



# ESPA

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THE LEELA PALACE  
• CHENNAI •

SPA TREATMENTS

*Leave the hectic city behind and  
escape to a world centred on you*





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# SIGNATURE TREATMENTS

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*Our Signature treatments all begin with a grounding foot ritual and include a deeply relaxing head massage.*

## ESSENCE OF LEELA

120 Minutes

**Essence of Leela begins with body brushing and full body exfoliation, followed by placing of hot stones on vital energy points.** This harmonises the seven subtle energy centres known as Chakras to balance body and mind physically and emotionally. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. This full body treatment ends with a luxurious head massage and facial cleanse to clear the mind and calm the spirit.

*Includes: foot ritual - body brushing - body exfoliation - hot stone massage - head massage*

## MIND & BODY REBALANCER

120 Minutes

**This signature treatment is needs- specific, sophisticated and holistic.** A salt and oil body scrub follows before warm ESPA oils are massaged onto the body to reduce stress and tension. A heated body mask of either Marine Algae or Mud are then smoothed on, with the body cocooned and mind relaxed in preparation for a luxurious head massage.

*Includes: foot ritual - salt and oil scrub - aromatherapy massage - body wrap - head massage*

## ENERGY ENHANCER with HOT STONES

120 Minutes

**A powerful stress - releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points.** The initial deep cleansing back exfoliation is followed by the hot stone back massage with essential oils restoring equilibrium to mind and body. The facial includes massage with deeply nourishing facial oil and the

application of an intensive face treatment mask. Whilst the mask is taking effect, the luxurious head massage takes place to help clear the mind, calm the spirit . The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

*Includes: foot ritual - back exfoliation - hot stone back massage - facial - head massage*

## ROYAL LEELA FACIAL

90 Minutes

**Achieve a radiant healthy complexion with this luxurious signature facial.** This facial treatment visibly improves the appearance of your skin using ESPA products and advanced massage techniques. Your skin is cleansed and exfoliated, followed by a regenerating marma point massage using warm poultices infused with indigenous herbs to restore and rejuvenate. A replenishing mask is then smoothed onto your skin to help reveal a more radiant and youthful complexion.

*Includes: cleanse - exfoliate - pressure point massage - warm poultice massage - mask with head massage*

## *Elevate mind, body and spirit*

*Rediscover yourself as traditions from East and West seamlessly unite in our World of luxury Spa.*



## PRIVATE SPA SUITE

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Our ESPA Private Spa Suite allows you complete privacy to enjoy the ultimate spa experience. Consisting of a double treatment room, beautiful changing area and private bathroom, steam shower and private Lounge area the Spa Suite is perfect for sharing indulgent relaxation time with a friend, loved one or simply by yourself.

The ESPA Private Spa Suite will be your haven of tranquility for a minimum of three hours, which includes a two hour treatment of your choice\*.

Please contact the ESPA reservations team for help in creating your ideal private spa experience.

\*Refer to our spa tariff for treatments



### *Immerse yourself in ultimate relaxation*

*Vitality pools of crystal clear water and refreshing steam rooms soothe aching muscles and melt away tension, while elegant relaxation lounges provide the perfect place to escape and dream.*

*This is the definitive luxury spa journey creating memories that will stay with you long after you leave.*

## ESPA FACIALS

*Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, cleansing, exfoliation, steam and extraction where necessary, and a treatment-specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.*

### AGE-DEFYING FACIAL with FIRMING EYE TREATMENT

90 Minutes

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.



## ESPA FACIALS

### ROSE PRINCESS FACIAL

60 Minutes

This luxurious advanced facial is ideal for all skin conditions, but particularly anyone concerned with early signs of aging, sensitivity or dull lifeless skin. Gentle deep cleansing and exfoliation freshen and balance the skin while cooling rose quartz crystals improve the micro circulation, reduce redness and tone. A deep facial massage is followed by the application of a Lifting and Smoothing Mask to leave the skin beautifully soft, smooth and toned.

### SKIN RADIANCE FACIAL

60 Minutes

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

### SKIN PURIFYING FACIAL

60 Minutes

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

### RE-HYDRATOR FACIAL

60 Minutes

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

### DE-SENSITISER FACIAL

60 Minutes

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

### REGENERATING & FIRMING EYE TREATMENT

30 Minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, pressure point massage and application of our Lift & Firm Intensive Eye Serum.

## ESPA BODY TREATMENTS

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*We offer a range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.*

### DETOX RITUAL

**90 Minutes**

**An effective ritual designed to improve circulation, smooth the skin and revive body and mind.** The body is exfoliated using a special blend of aromatic sea salts and nourishing oils to condition and moisturise. An energising detox massage follows stimulating the lymphatic system, speeding up the elimination of toxins and excess fluid. A pressure point head massage completes this luxurious experience.

*Includes: foot ritual - body exfoliation - aromatherapy massage - head massage*

### SALT & OIL SCRUB

**25 Minutes**

**This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.** Perfect stand-alone treatment or in preparation for an ESPA Massage. For a lighter application Body Polish is applied instead of Salt & Oil Scrub.

## ESPA BODY TREATMENTS

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### JET LAG RECOVERY

**40 Minutes**

**This is the perfect treatment to combat jetlag, stress and the modern day busy lifestyle.** Beginning with a relaxing foot ritual to cleanse, exfoliate and warm the feet, a deeply relaxing foot and lower leg massage is then performed using an invigorating or soothing blend of essential oils to either revive your energy or soothe you to sleep.

### LUXURY HAND & FOOT ENVELOPMENT

**40 Minutes**

**This holistic hand and foot treatment includes gentle exfoliation, a warm compress and a therapeutic massage.** The feet and hands are then enveloped in warm paraffin wax to deeply nourish and condition the skin leaving them beautifully soft and smooth.

### REFLEXOLOGY

**60 Minutes**

**This therapeutic spa treatment focuses on the reflex points of the feet which correlate to individual parts of the body.** The feet are bathed in preparation for the warming foot massage, performed using a blend of calming and grounding essential oils. Specific pressure points are then worked on to melt away stress and tension, restoring the natural energy flow in the body.



## ESPA MASSAGES

### PERSONALISED MASSAGE

90 Minutes / 60 Minutes

After a detailed consultation our therapists will determine the most suitable massage for you, choosing from the list below:

### AROMATHERAPY

**ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.**

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

*Includes: Aromatherapy massage to back, legs, arms, abdomen, neck and shoulders*

### BALINESE with HOT STONES

This massage uses long, warming strokes to **encourage complete calm and wellbeing.** Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

*Includes: Balinese massage with hot stones to back, legs, arms, abdomen, neck and shoulders*

### SWEDISH

**A traditional full body massage using firm pressure to promote relaxation and ease muscle tension.** This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

*Includes: Swedish massage to back, legs, arms, abdomen, neck and shoulders*

### ABHYANGA

**Restore harmony with a full body Ayurvedic massage, personalised to you.** This traditional massage uses a warm infusion of individually selected essential oils and specialized techniques to help release tension and balance your mind and body. Gentle pressure is applied to the vital marma points to achieve a total sense of wellbeing.

*Includes: Abhyanga massage to back, legs, arms, neck and shoulders*

## ESPA FOR MEN

### MENS PURIFYING FACIAL

60 Minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

*Includes: Double cleanse - exfoliation - steam and extraction - face massage - mask - scalp massage*

### DEEP MUSCLE MASSAGE

60 Minutes

**A powerful combination of stretches and therapeutic massage to combat stiff and tired muscles and joints.** This treatment is an ideal solution for anyone looking to release deep seated tension and stress. Specialised techniques concentrate areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

### GENTLEMEN'S REVITALISER

60 Minutes

**A deep, therapeutic massage focused on the back and feet which achieves a feeling of total relaxation.** Massage techniques alleviate tension and stress stored in the neck, shoulders and back. A foot massage using pressure point techniques completes this treatment.

*Includes: Back massage - shoulder and neck massage - foot massage*





## HOW TO SPA

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### OPENING HOURS

Spa: 7am-10pm  
Treatments: 8am-9pm

### SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our ESPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance.

### ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive atleast 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit. We would advise that valuables are left in the safe in your room.

### SPA FACILITIES AND ACCESS

Prior to your treatment we encourage you to enjoy the luxurious spa facilities to prepare mind and body for the treatment experience to follow. These included the following separate facilities for female and male guests.

Crystal steam room  
Sauna  
Power showers  
Vitality pools  
Changing room  
Relaxation area

### FITNESS STUDIO

A state-of-the-art fitness studio equipped with the 'Techno Gym' cardio vascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine.

### CHILDREN'S POLICY

A minimum age of 16 is required for access and treatments in The Spa.

### CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment not cancelled at least 6 hours prior to the appointment time. No shows will incur a 100% charge. Late arrival will shorten your treatment time.

### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

### PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## HOW TO SPA

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### GIFT VOUCHERS

An ideal gift for someone special. Please contact the ESPA reservations team for details.

### HOMECARE

To continue your spa experience at home, most products used in our treatments are available at ESPA reception.

### VALUABLES

ESPA at The Leela Palace Chennai accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

### PRICES

All prices are quoted in Indian Rupees and are not inclusive of government consumption taxes and service charge. Prices are subject to change without prior notice.



**THE LEELA PALACE**

CHENNAI

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