



HYATT CENTRIC™

MG ROAD BANGALORE

1/1, Swami Vivekananda Road,
Bangalore
+91 80 4936 1234

hyattcentricmgroadbangalore.com

SPA MENU

SPA MASSAGES

Hyatt Signature massage 60/90 Minutes ₹ 2200/3000

This Massage concentrates on the neck, shoulders, leg, and back. Using a variety of massage techniques including, lymphatic drainage and soft tissue manipulation to relieve muscular aches, pains, deep seated tension and stress.

Swedish massage 60/90 Minutes ₹ 2200/3000

Swedish massage is the manipulation of the soft tissue of the muscles against the bone; it relaxes the body, increases circulation, removes metabolic waste products, and can help the recipient obtain a feeling of connectedness.

Deep tissue massage 60/90 Minutes ₹ ₹ 2500/3500

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Aromatherapy 60/90 Minutes ₹ 2500/3500

A holistic experience based on the application of carefully blended essential oils in a nourishing vegetable base using lymphatic and pressure point massages techniques to maintain and promote physical, psychological, and spiritual well-being. Choose from grounding, invigorating, detoxifying or spice blended oils to intensify the therapeutic effects of this age-old experience.

Balinese massage 60/90 Minutes ₹ 2500/3500

Balinese massage techniques works to soothe damaged tissue, and relieve strained muscles and joint pain. The boost to your circulation will help reduce stress, this massage targets deeper layers of muscle and useful for sports injuries. Balinese massage uses a combination of gentle stretches, skin rolling, kneading and stroking, and pressure-point stimulation. You will feel relaxed, refreshed, re-energised after a Balinese massage.

Indian head massage / Back massage 30 Minutes ₹ 1200

A traditional form of head, neck, scalp and shoulder or back massage; this traditional experience relaxes tones and eases muscle tension, balances chakras and eliminates toxins by stimulating blood circulation and the lymphatic system, leaving you in a state of tranquility and peace.

Foot Reflexology 30/60 Minutes ₹ 1200/2200

Reflexology is performed to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. It is a myth that reflexology should be painful to be effective; the slightest touch can have a marked effect on a person's overall wellbeing, stimulating reflex points to restore energy flow to the body as a whole.

BODY SCRUBS

Invigorating salt scrub 45 Minutes ₹ ₹ 1800

Natural sea salt are infused with eucalyptus, peppermint and orange essential oils renowned for their stimulating, clearing and awakening properties.

Grounding body scrub 45 Minutes ₹ ₹ 1800

Natural sea salt are infused with sandalwood, votive and rose essential oils renowned for their balancing, nourishing and cooling properties.

SPA PACKAGES

Hyatt touch ₹ 3500

Any 60 min massage + one body scrub

Couples treatment 60/90 Minutes ₹ 4000/5500

Avail any of the above 2 massages at same time for couples

BEAUTY SERVICES

Waxing

Half Leg	20 Minutes	₹ 600
Full Leg	35 Minutes	₹ 1200
Full Hand	30 Minutes	₹ 800
Under Arms	15 Minutes	₹ 300
Bikini (female)	30 Minutes	₹ 1500

Threading

Eyebrow	10 Minutes	₹ 250
Upper lip	10 Minutes	₹ 250
Forehead	10 Minutes	₹ 250
Full Face	30 Minutes	₹ 600

Grooming

Pedicure	45 Minutes	₹ 1200
Manicure	30 Minutes	₹ 1000

Facial

Deep Cleansing	60 Minutes	₹ 2500
Anti-aging	60 Minutes	₹ 2500

*Prices are EXCLUDING the applicable taxes.

- For reservations, please call 'The Spa' on extension 7171
- Hours The Spa: 11:00am to 8:00pm daily.
- Final appointments are booked at 7:00pm.