



THE SPA

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Nestled in the heart of the city, footsteps away from the thriving financial and shopping districts, resides a true declaration of urban luxury, tranquility, and refinement. The Spa at The Leela Palace Bengaluru offers unrivalled levels of luxury, excellence, and service, in an inspiring landscape of lush green tropical plants, palm shaded relaxation areas to stimulate the senses, offering a sophisticated, timeless, and personalized experience.



THE SPA ESSENTIAL MESSAGES

Body Treatments combine the best of ancient and modern techniques to release tension and leave you feeling deeply relaxed and rebalanced. Experience the physical and emotional therapeutic benefits of these advanced body treatments which are tailored to your specific needs.

AROMATHERAPY MASSAGE 60/90 Minutes

7000/9000 INR

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, and abdomen.

SWEDISH MASSAGE 60/90 Minutes

7000/9000 INR

This traditional body massage with nourishing oil uses slow and firm rhythmic strokes to promote relaxation and ease muscle tension. This treatment includes Swedish massage to back, legs, arms and abdomen with stimulating movement that helps soothe tired aching muscles to leave you relaxed and revived.

*All Prices are in Indian rupees. Government taxes as applicable.
5% discretionary service charge will be added to your bill

DEEP TISSUE MASSAGE 60/90 Minutes

7000/9000 INR

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. Specialized techniques concentrate areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

BALINESE MASSAGE WITH HOT STONES 60/90 Minutes

8000/10000 INR

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the center 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.

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AYURVEDA INSPIRED MESSAGES

Ayurveda considers each individual as a cell in the body of Mother Nature. When all these cells function in perfect harmony, cells unite with the mega symphony known as perfect health. During our lifetime this symphony can be disturbed by the changes in climate and lifestyle

ABHYANGA 60/90 Minutes

7000/9000 INR

Restore harmony with a full body Ayurvedic massage, personalized to suit your needs. This traditional massage uses a warm fusion of individually selected essential oils and specialized techniques such as applying gentle pressure on the vital Marma points to achieve a total sense of wellbeing.

Foot Abhyanga 30 Minutes

4000 INR

This is the perfect treatment to combat jetlag, stress, and the modern-day busy lifestyle. A deeply relaxing foot and lower leg massage is performed concentrating on the pressure points using an invigorating or soothing blend of essential oils to either revive your energy or soothe you to sleep.

INDIAN UBTAN SCRUB AND WRAP

7000 INR

This is the perfect treatment to combat jetlag, stress, and the modern-day busy lifestyle. A deeply relaxing foot and lower leg massage is performed concentrating on the pressure points using an invigorating or soothing blend of essential oils to either revive your energy or soothe you to sleep.

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The SPA FACIALS

All Facials begin with a detailed consultation and in-depth skin analysis allowing your therapist to tailor made the treatment to your individual needs and recommend skincare products for your personal regime at home. To achieve and maintain the ultimate healthy, radiant skin we recommend facials once a month.

“ESSENTIAL FACE RITUALS”

Desensitizer - Cold Cream Marine Ritual 60 minutes

6000 INR

A haven of comfort for dry or sensitive skin. A concentrate, rich in algae extracts and replenishing oils, gently infused into the skin with Thalgo’s signature Heart of the Ocean massage. Active ingredients bathe the skin in pure nourishment for even the most sensitive of skins. The skin is softened, soothed, and restored with comfort to dry, very dry and sensitive skins.

Rehydrator - Source Marine Ritual 60 minutes

6000 INR

A moisture boosting delight for all skin types especially for dehydrated skin. A special Thalgo’s signature Heart of the Ocean massage along with moisture-infused products, rehydrate and improve the skin's texture. Creates a vital water reserve in the skin and regenerates its brightness resources. The complexion is smooth, plump, and radiant.

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“ADVANCED FACE RITUALS”

Anti-ageing Hyalu Pro collagen Treatment 60 minutes

7000 INR

The wrinkle-by-wrinkle treatment combining hyaluronic acids & marine pro-collagen using Roller Boosters, for visible effectiveness, from the 1st treatment. The highlight of this treatment is the double anti-wrinkle action of the professional mask combined with the THALGO Roller Booster Trio - 3 rollers for a Wrinkle-by-wrinkle massage with 3 actions: This INSTANTLY PLUMPS UP SKIN with a Relaxing massage, it VISIBLY SMOOTHS WRINKLES with an Active massage and GRADUALLY FILLS EVEN ESTABLISHED WRINKLES FROM WITHIN with an Intensive massage

Brightening- Lumiere Marine Treatment 60 minutes

7000 INR

A new treatment procedure for tailor-made correction of pigmentation marks and uneven skin tone. With progressive triple exfoliation, this effective treatment adapts to all face concerns with targeted or over-all application. It works effectively on all skin tones reducing dark spots and evens out the skin tone leaving a clear radiant complexion.

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THE SPA SIGNATURE TREATMENTS

Signature Prodiges Des Océans Face Ritual 90 minutes

9000 INR

This supreme Beauty Ritual provides ultimate regeneration for overall youthfulness. A perfect alchemy between efficacy and sensory pleasure, this treatment provides the revitalizing benefits of Intelligence Marine Régénérative, a complete concentrate of 63 marine active ingredients –an exclusive Thalgo Patent. At its heart, the Prodiges des Océans Mask, provides pure plumping oxygenation, and its specific massage inspired by Kobido, an age-old Japanese manual facelift technique, visibly soothes wrinkles and restores the skin's firmness and elasticity. The face glows with renewed youth.

ESSENCE OF LEELA 2 Hours

12500 INR

Our Signature treatment comes with a full body massage that is personalized as per your requirement for a soft, firm, or deep pressure massage performed with signature oil, which helps to clear the mind, calm the spirit, and ease tension. Prior to the massage the body is polished to bring luster to the skin, as the result your skin feels rehydrated, nourished, and soothed combined with a sense of deep relaxation.

MIND AND BODY REBALANCER 2 Hours

12500 INR

This outstanding treatment is needs specific, sophisticated, and holistic. Your therapist will guide you towards the most suitable treatment for, purifying, stress reducing or tension releasing. A scrub is performed which helps revive the skin and prepare to receive the benefits of the body wrap and oil as body massage is conducted. To further help relax the mind our therapist will prepare you for a luxurious head massage with Hair & scalp oil.

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THE LEEA SPA RETREATS

DETOX THERAPY 2 Hours 30 Minutes

15000 INR

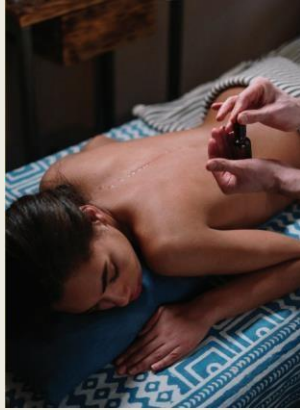
A combined ritual of a Body massage, Body Scrub and Body wrap. The initial deep cleansing full body exfoliation is followed by a Body Wrap thereafter an aromatherapy massage with essential oils which work on pressure points, restoring equilibrium to mind and body. This treatment ends with oriental head massage performed with specially developed Hair and Scalp massage oil to clear the mind, calm the spirit, and ease tension.

RELAX AT THE LEELA 3 Hours 30 Minutes

21000 INR

The Royal Relax package provides you with the ultimate disconnect with regular life chores and thoughts. Gift yourself the ultimate experience of curated Body Scrub, Body Wrap, Body Massage, Head massage and a Facial. The products are award winning, and services are royal and authentic as the Leela promise. Speak to your therapist to find out the best treatment combination for you.

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QUICK RELAXATION

BACK MASSAGE 30 Minutes

4000 INR

Reawaken the senses as our expert therapist uses thumb forearm and palm pressure to release stress and tension from the powerhouse of our body, the spine that helps to improve energy levels and provides deep relaxation.

HEAD MASSAGE 30 Minutes

4000 INR

Our eclectic massage technique that applies thoughtful pressure on the soft tissues of the head, neck, and shoulder, will help to reduce tension, increase circulation, and leave you feeling energized. This is an excellent treatment to improve mobility of the head and neck and reduce stress quickly.

RESTORATIVE STRETCHES 45 Minutes

4000 INR

Muscles vary in shape and size which serve many different purposes. Our expertly trained professionals provides the exact required passive stretches which will help enhance your flexibility, balance the nervous system, enhance your mood and deeply relax yourself.

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WELL BEING

Personalized Yoga Session 60 Minutes

2500 INR

Expect rejuvenation and deep relaxation through practices of traditional Indian yoga session, having its root in Hatha yoga, our in-house Yoga expert can curate the session as per your exposure to the art and science of yoga.

Personal Training 90 Minutes

2000 INR

Book a customized personal training session with our expert team of Fitness instructors. They consider your goals, fitness level, and health concerns to create a perfect session that will help you transform into the hero of your own fitness story.

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HOW TO SPA

OPENING HOURS: - SPA Treatment times daily from 8am to 10pm. You are encouraged to arrive a minimum of 15 minutes prior to your appointment to change, relax and enjoy the facilities of The Spa at The Leela. Please be advised that late arrivals may result in a reduction of treatment time.

SCHEDULING AN APPOINTMENT: - Booking is subject to availability. To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. Pre-filling up of Health questionnaire is mandatory. To help us provide you with a desired time slot of yours we request you book at least 48 hours in advance.

SPA ETIQUETTE: - Our Spa environment is one of relaxation and tranquility. Please respect all Spa Guests' right to privacy and serenity. Considering this the Spa is a mobile phone and smoke-free zone. The Spa will provide robes, towels, slippers, showercaps and all amenities required for use during your visit. The minimum age requirement for access and treatments in The Spa at Leela is 16.

HEALTH CONDITIONS: - Please advise us of any health conditions, allergies, or injuries, which could affect your service when making your Spa reservation.

SPA FACILITIES: - We also have STEAM, SAUNA, JACCUZI for your usage. It is open from 7 am till 9 pm.

GIFT VOUCHERS: - Gift vouchers are available for treatments and products and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

CANCELLATION POLICY: - A credit card number is required to secure a booking at The Spa. A 100% 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.

PRICES: -All prices are quoted in Indian Rupees and are subject to prevailing government taxes.

