve all facets of the skin's appearance. It's said to smooth out texture like fine lines and wrinkles, soften scars and even prevent acne.

CINQ TUAIR
SPA

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HBOT
(50mins | INR 5000++)



CRYO EMS
(50mins | INR 15,000)



NORMATEC COMPRESSION
THERAPY
(15mins | INR 3500++)



RED LIGHT THERAPY
(15mins | INR 3500++)



*Keeping your body healthy is an expression
of gratitude to the whole cosmos- the trees,
the clouds, everything.*

THICH NHAT HANH

BODY MASSAGES

CINQTUAIR SIGNATURE MASSAGE
(90mins | INR 9500)

HOT STONE THERAPY
(75mins | INR 8000)

YIN YANG AROMATHERAPY MASSAGE
(60/90mins | INR 7000/9000)

BALINESE TRADITIONAL MASSAGE
(60/90mins | INR 7000/9000)

SWEDISH MASSAGE
(60/90mins | INR 7000/9000)

THAI YOGA MASSAGE
(60/90mins | INR 7000/9000)

MOISTURISING CANDLE MASSAGE
(75mins | INR 8000)

-

BODY TREATMENTS

MANGO BODY SCRUB
(45 mins | INR 5500++)

THERMAL BODY SCRUB
(45 mins | INR 5500++)

CHARCOAL MUD PEEL
(45 mins | INR 5500++)

VOLCANO MINERALIZING BODY
WRAP
(45 mins | INR 5500++)

SAPPHIRE CREAM WRAP
(45 mins | INR 5500++)

HEMATITE MUD WRAP
(45 mins | INR 5500++)

-

AYURVEDA TREATMENTS

SHIRODHARA
(45mins | INR 5500)

ABHYANGAM TRADITIONAL MASSAGE
(60/90 mins | INR 7000/9000)

SYNCHRONISED ABHYANGAM MASSAGE
(60mins | INR 11000)

KIZHI POTALI
(75mins | INR 8000)

PIZHICHIL TREATMENT
(60/90mins | INR 7000/9000)

HAND AND FOOT MASSAGE
(60mins | INR 5500)

SCALP, NECK AND
SHOULDER MASSAGE
(30mins | INR 3500)

-

RITUALS

SLEEP WELL JOURNEY
(90mins | INR 10000)

PATHWAY TO REJUVENATION
(120mins | INR 12000 for 1 person)
(120mins | INR 20000 for 2 person)

EQUILIBRIUM OF LIFE
(150mins | INR 15000)

-

FACE THERAPY

WHITE PEARL SKIN CARE
(90 minutes | INR 8000)

DIAMOND ANTI-AGING CARE
(90 minutes |INR 10000)

EXPERT CLEANSE PRO LINE
(60 minutes | INR 6000)

-

AQUATHERAM LINE
(60 Minutes | INR 7000)

POWER OXYGEN LINE
(75mins | INR 7500)

CORRECTIVE LINE
(90mins | INR 8000)

TIMELESS PRODIGY LINE
(90mins | INR 15000)

MEN’S LINE
(60mins | INR 7000)

CORRECTIVE LINE
(90mins | INR 8000)

EYE TREATMENT
(30mins | INR 3500)

—

POPULAR TREATMENTS

HBOT
(50mins | INR 5500++)

CRYO EMS
(50mins | INR 15,000++)

NORMATEC COMPRESSION THERAPY
(15mins | INR 3500++)

RED LIGHT THERAPY
(15mins | INR 3500++)

-

DISCOVER YOGA

YOGA
(45mins | INR 3000)

CHAKRA MEDITATION
(45mins | INR 3000)

YOGA GROUP SESSION
(60mins | INR 8000 for 4 person)

—

Spa Treatment Hours - 09:00 hours till 21:00 hours

Before or after hours may be arranged with a prior reservation

Spa Reservation

For reservations, kindly contact the spa reception or the front desk directly. Guests can make reservations online as well. Advanced bookings are recommended to make sure you get your preferred time slot.

Prior to Arrival

It's best to leave all jewellery, valuables and personal belongings, in your room before you enter the spa.

Arrival

Guests are requested to arrive fifteen minutes prior to the start of the appointment, to fill out the lifestyle consultation form. Take a quiet, peaceful stroll in our serene sanctuary, or a go for a quick dip in our pool before your appointment commences.

Late Arrivals

In order to avoid disrupting the reservations of other guests, we are unable to extend the duration of your treatment in case you arrive late. Cognizant of this, kindly arrive well in advance.

Cancellation

Please note that a three hour notice is required to cancel all individual treatments, packages and programs. Failure to do so results in a 50% charge towards the treatment. In case guests are a no-show, 100% of the treatment charge will be levied.

Spa Etiquette

To maintain the spa sanctity and for the comfort of other guests, smoking is not allowed in the spa. Your phones must also be on silent mode to help keep our sanctuary quiet and peaceful.

After your treatment

It's recommended to avoid sunbathing for at least 6 hours after any of our treatments.

Children

At Cinqtuair spa, children under the age of 18 must be accompanied by a parent or guardian, who will complete a Health Assessment Form and a Children's Wellness Waiver for them. The child must be appropriately dressed in undergarments or swimsuits during treatments that require garments to be removed. The parent or guardian will be asked to remain close to the treatment room in case the child asks for them. For private sessions of children under the age of 14, the parent or guardian is recommended to remain in the room of treatment during the time of service.

Note:

- Have a break of 2 to 3 hours after meal.
- Avoid alcohol pre and post therapy.

