



THE LEEA

GANDHINAGAR

THE SPA



THE SPA

REJUVENATE YOURSELF

Set within the elegant surrounds of The Leela Gandhinagar, The Spa is a thoughtfully curated sanctuary designed to offer a seamless pause from the everyday, it invites you to reset through refined therapies and restorative rituals that bring calm, clarity, and quiet renewal.

THE SPA SIGNATURE

Curated rituals that embody The Leela's philosophy of refined indulgence and personalized wellness. Each experience is thoughtfully designed to restore balance, deepen relaxation, and create moments of lasting calm.

Mind And Body Rebalancer

100 minutes

A signature ritual created to restore harmony and inner stillness. Guided moments of mindful breath ease you into a state of calm, followed by the comforting warmth of stones and an intuitive scalp ritual rooted in ancient wisdom. Flowing seamlessly, each touch encourages deep ease and quiet clarity, leaving you feeling centered, grounded, and gently renewed long after the experience concludes.

Essence Of Leela

100 Minutes

An exclusive expression of personalized wellness, inspired by the elegance of Leela. The journey begins with a luxurious polishing ritual using sandalwood and saffron, delicately refining the skin and awakening the senses. A bespoke full-body massage follows, tailored to your desired depth and performed with exquisitely infused oils of your choice. Designed to nurture body and mind alike, this indulgent ritual leaves you enveloped in profound tranquility and effortless grace.

The Regal Purification Experience

150 minutes

A calming ritual of purification and renewal. This immersive experience flows from a revitalizing exfoliation into comforting therapies that encourage lightness and balance throughout the body. A deeply soothing massage restores fluidity and ease, while a calming head ritual completes the journey. You emerge feeling cleansed, refreshed, and beautifully rebalanced, clear in mind, renewed in energy.



Signature Detox

120 minutes

A private interlude crafted for two, this ritual invites you to slow time and share a moment of quiet elegance. It opens with a rose and almond exfoliation, gently polishing the skin as delicate floral notes linger in the air. A bespoke full-body massage follows, intuitively adapted for each partner and delivered in graceful synchrony, creating a seamless rhythm of touch and presence. The journey concludes with a soothing scalp massage, allowing mind and body to soften together. A celebration of closeness and calm, this experience leaves you connected, restored, and wrapped in tranquil indulgence.

THE SPA ESSENTIAL MASSAGES

An expression of refined wellbeing, these signature massages draw from time-honored traditions and contemporary touch, curated to restore harmony and invite deep repose. Each experience is intuitively adapted to you, honoring the body's natural rhythm and the mind's need for stillness. A selection of delicately infused oils is offered, allowing your therapist to personalize the journey according to your preference, leaving you balanced, composed, and effortlessly renewed.



Aroma Ritual

60/90 minutes

A personalized journey guided by the sensorial power of aromatherapy. Carefully selected essential oil blends are intuitively chosen to complement your mood and intention; while slow flowing moments invite the body into a state of deep ease. This gentle yet immersive experience nurtures balance and harmony, leaving you feeling calm, centered, and quietly uplifted.

Harmony Ritual

60/90 minutes

A timeless full-body ritual defined by slow, rhythmic movements and nourishing oils. This deeply soothing massage flows effortlessly across the body, encouraging relaxation and restoring a sense of lightness and comfort. Designed to ease the body into a tranquil rhythm, it leaves you feeling refreshed, relaxed, and beautifully renewed.

Tropical Wellness

60/90 minutes

An invigorating yet graceful ritual inspired by traditional Balinese techniques. A seamless blend of rhythmic massage and gentle stretches brings fluidity and freedom of movement to the body. Focused attention and intuitive touch encourage deep release and renewed vitality, leaving you feeling rebalanced, energized, and at ease.

Depth & Restoration

60/90 minutes

A powerful yet refined ritual for guests who favour a composed, expertly calibrated experience.. Slow, deliberate movements and focused pressure work in harmony to create a profound sense of release and ease throughout the body. Carefully guided and intuitively adjusted, this experience restores fluidity, encourages renewed vitality, and leaves the body feeling aligned, grounded, and re-energized.

Embers of Serenity

75 Minutes

An indulgent experience of warmth and stillness. Smooth, heated stones are gently placed and seamlessly incorporated into the massage, allowing their comforting heat to flow through the body. Paired with exquisitely infused aromatic oils, this deeply calming ritual encourages balance and inner harmony, leaving you enveloped in a sense of quiet serenity and gentle renewal.

Herbal Poultice Massage Ritual

90 Minutes

A time-honored ritual rooted in ancient wisdom. Warm herbal poultices, infused with a curated blend of fragrant botanicals, are rhythmically applied to the body, allowing their soothing warmth to permeate deeply. This nurturing experience encourages lightness, ease, and graceful flow, leaving the skin replenished and the senses beautifully restored.

QUICK RELAXATION

Release & Unwind

30 minutes

A composed ritual dedicated to the back and spine, where expert, intuitive touch moves in a seamless flow to invite ease and renewed vitality. Designed to quiet the body and steady the mind, this calming experience restores natural alignment, leaving you feeling poised, balanced, and effortlessly at ease.

Foot Rituals

30 minutes

A restorative experience that begins at the feet and resonates throughout the body. Gentle yet purposeful movements awaken the senses and encourage a feeling of lightness and flow. Performed with carefully selected aromatic oils, this soothing ritual leaves you refreshed, grounded, and quietly re-energized.

Stress Relief Head Massage

30 minutes

A calming ritual devoted to the head, neck, and shoulders. A blend of flowing techniques and mindful touch invites stillness and clarity, easing the body into deep comfort. This nurturing experience leaves the mind feeling clear, calm, and beautifully at ease.

Illumin - Eye Ritual

30 minutes

A graceful ritual devoted to the delicate eye area, designed to awaken clarity and light. Cooling botanicals and feather-light, lamented by a sculpting eye masque, gently refining and illuminating the skin. The eyes appear refreshed, luminous, and serenely restored.





BODY RITUALS

Rose & Almond

30 /60 Minutes

A sensorial indulgence infused with the delicate essence of rose and the nourishing richness of almond. This gentle body ritual softly refines the skin while enveloping the senses in quiet comfort. The experience leaves the body supple, luminous, and beautifully replenished, with a lingering sense of calm.

Saffron & Sandalwood Elixir

30 /60 Minutes

An exquisitely aromatic ritual inspired by time-honored Indian traditions. A sandalwood and saffron-infused polishing and cocooning experience gently renews the skin, encouraging softness and radiance. Wrapped in comforting warmth, the body is nurtured into a state of deep ease, leaving you feeling serene, balanced, and restored.

Indian Traditional Ritual

30 /60 Minutes

A revered ritual inspired by India's enduring beauty traditions. Crafted with turmeric, gram flour, and select botanicals, this time-honoured ubtan gently refines the skin while imparting a natural luminosity. It's warm, earthy notes create a sensorial pause, leaving the body radiant and the spirit softly renewed.



FACE RITUALS

Marine Breeze

60 minutes

A deeply comforting facial ritual created for skin in need of gentle care. Enriched with marine algae extracts and replenishing, marine-infused oils, this nurturing experience is delicately infused into the skin through Thalgo's signature Heart of the Ocean massage. The complexion feels soothed, nourished and enveloped in lasting comfort.

Source Marine Ritual

60 minutes

A revitalizing infusion of moisture and marine vitality. This elegant facial experience uses ocean-inspired formulations and intuitive massage techniques to restore softness, smoothness, and natural luminosity. The skin emerges refreshed, plump, and radiant, with a dewy, replenished glow.

Timeless Collagen Renewal

60 minutes

An advanced anti-ageing facial designed to enhance firmness and redefine facial and neck contours. Expert lifting massage techniques are followed by an intensive super-lifting mask that smooths the appearance of fine lines and supports a visibly youthful, radiant complexion. The skin appears sculpted, refined, and beautifully revitalized.

Lumicre Illuminating Ritual

60 minutes

A refined ritual created to correct pigmentation and uneven skin tone. Gentle, progressive exfoliation techniques are personalized to the skin, encouraging smoothness and an even-toned appearance. The result is a visibly luminous complexion, fresh, clear, and effortlessly glowing.





AUJASYA WELLNESS

Holistic Lifestyle Yoga

60 Minutes

A refined yoga experience curated for modern rhythms of life. Flowing postures and mindful stretches invite grace back into movement, nurturing suppleness, poise, and an enduring sense of balance. A practice that restores harmony to the body while gently centering the mind.

Sound & Stillness Meditation

60 minutes

A tranquil inward journey guided by the resonance of therapeutic sound. Subtle vibrations unfold in waves, softening mental noise and drawing awareness into stillness. The experience leaves you grounded, clear, and enveloped in a quiet sense of inner harmony.

Restorative Yoga Therapy

60 minutes

A bespoke yoga session guided with precision and care. Thoughtfully aligned movements and restorative postures cultivate ease within the body, encourage stability and flexibility, and deepen the dialogue between breath and awareness. A practice designed to restore comfort, confidence, and quiet strength.

(48 hours advance booking require).

SPA INFORMATION

OPENING HOURS

Spa treatments are available daily from 9 AM to 9 PM. Guests are encouraged to arrive at least 15 minutes prior to their scheduled appointment to change, relax and enjoy the facilities at The Spa at The Leela. Please note that late arrivals may result in a reduction of treatment time.

SCHEDULING AN APPOINTMENT

To schedule your preferred treatment, please contact our Spa Reservations Team, who will be pleased to guide you in selecting the most suitable experience. Advance bookings are recommended to ensure availability of your preferred time and service.

EXTENDED HOURS

Treatments are available one hour before or after regular operating hours, at an additional charge of INR 1,000 + taxes. Advance booking with a minimum of 12 hours' notice is required.

SPA ETIQUETTE

The Spa is a sanctuary of calm and relaxation. Guests are requested to respect the privacy and serenity of fellow spa guests. In keeping with this environment, The Spa is a mobile phone and smoke-free zone. Amenities required for use during your visit will be provided.

The minimum age requirement for access to spa facilities and treatments at The Spa at The Leela is 16 years. We recommend that valuables are secured in the in-room safe.

Management will not be responsible for any loss of valuables.

FACILITIES AND ACCESS

Prior to your treatment, we invite you to enjoy the spa facilities to prepare both mind and body for the experience ahead. Separate facilities for male and female guests include steam and sauna rooms, changing rooms, and relaxation areas.

GIFT CERTIFICATES

Delight your loved ones with the gift of relaxation and wellbeing. Spa gift certificates are available for purchase.



CANCELLATION POLICY

Cancellations made less than 3 hours prior to the appointment will incur a 50% charge. No-shows will be charged in full. Late arrival will shorten the treatment time.

FITNESS STUDIO

Our state-of-the-art fitness studio is equipped with advanced cardiovascular equipment, strength-training machines and free weights. Professional personal trainers are available to assist with sporting preparation, specific fitness goals or the creation of a personalised, transformative fitness routine.

HEALTH CONDITIONS

Please inform The Spa team of any medical conditions, allergies or injuries at the time of booking to ensure the most suitable treatment.

PRICES

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

*No discounts are applicable on The Spa Signature treatments.



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