



MAYFAIR SPA

RELAX, REFRESH & REJUVENATE



THE MAYFAIR SIGNATURE DAY RETREATS

SEA SHELL SIGNATURE MASSAGE | 60/90 Minutes

The Sea Shell massage at Gopalpur offers a one-of-a-kind spa experience. This signature treatment involves pouring oil over the entire body while using a sea shell to perform deep tissue manipulation. The smooth, curved surface of the shell glides effortlessly, providing an unparalleled sense of relaxation and rejuvenation. It's an unforgettable experience that combines the soothing qualities of natural elements with expert therapeutic techniques.

SEA BREEZE SIGNATURE | 120 Minutes

Being on the banks of Bay of Bengal, The Mayfair signature Sea Breeze ritual begins with the exfoliating scrub by native palm sugar and grated coconut rich in antioxidants that help protect against cell damage, sheds off the dead skin cells, renews and provide a skin glow.

This followed with a specially designed sea shell massage with orange and Jasmine to cool the skin and calm the mind, soothes the deeper tissues, release the muscle tension and rejuvenate the skin.

The experience concludes with a sea weed and clay body wrap to provide you the glow from within, release Toxins and Cellulite leading to toned, glowing skin.

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.

Follows an intimate steam and shower experience in a couple suite.

ROMANTIC BAY ESCAPE | 150 Minutes

Indulge in a luxurious Bay 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 a mini glow facial 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.

*T&C apply



TOUCH THERAPIES

KANSA SANTULANA {A Royal Ritual of Balance} | 75 Minutes

An indulgent & deeply nurturing Body Rebalancing Ritual combines traditional wisdom with modern wellness sensibilities. Crafted from a sacred blend of metals, the healing Kansa wand glides gracefully over the body, awakening dormant energies, and inviting the flow of prana. This soulful therapy eases deep seated muscular tension, soothes nervous system, neutralize excess acidity, detoxify tissues and restore harmony within the body's energy pathways & leaves you feeling exquisitely lighter, grounded, and serenely aligned — a return to your natural rhythm.

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).

*T&C apply



TOUCH THERAPIES

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.

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.

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

A signature natural scrub made with organic palm sugar with grated coconut which helps to clear the dead skin cells, remove tan and provide a toned glowing 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. These wraps are specifically formulated with marine nutrients and botanicals to optimize skin health and well-being during treatments.

SEA WEED AND CLAY BODY WRAP | 30 Minutes

A detoxifying sea weed with fuller's earth / multhani mitti full body wrap relieves the toxins from the body, removes excess oil and depletion of water content from the body. A best anti cellulite treatment.

*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.

SUBLIME SKIN DOUBLE PEEL | 70 Minute

Skin treatment which stimulates the face, neck and décolleté. This treatment stimulates the renewal of epidermal cells and improves the appearance of soft and premature wrinkles.

SUBLIME SKIN ACTIVE LIFTING | 90 Minute

An anti-aging re-densifying and lifting treatment for the face & neck. It restores the volume of the face, improves tone & reduces wrinkle depth.

*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 MASSAGE / REFLEXOLOGY | 30/40 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.

MINI FACIAL WITH DE-STRESS BACK MASSAGE | 50 Minutes

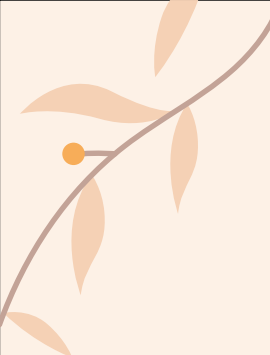
Immerse in a rejuvenating ritual that blends deep relaxation with radiant renewal. The experience begins with a soothing de-stress back massage to dissolve tension and calm the mind, followed by a refreshing mini facial that purifies, hydrates, and unveils a luminous, healthy glow.

HEAD MASSAGE WITH BACK COMFORT INDULGENCE | 45 Minutes

Step into a world of serenity, where warm, fragrant herbal oils glide over your back, melting away tension and stiffness. Each stroke is designed to release stress, restore balance, and awaken a sense of calm. The experience gently unfolds with a soothing head massage, leaving your mind tranquil and your body revived.

*T&C apply





MAYFAIR SALON-PRICE LIST

MAYFAIR SKIN CARE BY COMFORT ZONE

HYDRA MEMORY	60 Minutes
SOOTHING REMEDY	60 Minutes
HYDRA MEMORY ADVANCED	70 Minutes
ACTIVE PURENESS BIPHASIC	70 Minutes
SUBLIME SKIN DOUBLE PEEL	70 Minutes
SUBLIME SKIN ACTIVE LIFTING	90 Minutes

MAYFAIR EXPRESS

DE-STRESS BACK MASSAGE	30/40 Minutes
FOOT REFLEXOLOGY	30/40 Minutes
MINI FACIAL	30 Minutes
FACE MASSAGE	15 Minutes
HEAD MASSAGE	30 Minutes

MAYFAIR SALON SERVICES

HANDS & FEET
NAIL CARE (CUT & FILE)
NAIL PAINT (OPI)
EXPRESS MANICURE/ PEDICURE
DELUXE MANICURE/ PEDICURE

*T&C apply





MAYFAIR SALON-PRICE LIST

LADIES SALON

GLOBAL HAIR COLOR (S/M/L)

HAIR WASH (S/M/L)

BLOW DRY (S/M/L)

HAIR SPA (LOREAL) (S/M/L)

HAIR TREATMENT

CURL SETTING (S/M/L)

CRIMPING (S/M/L)

HAIR IRONING (S/M/L)

HAIR CUT / HAIR TRIMMING

THREADING

UPPER LIP

CHIN

FOREHEAD

FULL FACE

EYEBROW

WAXING (RICA)

HALF LEG

FULL LEG

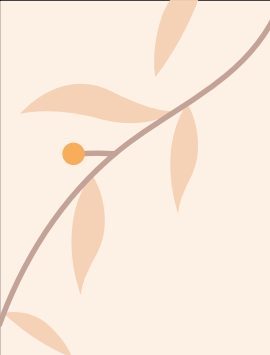
HALF ARMS

FULL ARMS

UNDER ARMS

BACK/ FRONT

*T&C apply



MAYFAIR SALON-PRICE LIST

MAKE UP

SAREE DRAPING

HAIR DO

PARTY MAKE UP

GENTS SALON

HAIR CUT

KID CUT (Below 6 Years)

SHAVING

BEARD TRIMMING

GENTS HAIR COLOUR (Inoa)

MOUSTACHE COLORING / BEARD COLORING

*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!

*T&C apply



MAYFAIR
Hotels & Resorts



SCAN ME

Contact us: 06802227501



/MayfairSpaIndia



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www.mayfairhotels.com