

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.

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.

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.

Our luxurious facility features a Beauty Salon, Barber Shop, Bridal Room, and a dedicated Manicure-Pedicure area complete with a Nail Art station, ensuring you depart feeling pampered and polished.

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

CONCH SHELL RITUAL | 120 Minutes

The Mayfair signature Conch shell ritual takes you through a truly rejuvenating journey! It starts with an exfoliating sea salt body scrub, which is excellent for removing dead skin cells and promoting smoother, softer skin.

Following the scrub, a relaxing massage with an authentic Conch shell of Puri with organic Rose & Geranium 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 of Shankha Khetra.

ROMANTIC BEACH ESCAPE | 150 Minutes

Indulge in a luxurious Beach 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 a Conch Shell 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.

*T&C apply



TOUCH THERAPIES

DEEP TISSUE 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.

*T&C apply



ABHYANGAM | 60/90 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

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/HERBAL POULTICE | 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.

*T&C apply





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.

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.

SEAWEED MINERAL DETOX WRAP | 30 Minutes

Seaweed detox body wrap rich in healthy Vitamins and Minerals helps to purify the body, enhance the circulation and re-mineralize the skin. Simultaneously the combination of clay and aloe-vera cleans, tone and hydrates the skin.

*T&C apply



MAYFAIR SKIN CARE BY COMFORTZONE

HYDRA MEMORY | 60 Minutes

Deep Hydrating treatment to combat dehydration and dryness which gives the skin a new life.

SOOTHING REMEDY | 60 Minutes

The advanced professional solution to soothe, renew & strengthen sensitized & redness-prone skin.

HYDRA MEMORY ADVANCED | 70 Minutes

A deeply hydrating, antioxidant treatment for face, neck and décolleté. Leaves the skin hydrated and silky. Restores compactness, nourishment and luminosity.

ACTIVE PURENESS BIPHASIC | 70 Minutes

A deep cleansing, rebalancing and purifying treatment which restores the impure skin, normalizes sebum production and reduces the appearance of pores, blackheads & skin imperfections.

*T&C apply





EXPRESS TREAT

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 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 backache 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.

HEAD MASSAGE | 30 Minutes

A soothing massage that focuses on relieving tension from the scalp, neck, and shoulders. Gentle, rhythmic strokes ease stress, promote relaxation, and leave you feeling light, calm, and refreshed.

Coconut Oil

Olive Oil

FACE MASSAGE | 15 Minutes

Curated to quiet the mind and release emotional tension stored in facial muscles. Slow, soothing strokes relax the forehead, eyes, and jaw, easing stress and promoting deep tranquillity. Perfect for guests seeking soft, glowing skin and complete mental relaxation.

*T&C apply





MAYFAIR SALON SERVICES

HANDS & FEET

NAIL CARE (Cut & File)
EXPRESS MANICURE/ PEDICURE
LUXURY MANICURE/ PEDICURE

30 min

GENTS SALON

CHILD HAIRCUT (BELOW 6 YEARS)
HAIR WASH (SHAMPOO & CONDITIONER)
BEARD TRIM
BEARD COLORING
MOUSTACHE COLORING
HAIR CUT
EXP SHAVING
HAIR SPA
HAIR COLOR (MAJIRREL)
HAIR COLOR (INOA)

LADIES SALON

HAIR WASH (S/M/L)
BLOW DRY (S/M/L/XL)
HAIR SPA (LOREAL)
HAIR CUT (ADVANCE)
CURL SETTING (S/M/L)
ROOT TOUCH UP (INOA/MAJIREL)
HAIR IRON (S/M/L)

THREADING

UPPER LIP
CHIN
FOREHEAD
FULL FACE THREADING

*T&C apply



HOW TO SPA

RESERVATIONS

For a smooth and enjoyable experience at our Spa, we recommend booking of your appointment well in advance. If you arrive late due to unforeseen circumstances, we will make every effort to accommodate you, depending upon the 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 an advance notice, subject to availability. A 10% cancellation fee applies, but if you cancel within 3 hours of your appointment, a 50% charge will be applied.

GIFT CERTIFICATE

Spa Gift vouchers are a popular gift for special occasions, such as birthdays, anniversaries, or holidays. They offer a convenient way for people to enjoy a luxurious spa experience. It's a customized gift card with the recipient's name, the gifting person (s) name (s) and a personal message from the gifting person. You can buy them either online or buy visiting any of our spas. The vouchers are purchased of a certain value and the recipient can avail a wellness service of his or her choice across any of our spa across MayFair Hotels & Resorts.

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 zone. 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 the guests to leave if they engage in inappropriate behaviour or disrupt the Spa's peaceful environment.

SPECIAL CONSIDERATIONS

- **Personal Items:** Remove spectacles, jewellery, watch 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, pregnancy 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.
 - Before taking the Spa, Guests are requested to have a food interval of minimum one hour.
 - 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
Hotels & Resorts



SCAN ME

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/MayfairSpaIndia



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www.mayfairhotels.com