



Elements
Luxe Wellness



From the House of Elements, The Family Spa

Welcome to a space where calm begins and stress fades away.



From the trusted legacy of Elements, with **over 7 years** of excellence in wellness and relaxation, we proudly bring you top-notch services for mental well-being and deep relaxation.



With the love and trust of our guests across more than **4 successful branches**, we welcome you to a destination created for your mind, body, and soul.



Every therapy here is thoughtfully designed to restore balance, ease tension, and bring deep relaxation through expert hands and peaceful surroundings.



Whether you seek a quiet pause from your busy day or a complete wellness escape, we are here to make you feel lighter, calmer, and renewed.

Step in with stress.
Walk out with peace.

Welcome to Elements Luxe Wellness

Where Luxury Meets Healing



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN





Mental Well being

and Sleep Rituals



Deep Sleep Shiro Abhyanga

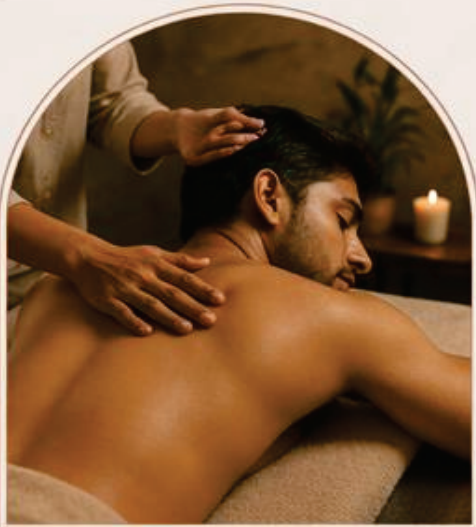
60 mins : ₹2599

75 mins : ₹2999

90 mins : ₹3499

A deeply calming therapy using warm herbal oil gently streamed over the forehead with a relaxing head, neck, and shoulder massage. It helps quiet the mind, reduce stress, and improve sleep quality.

This ritual soothes the nervous system and promotes deep relaxation. Ideal for those facing insomnia or mental fatigue.



Stress Reset Back & Head Ritual

60 mins : ₹2499

75 mins : ₹2999

90 mins : ₹3499

A focused upper-body therapy combining back and scalp massage with calming aroma blends. It helps release built-up tension from long work hours and stress.

Improves circulation and relaxes tight muscles. Perfect for quick mental reset and physical relief.



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN



Mental Well being

and Sleep Rituals



Anxiety Ease Aromatherapy

60 mins : ₹2599

75 mins : ₹2999

90 mins : ₹3499

A full-body relaxation experience using calming essential oils, gentle massage, and guided breathing. It helps reduce anxiety, calm the mind, and restore emotional balance. The therapy relaxes your entire nervous system.

Ideal for stress relief and inner peace.



Nordic Calm Swedish Therapy

60 mins : ₹2599

75 mins : ₹2999

90 mins : ₹3499

A classic full-body massage using gentle to medium pressure with long, flowing strokes. It helps improve blood circulation, relax muscles, and reduce everyday stress.

This therapy calms the nervous system and promotes deep relaxation.

Perfect for first-time spa guests and complete mind-body rejuvenation.



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN



Mental Well being

and Sleep Rituals



Mindful Foot & Leg Reflexology

30 mins : ₹1499

60 mins : ₹2499

A soothing therapy combining foot soak, exfoliation, and pressure-point reflexology. It helps improve circulation and relax the entire body through targeted points.

This treatment calms the nervous system and reduces stress. Ideal for lightness and relaxation.



Digital Detox Eye & Temple Ritual

20 mins : ₹1499/-

A refreshing treatment using cooling compresses and gentle massage around the eyes, temples, and forehead. It helps reduce screen fatigue, headaches, and eye strain.

Improves blood flow and relaxes facial tension. Perfect for instant freshness and clarity.



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN



Mental Well being

and Sleep Rituals



Couple's Calm Retreat

60 mins : ₹4999/-

75 mins : ₹5998/-

90 mins : ₹6999/-

A luxurious shared experience with synchronized couple massage in a peaceful setting. Includes calming aroma therapy and a relaxing tea ritual for complete unwinding.

Strengthens bonding while deeply relaxing both mind and body. Ideal for special moments together.



Balinese Harmony Ritual

60 mins : ₹2499

75 mins : ₹2999

90 mins : ₹3499

A deeply therapeutic full-body massage inspired by traditional Balinese techniques, blending gentle stretches, acupressure, and aromatic oils.

This ritual works on deep muscle layers to release tension while calming the nervous system.



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN



Rejuvenation, Rehab & Pain Relief

(Non-Clinical)



Royal Thai Rebalance Ritual

60 mins : ₹4999/-

75 mins : ₹5998/-

90 mins : ₹6999/-

An energizing full-body therapy inspired by ancient Thai healing techniques. It uses deep pressure and guided stretches to relieve stiffness and improve posture.

This ritual helps balance energy flow and reduces physical fatigue.

Perfect for a refreshing and revitalizing experience.



Joint Ease Warm Compress Ritual

(60 min)

₹2499/-

A soothing therapy using herbal warm compresses to ease joint stiffness and discomfort.

Combined with slow, mindful massage strokes, it helps improve flexibility and joint mobility.

Recommended for those dealing with mild joint pain or body stiffness.



Holistic Therapies



Mindful Rituals



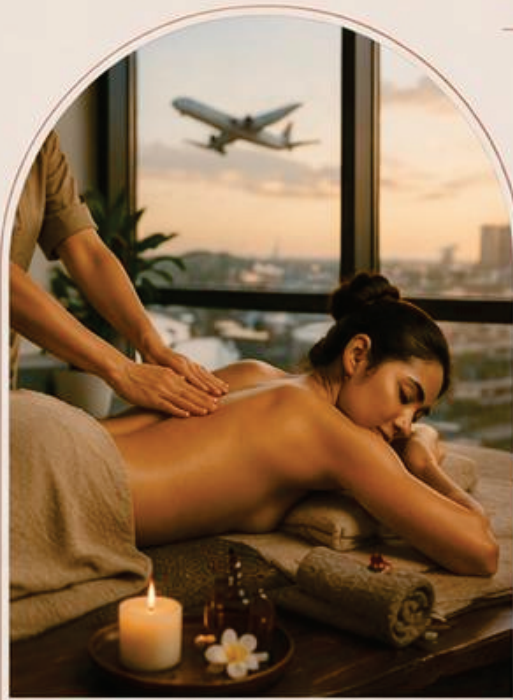
Pure & Natural

REST • RESET • REALIGN



Rejuvenation, Rehab & Pain Relief

(Non-Clinical)



Post-Travel Reset

(60 min)

₹2500/-

A revitalizing massage focused on legs, back, and shoulders to relieve travel fatigue and swelling.

It stimulates circulation, reduces heaviness, and restores body balance after long journeys.

Ideal for frequent travelers or post-flight recovery.



Pre/Post-Workout Conditioning Massage

(45 min)

₹1999/-

A focused therapy designed to prepare muscles before activity or aid recovery afterward.

It helps improve flexibility, prevent injuries, and reduce soreness.

Suitable for fitness enthusiasts looking to enhance performance and recovery.



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN



Rejuvenation, Rehab & Pain Relief

(Non-Clinical)



Rehab Companion Programme

(Series of 6)

₹14999/-



A structured wellness plan designed to support long-term pain relief and body conditioning.



Each session is tailored to progressively reduce discomfort, improve mobility, and strengthen muscle health.



Ideal for clients seeking consistent, guided recovery support.



Holistic Therapies



Mindful Rituals



Pure & Natural

REST • RESET • REALIGN

Express Rituals & Add-Ons



Express Back, Neck & Shoulder Release

(30 min)

₹1499/-

A focused therapy designed to relieve everyday tension in the upper body.

Using targeted pressure and soothing strokes, it eases stiffness and improves circulation.

Perfect for quick relief during busy days.



Hand & Foot Relax Ritual

(30 min)

₹1499/-

A soothing treatment combining gentle exfoliation and relaxing massage for tired hands and feet.

It improves circulation while softening and rejuvenating the skin.

Leaves you feeling light, refreshed, and pampered.



Scalp & Neck De-Stress Add-On

(30 min)

₹1499/-

A calming add-on therapy focusing on relieving stress from the scalp and neck area.

It helps improve blood circulation, reduce tension, and promote relaxation.

Perfect to enhance any massage experience.



Holistic Therapies



Mindful Rituals



Pure & Natural



Advanced Facial Therapies

Pure • Natural • Radiant



Vegan Brightening Clean up

Vegan Brightening Clean-Up is a gentle, chemical-free skincare treatment made with plant-based ingredients.

It helps remove dirt, tan, and dullness while nourishing your skin naturally.

Perfect for instant glow, hydration, and a fresh, radiant look—without any harsh chemicals.



De Tan Therapy (Herbal, non bleach)

A gentle yet effective de-tanning treatment crafted with natural herbal ingredients.

This therapy works to remove sun tan, reduce pigmentation, and restore your skin's natural brightness—without the use of harsh bleach or chemicals.

Ideal for sensitive skin, it leaves your skin refreshed, even-toned, and naturally radiant.



Holistic Therapies



Mindful Rituals



Pure & Natural

PAGE 1 OF 2



Elements Hydra Facial Therapy

A luxurious skin treatment designed to cleanse, extract, and intensely hydrate in one seamless process. It helps unclog pores, refine skin tone, and restore natural luminosity.

Suitable for all skin types, this facial leaves your skin smooth, plump, and revitalized. Ideal for instant glow before special occasions.



Instant Glow Express Facial (30 min)

A revitalizing mini facial that deeply cleanses, exfoliates, and hydrates the skin. It instantly refreshes dull complexion and restores natural radiance.

Ideal for a quick glow before events or outings.



Elements Signature Facial

A bespoke facial experience crafted exclusively for your skin's unique needs, combining advanced techniques with luxurious skincare rituals.

This treatment includes deep cleansing, gentle exfoliation, targeted massage, and infusion of high-performance serums for visible glow and renewal.

Designed to restore hydration, improve skin texture, and enhance natural radiance. A perfect blend of results and relaxation for truly luminous skin.



Holistic Therapies



Mindful Rituals



Pure & Natural

PAGE 2 OF 2



Hot Stone Massage

Heated stones melt away tension, improve circulation, and restore deep relaxation.

60 Minutes

₹2999/-

75 Minutes

₹3999/-

90 Minutes

₹5999/-



Synchronized Massage

(Four-Hand Massage)

Two therapists work in harmony to deliver a deeply relaxing and rejuvenating experience.

60 Minutes

₹2999/-

75 Minutes

₹4999/-

90 Minutes

₹7999/-



Holistic Therapies



Mindful Rituals



Pure & Natural



Elements
Luxe Wellness