

THE SPA





THE SPA

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 MASSAGES

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

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.

Monday to Thursday
60 / 90 Mins

7700 / 10500

Friday to Sunday
60 / 90 Mins

8000 / 11000

SWEDISH MASSAGE

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.

Monday to Friday
60 / 90 Mins

8000 / 10500

Friday to Sunday
60 / 90 Mins

8500 / 11000

DEEP TISSUE MASSAGE

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.

Monday to Thursday
60 / 90 Mins

8000 / 10500

Friday to Sunday
60 / 90 Mins

8500 / 11000

HOT STONES WITH BALINESE STROKS

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.

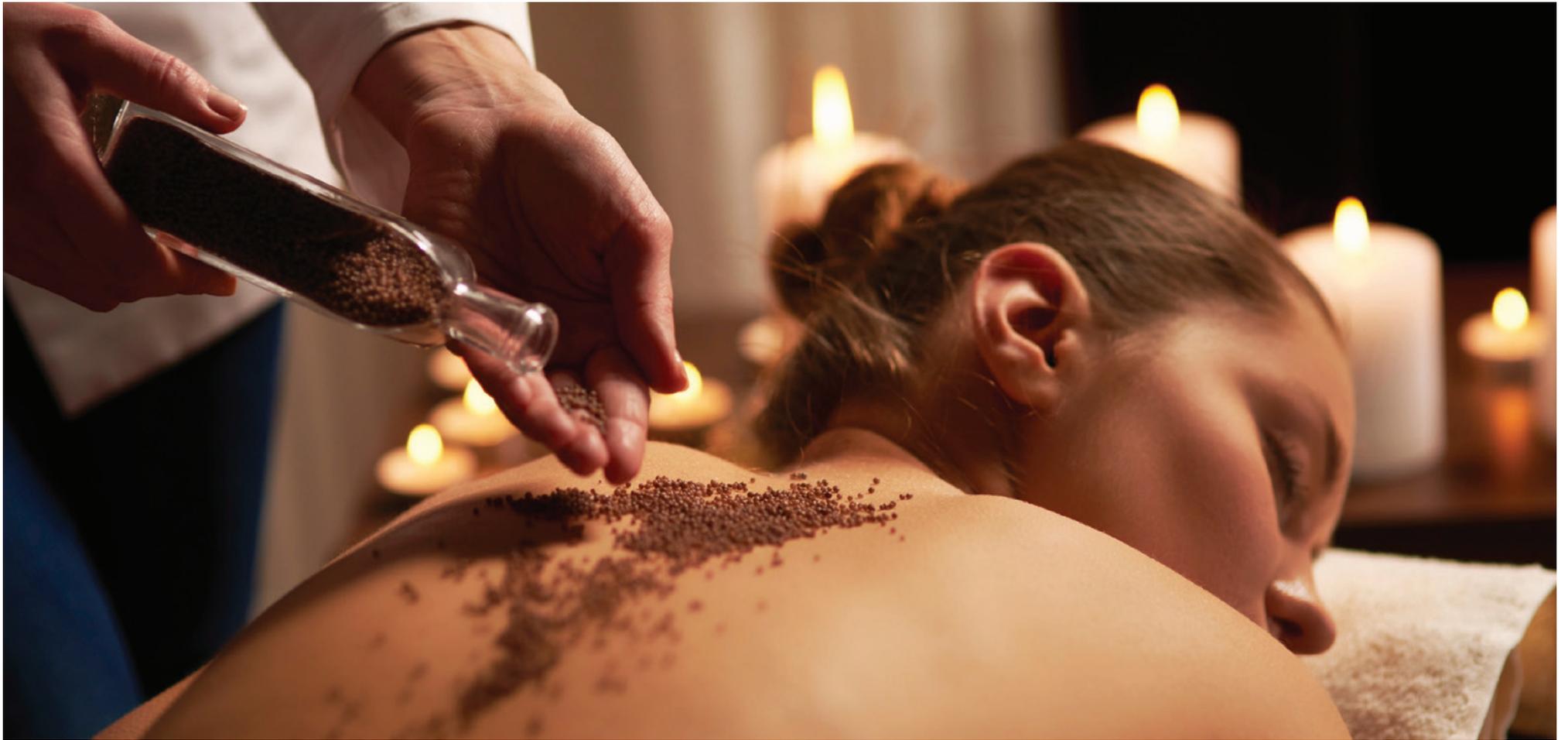
Monday to Thursday
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9000 / 11500

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



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

FOOT ABHIYANGA

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.

30 Mins

4400

INDIAN UBTAN SCRUB AND WRAP

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

30 Mins

4400



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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 persona regime at home. To achieve and maintain the Ultimate healthy, radiant skin recommend facials once a month.

CLEAR SKIN EXPRESS

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

30 Mins 4400

HYDRA-ORIGINAL-DEHYDRATOR SKIN

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

60 Mins 7700

DOUCEUR MARINE - SENSITIVE SKIN

A nurturing treatment that softens sensitive skin and strengthens its defenses with soothing, hydrating results.

60 Mins 7700

OLIGOPUR – OILY & COMBINATION SKIN

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

60 Mins 7700

CYFOLIYA ORGANIC RADIANCE - PLUMPING TREATMENT

Cyfolia – Radiance Plumping Treatment, Face and Eye Contour. This exquisite treatment includes a soothing massage and highly-efficient organic product to leave the face and eye contour glowing and moisturized. This treatment can be applied to teenagers from 13 years old.

60 Mins 7700

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ADVANCES FACE RITUALS

Advanced Face Rituals at The Leela Spa represent the pinnacle of modern skincare expertise, thoughtfully curated for guests seeking visible, transformative results.

CITY LIFE – DETOXIFYING

A treatment that concentrates all the sea's skincare benefits to detox and revitalize skin and treat it to a breath of fresh air. The anti-pollution eliminate signs of fatigue, brightens the complexion and rehydrates skin.

60 Mins

8800

EXPERT YOUTH – ANTI AGEING

Wrinkle Correction Treatment. The leading anti-aging ritual that targets all wrinkles to smooth the skin, reduce lines and re plump the face.

60 Mins

7700

OLIGO FORCE LUMINATION

Facial for Complexion. Dark Spot. Wrinkles. An ultra-comprehensive anti-aging treatment that brightens skin tone, reduces dark spots, and smooths away wrinkles. The perfect pairing of a 20% acid facial peel and soothing cloth mask that's rich in Oligomer to bathe the skin in radiance.

60 Mins

7700

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BRAND TREATMENTS

At The Leela Spa, our Brand Treatments are thoughtfully curated journeys of renewal, crafted to restore harmony between body, mind and spirit. Rooted in holistic wellness philosophies and delivered with the unmistakable warmth of Leela hospitality, each experience blends time-honoured rituals with modern therapeutic techniques.

ESSENCE OF LEELA

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.

2 hours

13750

MIND AND BODY REBALANCER

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.

2 hours

13750

DETOX THERAPY

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.

2 1/2 hours

16500

RELAX AT THE LEELA

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.

3 1/2 hours

23100

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SHORT MASSAGE

BACK MASSAGE

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.

Monday to Sunday
30 Mins

4400

HEAD MASSAGE

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.

Monday to Sunday
30 Mins

4400

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YOGA SESSION

PERSONALIZED YOGA SESSION

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.

60 Mins

2750

PERSONAL TRAINING

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.

Monday to Sunday

60 Mins

2750

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HOW TO SPA

OPENING HOURS

SPA Treatment times daily from 8:00 AM to 10:30 PM, last treatment is at 9:30 PM and should be informed 60 mins prior closing. 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, shower caps 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, and 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.



THE LEELA PALACE

BENGALURU