



JW MARRIOTT
BENGALURU

SPA BY JW



SPA MENU

SIGNATURE SPA EXPERIENCE

Our Signature spa experience is derived directly from the natural Indian local environment, with the use of subtle lingering scents of sandalwood and clear understandable benefits in warm and natural ambience of tranquility.

In 1916 Maharaja of Mysore, His Highness Nalwadi Krishna Raja Wodeyar started to extract Sandalwood Oil from Sandalwood. It is considered as the world's best natural sandalwood oil which is also known as fragrance ambassador of India. Sandalwood Essential Oil has been used in cultural and spiritual ceremonies for centuries. The Indian Ayurvedic system of medicine uses it for its healing & energizing properties.

Signature spa experience is a unique balancing ritual with a mild exfoliation using the goodness of sandal combined with saffron; exfoliation leaves the entire body skin smooth and radiant. Inspired by rhythmic and deeply relaxing Indian Massage with sandalwood essential oil, rejuvenates and clears stagnant energy restoring the flow of "Prana", the life force to balance your body & mind.

120 minutes

BODY WORK THERAPIES

Aromatherapy Experience 60/90 minutes

Release tension held in every part of the body, feel deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish & neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation.

Jet Lag cure 60/90 minutes

Experience a great treatment for weary travellers who are feeling the physical and mental fatigue of travel. Created to regulate your body to local time and get you back on track when you're feeling tired and sluggish.

Deep sleep 60/90 minutes

This head to toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

Clear your mind 90 minutes

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track. Smooth, polished basalt lava stones are heated and incorporated into a full body massage

Intensive Muscle Release 60/90 minutes

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Temple Massage 60/90 minutes

Traditionally practiced only in the sacred temples of Thailand, this massage involved gentle pressure, rhythmic rocking and stretching to balance the flow of energy.

Uplift your mood 60/90 minutes

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits.

Abhyanga 60 minutes

An age old secret of health and wellbeing in the southern part of India; uses warm medicated oil to stimulate circulation & relieve tensions on both the physical & mental levels.

As a tradition in Ayurveda this treatment is performed by a same gender therapist as of guest.

Foot reflexology 30 minutes

Based on the traditional techniques of applying pressure to the reflex points on the feet, this massage stimulates the blocked energy from corresponding areas within the body, leaving you deeply relaxed.

Indian Head Massage 30/60 minutes

Used as a quick stress reliever in India, the trigger points on the head are stimulated to induce relaxation. Finest Ayurveda oils will induce sound sleep.

REFINING THERAPIES

Bespoke Skin Polish 30 minutes

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

Balancing skin refinement 30 minutes

Enriched with wellness of coconut, this refining ritual balances your skin; the fine cane sugar exfoliates & restores natural skin oils & leaves you with a supple feel. Suitable for all skin types,

Quench your skin 60 minutes

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted

Skin Nutrition 60 minutes

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth with a scrub, followed by the layering of hydrating mud wrap and a velvety moisturising body butter.

FACE THERAPIES

Men's 60 minutes

When you need to look your best, this deep cleansing and brightening facial, will leave your skin looking fantastic. The results are a clear and clean skin, full of health and vitality.

Age Repair 90 minutes

An intensive treatment for aging skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

Radiance 60 minutes

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

Deep Cleansing 60 minutes

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, leaving a super clean and fresh skin.

Soothing 60 minutes

A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe, and restore the skin's natural radiance.

Purity 30 minutes

Crafted for the ones who are on the go, this customised experience is a swift cleanse yet with an exquisite effect.

Instant Eye Repair 30 minutes

Specialized massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

SPA JOURNEYS

Rejuvenation for Men 90 minutes

Achieve deep relaxation make your own spa experience choose between a soft and supple scrub to exfoliate your body or a cleansing face therapy to leave your face radiant and nourished. The journey further continues with a deep relaxing massage to refine and rebalance you.

Essential Spa by J W 2 hours 30 minutes

For times when you need to indulge and pamper. This treatment helps to harmonise and rejuvenate your spirits.

The indulgence starts with an exotic sea salt mineral scrub to smooth and soften the skin along with a richness of mineral mud mask to envelope your body. While your body is absorbing the minerals from the mask distress yourself with a scalp massage. This journey then carries you in a deep state of relaxation with our signature Deep sleep massage where the therapist works on pressure points to rejuvenate your spirits.

De-stress 2 hours 30 minutes

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul. Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

Your body is wrapped in a mineralising mud mask to detox and cleanse your body, leaving you feeling refreshed and energised. A soothing hot stone massage where the therapist works on the chakras of your body to make your mind refocus and brings it back on track. Experience does not end here but has a customised face therapy to suit your skin requirements which would bring needed freshness and glow.

Couples Retreat

3 hours

Every aspect of this complete spa ritual is to boost yours and your partners spirits. Perfect before a romantic evening or an enjoyable night out

A full body exfoliation using citrus oils to smooth and soften the skin, followed by a truly blissful and romantic bathing experience surrounded with enchanting essential oils of Geranium, Patchouli and Sandalwood, a pressure point massage to energise and enliven you, and to finish is a bespoke facial to suit your needs leaving your skin glowing and radiant.

COUPLE SUITE JOURNEYS

Our Couple suite allows complete privacy to enjoy an ultimate experience with a private hydrotherapy bath for couple, a steam shower and a luxurious relaxation area, a perfect place to unwind and share some moments of relaxation with your partner, friend or loved ones or simply yourself.

Maya

A 60 minute Aromatherapy Experience with a hydro soaks

Sutra

A 90 minute Aromatherapy experience with a hydro soaks

Signature Spa Experience	120 minutes	7000 INR
Body Work Therapies		
Aromatherapy Experience	60/90 minutes	3400/4950
Jet Lag cure	60/90 minutes	3500/5050
Deep sleep	60/90 minutes	3700/5150
Clear your mind	90 minutes	5700
Intensive Muscle Release	60/90 minutes	3800/5200
Temple Massage	60/90 minutes	3400/4950
Uplift your mood	60/90 minutes	3700/5100
Indian Head Massage	30/60 minutes	2500/3400
Abhyanga	30/60 minutes	3400/4950
Foot Reflexology	30/60 minutes	2500/3400
Refining Therapies		
Bespoke Skin Polish	30 minutes	2500
Balancing skin refinement	30 minutes	2500
Quench your skin	60 minutes	4500
Skin Nutrition	60 minutes	4500
Face Therapies		
Men's	60 minutes	4200
Age Repair	90 minutes	5500
Radiance	60 minutes	5000
Deep Cleansing	60 minutes	4500
Soothing	60 minutes	3900
Purity	30 minutes	2500
Instant Eye Repair	30 minutes	2500
Spa Journeys		
Rejuvenation for Men	90 minutes	6000
Essential Spa by J W	2 hours 30 minutes	8500
De-stress	2 hours 30 minutes	8500
Couples Retreat	3 hours	8,500 per person
Couple Suite Journeys		
Maya	60 minutes	9000 (per couple)
Sutra	90 minutes	12000 (per couple)

*Taxes applicable