

MAYFAIR SPA

RELAX, REFRESH & REJUVENATE





YOUR ABODE OF SERENITY

Step into MAYFAIR SPA, a tranquil haven designed to immerse you in an oasis of peace, where the soothing sounds of cascading water harmonize with lush greenery to create an ideal environment for relaxation and rejuvenation.

Here, you can embark on a transformative journey that calms your body, refreshes your mind, and revitalizes your spirit.

Our luxurious facility features a Beauty Salon, Barber Shop, Bridal Room, and a dedicated Manicure & Pedicure area with a Nail Art station, ensuring you depart feeling pampered and polished. For couples seeking deeper connection, our duo treatments provide a wonderful opportunity to bond in the serene ambiance of our spa sanctuary.

Experience the ancient art of Ayurveda through our authentic therapies, which are rooted in timeless healing traditions and tailored to meet your individual needs. Indulge in our signature spa treatments, meticulously crafted to guide you toward a state of profound tranquility.

From exquisite touch therapies to invigorating body treatments, each service is thoughtfully designed to release tension and restore balance to your entire being.

Fitness enthusiasts will appreciate our state-of-the-art gymnasium, offering personal training options and a comprehensive wellness program to elevate your fitness journey.

Join us at MAYFAIR SPA to explore the ultimate path to holistic wellness and blissful relaxation, where every moment is dedicated to your well-being.



THE MAYFAIR SIGNATURE DAY RETREATS

RICE BOWL SPA RITUAL | 120 MINUTES

Chhattisgarh being named as “Rice Bowl of India” the Mayfair signature rice bowl ritual begins with a natural exfoliating rice powder with multhani mitti, & Chandan scrub to shed off the dead skin cells, followed with a detoxifying mineral clay mask cocooning the whole body to remove the toxins, excess oil and prevent skin irritation & cellulite formation.

Following the scrub, a relaxing massage with organic orange and jasmine essential oil soothe deeper tissues, release muscle tension, and rejuvenate the skin, enhancing overall relaxation and well-being.

The ritual concludes with a renewal face cleanse, promising to bring out a glow from within. This final step ensures that your skin feels refreshed and revitalized after the entire experience.

Overall, this wellness ritual perfectly designed to pamper both body and mind, offering a comprehensive treatment in the tranquil atmosphere.

ROMANTIC LAKE SPA ESCAPE | 150 MINUTES

Indulge in a luxurious Lake Spa escape starting with a revitalizing body exfoliation, designed to leave your skin silky smooth. Choose your preferred massage to unwind and soothe your senses. Afterward, luxuriate in an encapsulating body wrap with a calming head massage for a complete rejuvenating journey.

To enhance your romantic getaway, immerse yourselves in the Couple steam & shower experience, where relaxation meets intimacy. Finally, savor a customized drink paired with delicious nibbles, culminating in the perfect end to your spa retreat.

THE MAYFAIR SIGNATURE | 90 MINUTES

A signature Mayfair Spa experience begins with a detoxifying steam followed with natural rice powder and sugar scrub to exfoliate the dead skin cells, followed with a rhythmic massage with the combination of passive stretching, & deeper manipulation with our signature oils, helps to relax, renew and refresh your body and mind.

COUPLE SPA TREAT | 60/90 MINUTES

The romance in the air is as tangible as a candle light, where the aroma of essential oils fills the air. Couples can indulge in a wonderful sensory experience together with the choice of Swedish, Aroma or Deep Tissue massage.





TOUCH THERAPIES

DEEPTISSUE MASSAGE | 60/90 MINUTES

Designed to relieve pain & muscle tension throughout the body, this massage is extremely beneficial as it reaches the deepest layer of muscles, fascia (connective tissue surrounding the joints) and tendons. Deep tissue massage breakdowns the adhesions and provides a relaxing effect.

SWEDISH MASSAGE | 60/90 MINUTES

The classical Swedish techniques where light to medium pressure is applied to the whole body with the combination of effleurage, tappotment and friction, stimulate circulation and reduces stress.

BALINESE MASSAGE | 60/90 MINUTES

A traditional Indonesian massage is a combination of acupressure and holistic massage with gentle stretches to stimulate flow of blood, oxygen and “qi” (energy).

AROMA OIL MASSAGE | 60/90 MINUTES

A traditional therapeutic massage that uses a choice of aromatic essential oils to suit your individual needs. The soft detoxifying massage with the pressure point stimulation helps in lymphatic & venous drainage to cleanse and purify.

HOT STONE MASSAGE | 90 MINUTES

Hot stone massage is a unique treatment where therapists use smooth heated basalt stones to massage the focal points on the body to give a deep sensation of utter relaxation steeped in comforting warmth.

THAI MASSAGE | 90 MINUTES

Traditional Thai massage is an ancient healing system that combines broad and targeted acupressure points stimulation, and manipulation of energy lines called Zen. A dry stretch based Massage to improve the flexibility, tone the Muscles, tighten the skin and provide lightness to the whole body.





AYURVEDA HEALING THERAPIES

ABHYANGAM | 60/90 MINUTES | 7*60 MINUTES

A traditional Ayurveda massage, having a long friction based strokes with extravagant amount of warm herbal oil, which helps to generate the warmth with in the body and skin, enhance the circulation, stimulates the vital points and balance the body & mind.

UDWARTHANAM | 60 MINUTES | 7*60 MINUTES

Udwarthanam or powder massage is a special Ayurveda massage in which herbal powders are used to massage the body against the direction of the hair follicles with more pressure. This massage opens up the pores and detoxifies. It also helps the body by increasing the heat inside the tissues, activating the nerves, mobilizing the fat tissues, reducing the cellulite.

CHOORNASWEDAM | 60 MINUTES | 7*60 MINUTES

The whole body is made to sweat by massaging with medicated powder as boluses tied in a muslin cloth dipping in a hot medicated oil. The Choornaswedam is indicated for neurological disorders, rheumatism and arthritis.

KATIVASTHI | 45 MINUTES | 7*45 MINUTES

Specially prepared warm medicated oil is filled over the lower back with herbal paste boundary. This treatment is very effective for any type of back pain and spinal disorders.





MAYFAIR BODY TREATMENTS

WHITENING SCRUB | 30 Minutes

The whitening body scrub comes with particles that will help you clear the dead skin and cells. Most of the time it is not tan but the cells that your body sheds get accumulated and give you a darker shade. All you need to do is scrub it off and get rejuvenated skin.

CHANDAN RICE BODY SCRUB | 30 MINUTES

Rice powder with the sandalwood to exfoliate the dead skin cells and enriching with the soothing almond oil re-moisturizes offering a glowing & smooth textured skin.

COFFEE SCRUB | 30 MINUTES

Coffee scrubs are considered to be one of the most effective exfoliating skincare products that not only removes tan but also helps give you radiant skin and even out your skin tone. A natural body scrub made of coffee is effective without being harsh. In short, your beauty routine will benefit greatly if you add coffee scrubs to it.

WHITENING WRAP | 30 MINUTES

Whitening wrap helps to whiten your skin naturally. To brighten your skin, it's important to exfoliate regularly. These wraps are specifically formulated with marine nutrients and botanicals to optimize skin health and well-being during treatments.





MAYFAIR SKIN CARE BY MINTREE

SIGNATURE MINERAL MUD FACIAL | 60/90min

(All Skin Types) – for dull, tanned and tired skin

Mayfair signature organic facial features muskmelon, raspberry, and mineral muds to brighten and lighten your complexion. Enriched with kukui oil and vitamin E-rich wheat germ oil, it offers anti-inflammatory and anti-redness benefits, soothing and moisturizing the skin.

The luminous peel-off mask is a nutrient-dense treatment with exceptional anti-aging properties, thanks to Moroccan and French clays. These clays, sourced from Estonia's Kaina Bay—the world's cleanest bay—contain 94% bio-minerals. The mask is rich in amino acids, humic, and fulvic acids, which repair skin cells, maintain structural integrity, and boost collagen production.

AGE LOCK YOUTH RESTORATIVE FACIAL | 60/90 MINUTES

(Matured and dry skin types)

Experience the rejuvenating effects of our organic age-defying facial, enriched with Kakadu plum, pomegranate enzyme, jojoba oil, French pink clay, and mineral-rich mud. This treatment not only delays the signs of aging but also hydrates and plumps the skin by enhancing collagen production while minimizing wrinkles and fine lines. Infused with ginseng oil, it further boosts collagen synthesis and helps reduce puffiness and inflammation for a youthful, radiant complexion.

BLACK PEAT MUD MASK | 45 MINUTES

(For All Skin Types)

Seeking a renewed, healthy glow in your 30s or 40s? This mask is magical. Made from the mineral-rich region of Estonia this bio-filter mud makes your skin radiant and glowing in one use. The infusion of Goji berry extract, Chamomile extract and witch hazel cleanse and tone the skin. Suitable for all skin types this peat face mask intensely hydrates and nourishes your skin.





EXPRESS TREATS

MINI FACIAL | 30 MINUTES

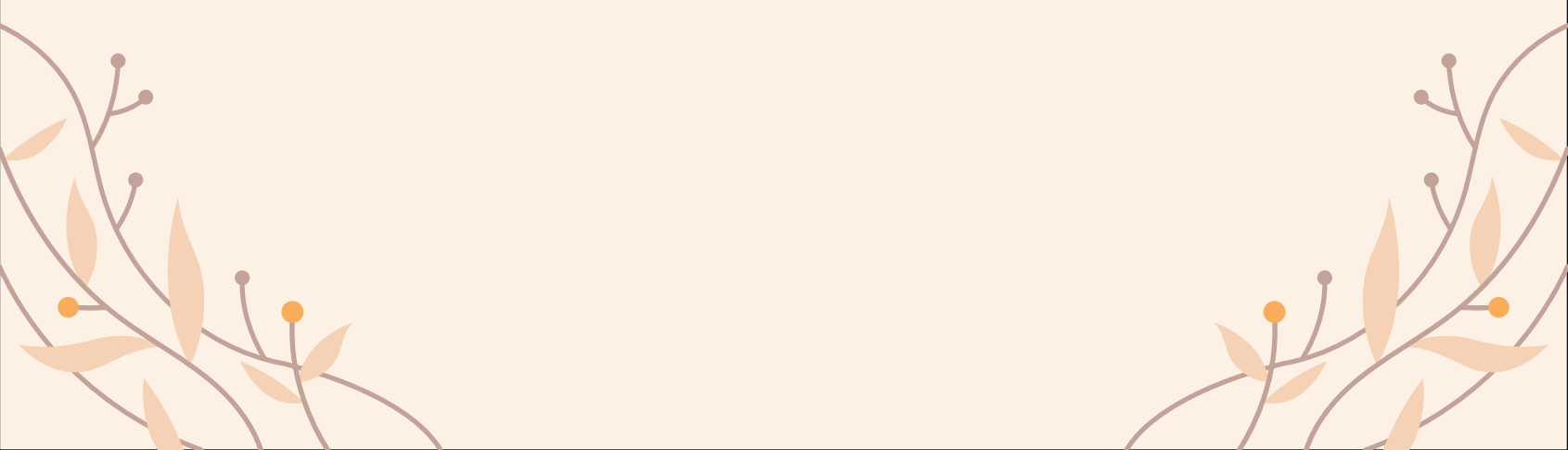
Three-step therapy to remove pollution impurities & to bless the skin with a fresh glowing appearance.

DE-STRESS BACK MASSAGE | 30 / 45 MINUTES

An Ayurveda massage, focused on the complete back with large amounts of warm herbal oil, helps to balance the body's seven chakras and relieve back ache and stiffness.

FOOT REFLEXOLOGY | 30 MINUTES

Pressure is applied on fixed vital points of the feet that correspond with various organs in the body thereby improving overall blood circulation, stimulate & heal the particular organ.





HOW TO SPA

RESERVATIONS

For a smooth and enjoyable experience at our Spa, we recommend booking your appointment in advance. If you arrive late due to unforeseen circumstances, we will make every effort to accommodate you, depending on availability. This might involve rescheduling your appointment or shortening your session to fit in other guests.

CANCELLATIONS

Failure to attend your appointment without prior cancellation will result in a full charge for the treatment. To reschedule an appointment, please provide advance notice, subject to availability. Cancellation done within 3 hours of your appointment, a 50% charge will be applied.

SPA ETIQUETTES

- **Mobile Phones:** Please turn off or silence your mobile phone and other electronic devices. We request minimal conversation to maintain the Spa's serene atmosphere.
- **Smoke and Alcohol:** Our Spa is smoke-free and alcohol-free. Guests under the influence of alcohol or drugs will not be treated.
- **Spa Attire:** Wear appropriate Spa attire (disposable underwear provided by the Spa) during your treatment.
- **Conduct:** The Management reserves the right to ask guests to leave if they engage in inappropriate behaviour or disrupt the Spa's peaceful environment.

SPECIAL CONSIDERATIONS

Personal Items: Remove spectacles, eyewear, or hearing aids to fully enjoy your treatment, as these items may interfere with the therapy.

- **Hydration:** Drink plenty of fluids before and after your treatment to stay hydrated.
- **Medical Conditions:** Please inform the Spa of any heart conditions, high blood pressure, or other medical issues before your treatment.
- Guests are advised to avoid strenuous exercise or physical activity for at least one to two hours after their treatment. This rest period allows you to fully experience the benefits of your therapy.
- For men scheduling facial treatments, we recommend shaving a few hours prior to your appointment to ensure the best results.

We look forward to providing you with a relaxing and pleasant experience at MAYFAIR SPA!



MAYFAIR SPA
RELAX, REFRESH & REJUVENATE





MAYFAIR
Hotels & Resorts



SCAN ME

Contact us: +91 74707 72955



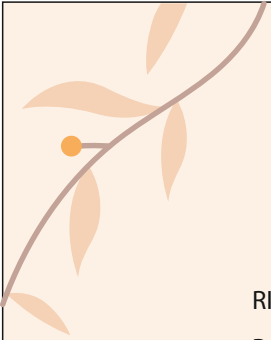
/MayfairSpaIndia



mayfairhotelsandresortspa



www.mayfairhotels.com



MAYFAIR SPA-PRICE LIST

THE MAYFAIR SIGNATURE DAY RETREATS

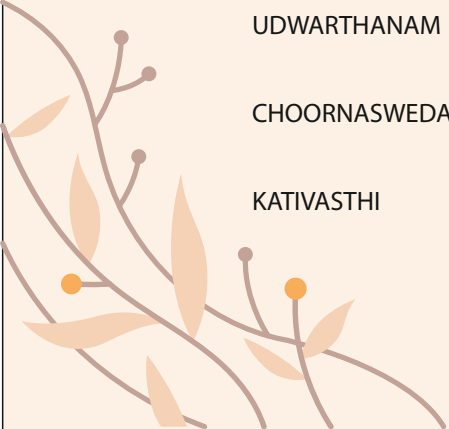
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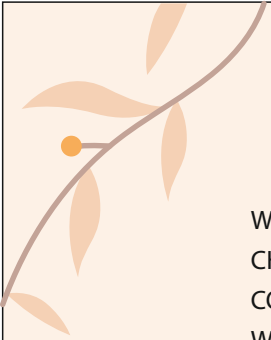
TOUCH THERAPIES

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UDWARTHANAM	60 MINUTES 7*60 MINUTES
CHOORNASWEDAM	60 MINUTES 7*60 MINUTES
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MAYFAIR BODY TREATMENTS

WHITENING SCRUB	30 MINUTES
CHANDAN RICE BODY SCRUB	30 MINUTES
COFFEE SCRUB	30 MINUTES
WHITENING WRAP	30 MINUTES

WELLNESS WITH DR. CHHAYA

WELLNESS CONSULTATION
BODY ELEMENT ANALYSIS
PERSONALISED YOGA
GROUP YOGA SESSION (UPTO 20PAX)

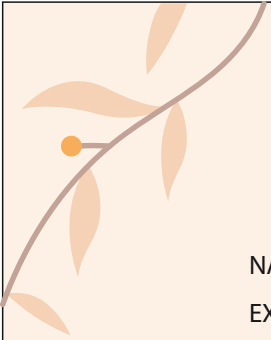
MAYFAIR SKIN CARE BY MINTREE

SIGNATURE MINERAL MUD FACIAL	60/90 MINUTES
AGE LOCK YOUTH RESTORATIVE FACIAL	60/90 MINUTES
BLACK PEAT MUD MASK	45 MINUTES

MAYFAIR EXPRESS

DE-STRESS BACK MASSAGE	30 /40 MINUTES
FOOT REFLEXOLOGY	30 MINUTES
MINI FACIAL	30 MINUTES
FACE MASSAGE	15 MINUTES
HEAD MASSAGE	20 MINUTES
STEAM / GYM	15-20 MINUTES





MAYFAIR SALON SERVICES

HANDS & FEET

NAIL CARE (CUT & FILE)

EXPRESS MANICURE/ PEDICURE

DELUXE MANICURE/ PEDICURE

SALON FOR HIM

HAIR CUT

CHILD HAIRCUT (BELOW 6 YEARS)

SHAVING

HAIR TREATMENT

HAIR SPA

HAIR WASH (SHAMPOO & CONDITIONER)

HAIR COLOR (INOA / MAJIREL)

BEARD TRIM

BEARD COLORING

MUSTACHE COLORING

MUNDAN

LADIES SALON

HAIR WASH (S/M/L)

HAIR TRIM

BLOW DRY (S/M/L)

FRONT TOUCH UP (INOA/ MAJIREL)

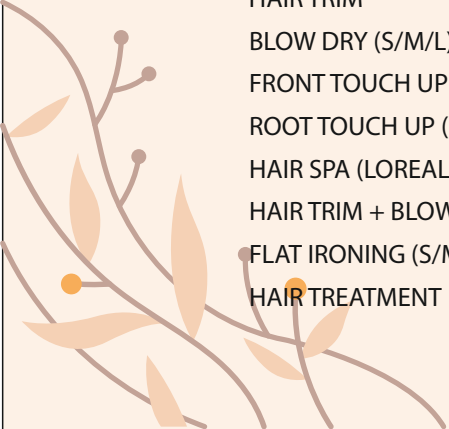
ROOT TOUCH UP (INOA/MAJIREL)

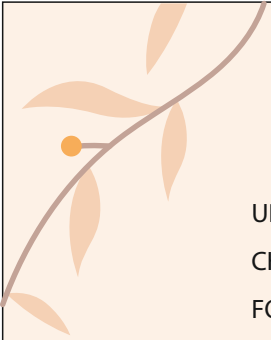
HAIR SPA (LOREAL)

HAIR TRIM + BLOW DRY

FLAT IRONING (S/M/L)

HAIR TREATMENT





THREADING

UPPER LIP

CHIN

FOREHEAD

FULL FACE THREADING

WAXING (RICA)

HALF LEG

FULL LEG

HALF ARMS

FULL ARMS

UNDER ARMS

BACK/ FRONT

FULL BODY WAXING

BRIDAL MAKEUP

SAREE DRAPING

HAIR DO

EYE MAKEUP

LIGHT MAKEUP

PARTY MAKEUP

PARTY MAKEUP WITH HAIR DO

BRIDAL MAKE UP

