



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 and palm-shaded relaxation areas to stimulate the senses, offering a sophisticated, timeless and personalised experience.



### **\*THE SPA ESSENTIAL MESSAGES\***

Body treatments at The Leela combine the best of ancient wisdom and modern technique to release tension and restore balance. Experience the profound physical and emotional benefits of these advanced therapies, each thoughtfully tailored to your individual needs.

**AROMATHERAPY MASSAGE 60/90 Minutes:**

The Aromatherapy Massage is a bespoke and deeply therapeutic experience using a blend of individually selected essential oils. A personal consultation ensures that each treatment is tailored to your specific needs.

Includes: *Aromatherapy massage for the back, legs, arms and abdomen.*

**SWEDISH MASSAGE 60/90 Minutes:**

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 the back, legs, arms and abdomen with stimulating movements that help soothe tired aching muscles, leaving 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:**

A powerful and rejuvenating blend of graceful stretches and therapeutic massage that melts away stiffness and tension. Expert techniques target the neck, back, and shoulders, restoring balance, flexibility, and deep relaxation.

**HOT STONES WITH BALINESE STROKS 60/90 Minutes:**

This massage uses long, warming strokes to encourage complete calm and well-being. 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.

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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, they unite with the mega symphony known as perfect health. During our lifetime, this symphony can be disturbed by changes in climate and lifestyle.

**FOOT ABHYANGA 30 Minutes:**

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 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:**

A cream-based scrub suitable for all skin types enriched with the goodness of turmeric, almond powder and saffron. The Indian ubtan scrub exfoliates, tightens and gives the skin a glowing radiance. It is followed by a wrap with a blend of essential oils to either revive your energy or soothe you to sleep.

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### **\*The SPA FACIALS\***

Every facial begins with an intimate consultation and a meticulous skin analysis, allowing our expert therapists to craft a treatment uniquely attuned to your skin's needs. Through this personalised ritual, your skin is nurtured, renewed, and guided toward lasting radiance. To preserve its luminous balance and vitality, we recommend indulging in this rejuvenating experience once each month.

## **\*ESSENTIAL FACE RITUALS\***

### **CLEAR SKIN EXPRESS 30 Minutes:**

A warming absorbent marine face mask followed by a custom facial mask to clear pores for skin that's cleansed and refreshed.

### **HYDRA-ORIGINAL-DEHYDRATOR SKIN 60 Minutes:**

Plumping Thirst-Relief Facial with Organic Algae. A skincare essential that pairs moisturizing performance with intense relaxation using organic ingredients and sense-awakening textures to leave skin soothed and glowing, plumped and rested.

### **DOUCEURMARINE- SENSITIVE SKIN 60 Minutes:**

A calming ritual that cocoons delicate skin in comfort, restoring moisture and fortifying its natural defenses.

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**OLIGOPUR – Oily & Combination Skin 60 Minutes:**

A cleansing program that effectively targets blemishes for visibly clearer, healthier skin and a smoother, fresher complexion.

**CYFOLIA ORGANIC RADIANCE – Plumping Treatment 60 Minutes:**

An elegant facial and eye contour ritual infused with organic actives and a soothing massage to hydrate, firm, and illuminate the skin. Suitable for teenagers aged 13 and above.

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## **\*ADVANCE FACE RITUALS\***

### **CITY LIFE – Detoxifying 60 Minutes:**

A revitalising marine-infused treatment that harnesses the pure energy of the sea to detoxify, oxygenate, and awaken the skin. Signs of fatigue are gently erased as the complexion is brightened, rehydrated, and renewed with a fresh, luminous glow.

### **EXPERT YOUTH – Anti-Ageing 60 Minutes:**

Wrinkle correction treatment. This leading anti-ageing ritual targets all wrinkles to smooth the skin, reduce lines and re-plump the face.

### **OLIGO FORCE LUMINATION – Brightening 60 Minutes:**

An exquisite age-defying ritual that brightens, refines, and restores timeless luminosity. This intensive treatment unites a 20% acid facial peel with a soothing Oligomer-rich mask, unveiling skin that is smoother, more even-toned, and beautifully radiant. A luxurious revival for complexion, clarity, and youthfulness.

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### **ESSENCE OF LEELA 2 Hours:**

Our signature experience begins with a gentle body polish that refines and renews the skin, leaving it luminous, nourished, and softly hydrated. This is followed by a personalised full-body massage with pressure tailored to your preference, whether soft, firm, or deep. Infused with our signature oil, the ritual clears the mind, calms the spirit, and releases every trace of tension, enveloping you in a profound sense of balance and tranquility.

### **MIND AND BODY REBALANCER 2 Hours:**

An exquisite, multi-sensory journey refined, restorative, and deeply balancing. Guided by your therapist, the experience is tailored to your needs, whether for purification, stress relief, or the gentle release of tension. A rejuvenating scrub awakens the skin, preparing it to absorb the nourishing benefits of a body wrap and aromatic massage oil. The ritual concludes with a soothing head massage, as warm oils melt into the scalp, quieting the mind and restoring complete harmony.

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**\*THE LEELA SPA RETREATS\***

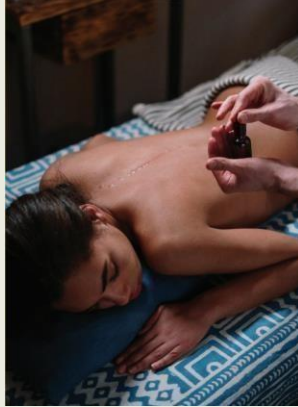
**DETOX THERAPY 2 Hours 30 Minutes:**

A beautifully choreographed journey combining a body scrub, wrap, and aromatherapy massage. The treatment begins with a deep-cleansing exfoliation, followed by a nourishing body wrap and a soothing massage using pure essential oils to restore balance to mind and body. The ritual concludes with an oriental head massage, where warm oils melt into the scalp, clearing the mind, calming the spirit, and dissolving tension in serene harmony.

**RELAX AT THE LEELA 3 Hours 30 Minutes:**

Surrender to a world where time slows and the mind finds stillness. This regal ritual invites you to unwind through a harmonious sequence of body scrub, wrap, massage, head massage, and facial, each thoughtfully curated to rejuvenate and restore. Crafted with award-winning products and delivered with the authenticity and grace of The Leela promise, it is the ultimate indulgence for body, mind, and soul. Your therapist will be delighted to tailor the experience to your personal needs.

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**\*QUICK RELAXATION\***

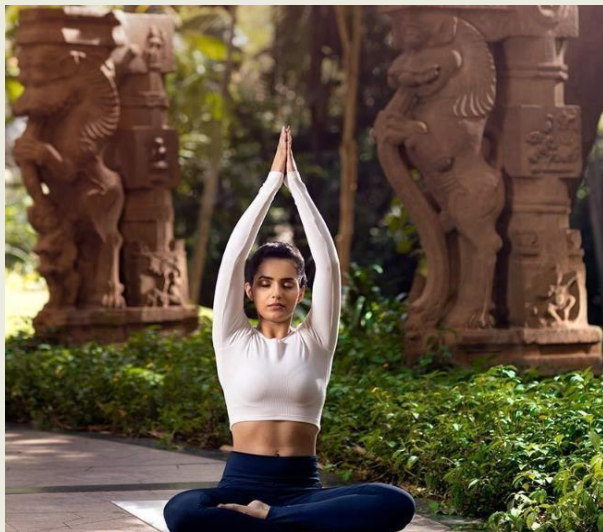
**BACK MASSAGE 30 Minutes:**

Reawaken the senses as skilled hands work in harmony, using thumb, forearm, and palm pressure to ease tension along the spine, the body's true axis of strength. This restorative ritual releases deep-seated stress, restores vitality, and leaves you enveloped in serene relaxation.

**EAD MASSAGE 30 Minutes:**

An exquisite massage that blends mindful pressure and flowing movements across the head, neck, and shoulders to dissolve tension and awaken energy. This deeply restorative therapy enhances circulation, improves mobility, and offers instant relief from stress, leaving you balanced, refreshed, and beautifully renewed.

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**\*WELL BEING\***

**PERSONALIZED YOGA SESSION 60 Minutes:**

Experience rejuvenation and deep relaxation through a traditional Indian yoga session rooted in Hatha yoga. Our in-house yoga expert can curate the session as per your experience and comfort.

**PERSONAL TRAINING 60 Minutes:**

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

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## **HOW TO SPA**

**OPENING HOURS:** - Spa treatment times daily from 8 am to 10 pm. Arrive at least 15 minutes prior to your appointment to change, relax and enjoy the facilities of The Spa at The Leela. Late arrivals may result in reduced 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. Filling out a health questionnaire is mandatory. To secure your desired time slot, we recommend booking at least 48 hours in advance.

**SPA ETIQUETTE:** - Our spa environment is one of relaxation and tranquility. Please respect other guests' right to privacy and serenity. The spa is a mobile phone and smoke-free zone. Robes, towels, slippers, shower caps and other amenities are provided during your visit. Minimum age for spa access and treatments is 16 years.

**HEALTH CONDITIONS:** - Please advise us of any health conditions, allergies or injuries that may affect your service when making your reservation.

**SPA FACILITIES:** - Steam, sauna and jacuzzi are available for your use from 7 am to 9 pm.

**GIFT VOUCHERS:** - Gift vouchers are available for treatments and products and make 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 valid credit card is required to confirm your reservation. Should you need to reschedule or cancel, we kindly request at least six hours' notice. A 100% charge will apply for late cancellations or missed appointments.

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

