



De-stress Rejuvenate Pamper

at



Grand View Hotel
Dalhousie

Embark on a rejuvenating experience in our spa ~ set in the midst of tranquil surroundings. An oasis where the only sound you will hear will be the bird song.

Indulge yourself in a luxurious array of our specialized spa therapies that revitalize your body and relax your mind to reconnect with your inner self. Thoughtfully chosen and expertly delivered spa therapies calm your spirit and help to balance your natural body energy, leading to a state of bliss and peace.

Our experienced masseurs deliver the most superior standards of hygiene and expertise in all our treatments, and will take special care to customize your experience at Tattva as per your wish.

Welcome to a world of harmony and natural wellness



MASSAGES

The use of massages in India can be traced back in time to the first Indo-Aryan settlements to promote fitness and well being

Deep Tissue Massage

60 min | 90 min

Feel all your tension melt away under our masseur's expert hands. This therapy helps reduce adhesions and loosens muscles. Highly customized for your needs, the masseur will focus on relieving pain from specific body regions.

Ayurvedic Massage

60 min | 90 min

Our unique massage based on the Ayurvedic principles of therapeutic application of warmth. The body is massaged with herbal oils, resulting in relaxation and detoxification. Sit back and let our masseurs bring the age old magic in your body and soul.

Classic Massage

60 min | 90 min

A light to medium pressure body massage, which uses one of the most effective techniques. The masseur will use various traditional, long kneading strokes to energize your body. Targets tired muscles and enhances blood circulation

Stress Buster Massage

75 min

Perfect for the tired traveller – a complete refreshing makeover. Pamper yourself in a Classic Massage followed by a head massage to releases stress and infuse deep calm. This session is followed by our unique 3 in 1 face pack to nourish and cleanse your skin.

Travel Energizer

30 min

The masseur welcomes you with our foot massage based on the eastern techniques of reflexology, followed by a de-stressing massage of the neck and shoulders. A soothing experience that relaxes your tired body.



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Wālk On The Air *Foot Massage* 20 min

Based on ancient techniques of reflexology, this foot massage reduces fatigue and improves general well-being. You'll leave feeling like you're walking on air.

THE HEDONIST *Head Massage* 20 min

This technique releases stress as tension is eased out of tight muscles in the head and upper back. Our signature brew of hair nourishing herbal oil will invigorate the body, balance the Chakras and infuse deep calm and relaxation.

Shoulder The Responsibility 20 min

This invigorating neck and shoulders massage, alleviates stress and improves posture by loosening stiff muscles of the upper back.

BĀCK SUPPORT *Back Massage* 20 min

Loosen up as our masseur treats your back to this energizing experience. Firm pressure applied by skilled hands releases knots leaving you strengthened.



BEAUTY ELIXIRS

Early day skin care products were prepared at home using very effective household remedies that have been passed down through centuries and generations in the Indian subcontinent. Based on this ancient wisdom, our specialty services will take adequate care of your dreams of everlasting youth and beauty.

Body Exfoliants

45 min

Choose from the unique body exfoliants and rid yourself of lifeless and dull skin. All our products are designed to take care of the damaged and dehydrated skin and will ensure that you are at your freshest best.

Spicy Orange

This fruity splash on your body will feel like 'manna' from heaven for your skin. This mixture, rich in collagen slows down skin ageing and clears skin blemishes, which help make the skin supple and smooth.

Chokola

A combination of cocoa and granulated seeds ~ has a highly hydrating effect on your skin and brings smoothness like none other. Very relaxing in winters, this delicious mixture is the epitome of indulgence.

Vanilla & Nutmeg Smoothie

60 min

A luxurious creamy treatment that leaves your skin soft and supple. This aromatic mixture provides essential hydration and conditions the damaged skin. The glowing skin is then cocooned to absorb the goodness of the natural ingredients and to leave your body with a delicate sweet fragrance.



BEAUTY ELIXIRS

Hair Care

30 min

Nourishing Hair therapy

Our masseur pampers you with a pressure point head massage; followed by the application of the hair mask that promotes deep conditioning and makes it healthy. You witness improved texture with restored shine and softness.

Vitamin Facial

60 min

Suitable for all skin types, ideal for neglected skin

Experience our Active detoxifying face treatment, rich in essential skin vitamins. Specific care is given to restore the natural balance and purify your skin. The rejuvenating pressure point massage relaxes your facial muscles and improves blood & lymph circulation, making your skin look younger and brighter.

SIGNĀTUREC RITUĀL

150 min

Head to Toe Wellness

Includes –

60 min Ayurvedic Massage focussed on energizing the body chakras

60 min Vanilla & Nutmeg body polisher for skin repair & nourishment

30 min Hair Spa with a relaxing head massage and nourishing Triphala Rasayana hair mask

EXUDE RĀDIĀNCE

120 min

Beauty Ritual

Includes –

60 min Vanilla & Nutmeg body polisher for skin repair & nourishment

60 min Vitamin Facial for purification and a younger & brighter skin

CELEBRĀTE TOGETHERNESS

90 min each

Couple Spa

Includes –

75 min Stress Buster Massage for complete relaxation (face pack included)

15 min Head Massage using nourishing hair oil for mental relaxation and peace

SPA INFORMATION

Reservations, Arrival and Cancellations

- Please book your spa session 24 hours in advance to ensure availability
- We recommend that you arrive 15 min prior to the scheduled session time and relax in our spa
- We will try our best to accommodate your session, in case you are running late
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.
- Non arrival for the spa session without prior cancellation will attract the entire service charges

Spa Etiquette

- Help us maintain the serene environment of the spa by keeping the area quiet and speaking volume low. Please keep your mobile phones and other electronic devices switched off.
- Guests under the age of 16 are not permitted within the spa area, unless accompanied by an adult
- Smoking and consumption of alcohol are prohibited within the spa area. The spa management has the discretion of not serving guests under the influence of alcohol and can request them to leave the premises in case of non-adherence to the spa etiquette

General

- Please feel free to use the steam facility along with your spa treatment
- Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable
- We accept payment by cash or all major credit cards
- Please arrive at the spa wearing comfortable and light clothing
- Gentlemen are advised to shave atleast 4 hours prior to a facial session

Considerations

- Guests with high blood pressure, heart conditions, allergies or have any medical complications, are advised to consult their doctors before signing up for any services. Please inform your spa therapist of any medical conditions. Pregnant ladies are also advise to consult their doctors before availing any services
- The spa treatments rendered at Tattva Spa are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Tattva Spa, it's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service