



wellness menu

Vedaa Wellness Retreat
Delhi-Chandvaji-Ajmer Bypass, Sar Village
Bilochi Panchayat, Jaipur 303805, Rajasthan, India
Website : vedaawellness.com



“Vedaa” is a Sanskrit Word for Wisdom or Knowledge

Enter into a world of fabulous treatments that will detoxify, revitalize and heal you in a variety of ways. The best in Massages, Facials, Body Wraps, Fitness Classes and personalized programs are waiting for you. Rediscover a healthy balance in your life. Vedaa Wellness offerings will certainly put you on the road to healing and well-being.

Grand in scale and design, the essence of Vedaa Wellness Retreat is to create a perfect experience of balance between **“Nature, Well-being, Daily Physical and Spiritual Activities”**.

Well-being experiences are created through pristine nature, Indian healing traditions through Ayurveda, Naturopathy, Yoga & Meditation,

varieties of Recreational Activities and Kids-Focused Activities in a serene environment with a prescribed Healthy Food.

The spa treatments are conceptualized to deliver the royalty healing rituals associated with the Pinkcity Jaipur. The programs are divided into **“RELAX-RECONNECT-REFRESH REDISCOVER”** offerings to **REJUVENATE**.

Well-being programs include all body Massages, Treatments, Facials, Day Packages and long duration programs.

Lifestyles Activities are designed to learn and develop a Healthy Lifestyle and Reconnect the **BODY-MIND-SOUL** with Nature.



MANA PRASHANTI - मन प्रशान्ति (WELLNESS TREATMENTS)



Saurabham - सौरभम

(Aromatherapy)

60 / 90 Minutes

Helps detoxification, soothes the Nervous System, provides Clarity of Mind.

A relaxing antidote to daily stress. Succumb to the aromas of fragrant essential oils and essences combined with gentle massage movements all over the body to eliminate Toxins. Rediscover a harmonious equilibrium of **Body, Mind and Soul**.

Gaj Mardana - गज मर्दाना

(Deep Muscular Massage)

60/90 Minutes

Strong, Intense, Pain Relief massage relaxes contracted muscles, which can press or pinch your nerves, causing tingling, numbness, or pain. For athletes or those who just love a good workout, try this deep tissue massage to lessen the muscle pain that comes with exercise.

Prishtha Pira Nidan - पृष्ठ पीड़ा निदान

(Anti-Fatigue Back Aroma Massage)

60 Minutes

Uplifting, Remineralising, Revitalizing

This vital back therapy incorporates the tension releasing properties of self-healing mineral mud with a tailored back massage. Body and Mind are simultaneously de-stressed as the warming ginger oil, together with unique massage techniques, penetrates deeply at every level of Body.

MANA PRASHANTI - मन प्रशान्ति (WELLNESS TREATMENTS)

Vishudhhi Mardana - विशुद्धि मर्दाना

(Detox Treatment)

60 / 90 Minutes

Removes Toxin, Promotes a Healthy Immune System, Reduce Inflammation.

The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Lymphatic drainage massages can benefit people with lymphoedema, fibromyalgia, and other conditions. Fight off illness and heal from injuries and support the health of your entire body.

Sama - समा

(Tranquility with Meditation)

60 / 90 Minutes

Restore the body's chakras and enhance the clarity of mind with relaxing massage therapy and healing techniques, the **Body and Mind** are immediately de-stressed. This spiritual therapy embraces you to attain poise and equilibrium in mind, body and emotions.

Thai - थाई

(Thai massage)

60 / 90 Minutes

Thai is a Buddhist Technique commonly translated as "**Energy**", "**Diligence**", "**Enthusiasm**", or "**Effort**".

The massage is done on a futon mattress without oil and the guest wears loose clothing. It involves stretching and positioning the limbs in certain positions along with pressure point manipulation to facilitate energy flow and remove the blockage.



MANA PRASHANTI - मन प्रशान्ति (WELLNESS TREATMENTS)

Malla Mardana - मल्ल मर्दना
(Aroma Sports massage)

60 / 90 Minutes

A reinvigorating customized massage using specific pressure techniques to focus on sensitive areas. Allow trained experts to release muscle tension, increase the range of motion and help warm up predetermined parts of the body.

Champi - चम्पी
(Indian head massage)

30 Minutes

Seated scalp and shoulders massage to enhance active memory, perception and rebalance the nervous system, eliminates stress and relieves headaches. When practised regularly this technique improves memory, concentration, sight, and sleep quality while preventing hair loss and greying and improving the appearance of the skin.

Pada Mardana - पद मर्दना
(Foot Massage)

30 Minutes

Relieves tension and releases “Feel Good” Chemicals, improves sleep. Ancient Chinese technique used to massage the pressure points to restore the flow of energy throughout the body. By pressing on the nerve endings in the soles, a reflex reaction is supposedly set up between the zone and its associated body part.



PARAMPARIK- पारम्परिक (TRADITIONAL MESSAGES)

(Based on Indian Traditional Healing Philosophy)

Abhyanga - अभ्यंग

(Ayurvedic Massage)

60 / 90 Minutes

Deep Uplifting Body Sculpting External application of medicated herbal oil from head to toe and medicated steam bath. This massage relieves Backache, Body pain, insomnia and helps to maintain a healthy life with glowing complexion. Also relaxes muscular sprain, sports injuries and asthma.

Shushka Udvarthanam - शुष्क उद्वर्तनम्

(Dry Powder Massage)

60 Minutes

Udvarthanam is an Ayurvedic deep tissue massage. Herbal powders are rubbed on the body in an upward direction which dissolves unwanted and undesired elements of the body, mainly fat and excess Kapha dosha. It also helps to mobilize them out of the body to establish normalcy and health.

Char Hath - चार हाथ

(Four-Hand Massage)

60 / 90 Minutes

A Deep Sense of Indulgence.

A 4-hand massage is performed by 2 therapists. This is synchronized massage movements by applying the uniform pressure and pace on both sides of the body (left and right) to increase the level of muscle relaxation.

Shirodhara - शिरो धारा

(Ayurvedic Oil Therapy)

60 Minutes

Calms the mind, Enhances Quality Sleep. A traditional therapy by pouring a stream of medicated oil on the forehead. An excellent cure for insomnia, eye diseases, hair loss, facial paralysis, headache and memory improvement by bringing down the elevated serotonin level to give well-being & happiness.

Elakizhi - एलाकिजी

(Herbal Leaf Potli Massage)

60 / 90 Minutes

Improves Muscle Strength, Alleviates Sore Muscles and Joints, Relieves Body Pain and Stiffness. Elakizhi (Ela meaning Leaves, Kizhi meaning Bolus or Potli) is a massage therapy, which is highly effective in treatments of ailments affecting the bones and joints such as arthritis, spinal problems, spondylitis, lower back pain, sports injuries etc.

Pizhichil - पिझिचिल

(Ayurvedic Oil Bath)

60 / 90 Minutes

Protects the Body From illnesses and builds up Immunity. Calms and Rejuvenates by improving the blood circulation and eliminating toxins. Pizhichil treatment is to combine two therapies Snehana and Swedan. Snehana means oil massage and Swedan means to induce sweat. Treatment is given by continuous flow of medicated oil over the body below the neck to relieve body pains, neuropathies, sciatica & low back pain.

Shirodhara with Abhyanga (90 Minute) Rs. 7000/-*

LAVANYA - लावण्या (BEAUTY TREATMENTS)

(Enhancement of Personal Beauty)

Punr-Nava - पुनर्नवा (Rejuvenating Facial)

Restores youthful appearance.

Mrignayan - मृगनयन (Exquisite Miracle Eyes)

Brightening, De-stressing, Refreshing

Tarunya - तारुण्य (Age Decence)

Nourishing, Revitalizing, Radiating

Shodhan - शोधन (Detoxifying & Draining)

Removes Impurities, Pollutants and Dead Skin Cells

KAYAKALP - कायाकल्प (BODY TREATMENTS)

Salt Scrub - नमक

Moisturizing, Nourishing, Soothing and Exfoliating. The Scrub ensures a soothing experience and visible results. This cleansing treatment promotes stimulation and relaxation. An abrasive scrub made from coarse sea salt mixed with mineral water and essential oils cleanses and polishes the skin. The treatment is finished with a shower and gentle moisturizers, cleansing lotions that smoothen and cares the revitalized skin.

Ubtan Body Scrub - उबटन

(Cream-Based)

Organic Indian Ubtan with the goodness of turmeric, saffron, almond and vetiver powder. exfoliates and tightens the skin giving it a glowing radiance. Suitable for all skin types, especially oily and dry skin.

Vetiver Body Scrub - खस

(Gel-Based)

Pure aloe vera gel enriched with the cooling essential oil of Khus (Indian Vetiver) and pomegranate scrub, makes this a suitable exfoliant for all skin types especially oily skin. It de-tans while scrubbing out dead skin cells.

Sandalwood & Saffron

Scrub - चंदन एवं केसर

(Cream-Based)

A nourishing scrub with the goodness of pure Sandalwood and Saffron oil which heals and rejuvenates, moisturizes dry and mature skin.

Sandalwood & Saffron Body Polish - चंदन पोलिश

(Oil-Based)

A nourishing body polish for dry and dehydrated skin with the goodness of pure Sandalwood oil & saffron to heal and rejuvenate and moisturizes. Excellent for removing dead cells and leaving the skin soft and smooth.



Wrap - आवरण

(Enhancement of Personal Beauty)

Wrap (Jasmine Aloe) - आवरण (चमेली एलोवेरा) (Mud Based)

Extremely nourishing and enriching mud wrap with Mogra and Jasmine absolute oils to gently envelop all skin types, leaving the skin tight, fresh and glowing.

Rose Herbal Body Wrap - रोज़ हर्बल

Enriched with luxurious and healing Rose. This wrap nourishes the skin with a combination of herbs that detox, purify and heal. Suitable for all skin types, especially mature and ageing skin.

Seaweed Body Wrap - शैवाल

(Mud Based)

Highly nourishing Seaweed cleanses, balances, hydrates and improves skin tone along with tightening the skin.

Indian Spices Wrap - भारतीय मसाले

(Herbal Based)

Mixed exotic Indian Spices wrap leave the skin soft and smooth. A nourishing and warming body wrap. Especially suitable for men.





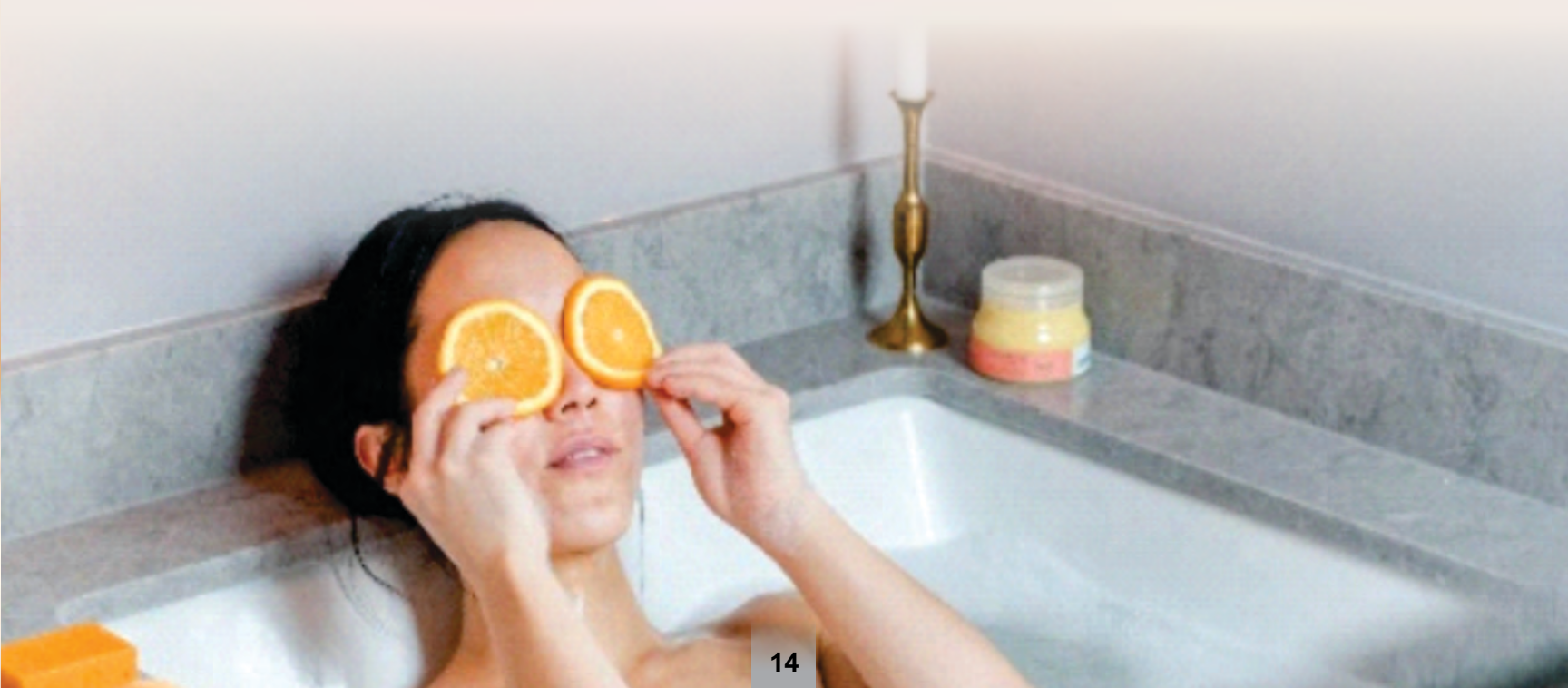
VED VISHISHTH - वेद विशिष्ट (SIGNATURE TREATMENT)

NIRMAL SNAN - पवित्र स्नान | 3 Hours

The meaning of 'Nirmal' is **PAVITRA** and 'Snan' is **BATH**. The Nirmal Snan is a Royal bath ritual that was part of the Royal Tradition. Vedaa-Jaipur has now recreated this Royal Traditional **Wellness Experience** for the first time in Jaipur especially, to take you back to the golden era. During this whole duration of treatment, music will be played to enhance the experience like **Kings and Queens**.

SERVICES INCLUDE:

- ◆ Welcome Drink
- ◆ Steam and Shower
- ◆ Full Body Aroma Massage
- ◆ Face Cleansing by Fruit Pulp
- ◆ Doctor Consultation
- ◆ Sandalwood & Saffron Scrub & Wrap
- ◆ Milk and Fresh Rose petal bath
- ◆ Herbal Drink with Dry Fruits





DIVAS SANKUL (DAY PACKAGES)

Galtaji Ka Amrit - गलताजी का अमृत

(Spiritual Journey)

Program - 6 Hours

Galtaji Temple is a prehistoric Hindu pilgrimage site. It consists of several shrines, holy kunds, pavilions and natural springs. Apart from the kinds, this pre-historic Hindu pilgrimage place also has temples of Lord Ram, Lord Krishna and Lord Hanuman within the temple. We have taken inspiration to create this holistic journey by creating a program that will give insight and meditate for long.

PROGRAM START WITH

Welcome Drink

Surya Namaskar

Pranayam / Yoga / Meditation

Walking Meditation in Oxygen Valley

Tea & light Snacks / Juice / Fruit / Sprouts

Doctor Consultation

30 minutes Face Clean up

90 minutes Aroma Massage with Steam Bath

Aqua Swimming Pool Activities

Healthy Meal (Lunch / Dinner)

Jaigarh Ki Smriti - जयगढ़ की स्मृति

(Reconnect with past)

Program - 6 Hours

This package has been inspired by Jaigarh Fort, as this has a grand structure perched on the top of the 'Cheel ka Teela' Hills. The fort reflects the city's glorious past. Reconnecting with your true self, taking you with the experience of discovering the omnipotent spirit that exist naturally within you.

PROGRAM START WITH

Welcome Drink

Surya Namaskar

Pranayam / Yoga / Meditation

Walking Meditation in Oxygen Valley

Tea & light Snacks / Juice / Fruit / Sprouts

Doctor Consultation

30 minutes Foot Massage

90 minutes Abhyanga Massage with Steam Bath

Aqua Swimming Pool Activities

Healthy Meal (Lunch / Dinner)



DIVAS SANKUL (DAY PACKAGES)

AMER GAURAV - आमेर गौरव

Program - 6 Hours

Amer fort is a perfect blend of the outlook of Rajput (Hindu) and Mughal (Islamic) architectures. Everything is royal and majestic here. These exhibit the power and grandeur of the era of ruling royal kingdoms. Vedaa has taken inspiration to create this package which has the effect of masculinity and authority.

PROGRAM START WITH

- Welcome Drink
- Surya Namaskar
- Pranayam / Yoga / Meditation
- Walking Meditation in Oxygen Valley
- Tea & light Snacks / Juice / Fruit / Sprouts
- Doctor Consultation
- 30 mins** Face Clean up and 30 mins foot massage
- 60 mins** Deep Tissue Massage with Steam Bath
- Aqua Swimming Pool Activities
- Healthy Meal (Lunch / Dinner)

HAWA KI PARI - हवा की परी

Program - 6 Hours

Hawa Mahal, also known as “Palace of Breeze”, allowed the royal ladies to be able to watch the processions and activities on the street without being seen by the public. Now, the time has changed and the women are free to choose what they want to do. We are inspired to create this package to honour their choice and make sure that they are well pampered and refreshed.

PROGRAM START WITH

- Welcome Drink
- Surya Namaskar
- Pranayam / Yoga / Meditation
- Walking Meditation in Oxygen Valley
- Tea & light Snacks / Juice / Fruit / Sprouts
- Doctor Consultation
- 30 mins** Face Clean up
- 60 mins** Aroma Massage with Steam Bath
- Nail Cut & File, Blow dry
- Aqua Swimming Pool Activities
- Healthy Meal (Lunch / Dinner)

DAILY ROUTINE FOR PACKAGES (3 Days / 5 Days / 7 Days / 14 Days)

- Health Consultation by qualified Doctors for (Obesity / Diabetes / Hypertension / Arthritis / Body Stress / Insomnia / Migraine)
- Daily Mindfulness and Meditation Practices
- Yoga Sessions Daily (General & Advanced)
- Breakfast / Lunch / Dinner (Vegetarian / Non-Vegetarian) with Authentic Healthy Dishes
- Daily Mantra Chanting Sessions
- Panchkarma / Shirodhara Treatment
- Purification Kriya Sessions
- Massage Therapies as per Plan by Doctor Consultation
- Open Gym, Basketball, Badminton, Jogging Track, Adventurous Activities
- Aqua Swimming Pool Activities
- Cycling, Nature Walk in Oxygen Valley and other Indoor Activities.
- Visit to Local Villages / Hiking / Trekking / Hill Top Temple





RELAXATION & REJUVENATION PACKAGE - 3 DAYS

Program - 6 Hours Daily

We look at things but don't see them, we search for answers but can't find them and we exist but have stopped living. In today's fast-paced life, the need to relax is a sort of necessity, much similar to an oasis in a desert. The rejuvenation package is designed to relax and rejuvenate your **Body, Mind & Soul**, relieve the stress and revitalize the energy, so that one can enjoy life to the utmost. The program includes 120 mins massage daily (based on doctors recommendation), daily other activities, Yoga, meditation and healthy prescribed food.

REFRESH & DETOX PACKAGE - 5 DAYS

PANCHAKARMA

Program - 6 Hours Daily

Toxins build-up in body does not let your body feel fresh. These excess toxins will cause physical and mental health issues like chronic fatigue, headaches, insomnia and many more diseases. Many of these toxins come from things we use or consume every day like food, water, beauty and personal care products and the environment and lack of physical activities.

Panchakarma is a method of cleansing the body of all the unwanted waste by lubricating it with oil. Panchakarma are five in number, hence the term PANCH (five) - KARMA (procedures). Panchakarma treatment is unique in the sense that it includes preventive, curative and promotive actions for various diseases.

The whole process would include the varied forms of Shirodhara, Kativasti, Januvasti, choorna swedana as well as Yoga cleansing. All these therapies and activities will be prescribed & monitored by expert doctors & changed daily depending on your physical condition and prakriti.

RECONNECT & DE-STRESS PACKAGE - 7 DAYS

Program - 6 Hours Daily

We all feel stressed or burnt-out in routine life. The Reconnect & De-Stress Package is the right choice for those who would like to make a difference in their lives. Among other things, this package includes pouring warm oil onto the forehead (Shirodhara), herbal steam baths as well as yoga and meditation. It is the goal to let **Body, Mind & Soul** come to relax.

This is a combination of Yoga, Meditation, Ayurvedic Therapies, Rejuvenation Massages, Steam Baths, Mud Packs, etc. and thus a holistic treatment daily.

This programme is very effective for stress management and to encourage the **Body, Mind and Soul** to achieve healthy & long life.

REDISCOVER & WEIGHT MANAGEMENT PACKAGE - 14 DAYS

Program - 6 Hours Daily

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at a higher risk of developing serious health problems. That is why maintaining a healthy weight is very important. It helps to lower your the risk for developing diseases and helps you feel good about yourself, and gives you more energy to enjoy life.

The exact number of treatments may vary according to the individual's state of health. Some of the therapies are also offered more than once. The focus will be to increase the metabolism, varieties of physical and mental activities along with balanced food and beverages.

BEAUTY SALON MENU

HAIR SERVICES

Gents cut
Ladies cut
Ladies Hair Trim
Male Hair Style
Kid's Hair cut (up to 12years)
Shampoo & Blow-dry
Iron/Tong
Hair Do
Flicks Cut
Shave
Head Shave
Hair Curls
Beard Trim

CHEMICAL SERVICES

Root touch up
Global full length (Shoulder Lenth)
Global full length (Long)
Highlights (Global)
Highlights (Crown Area)
Men's highlights
Men's Colour
Hair Streaks (per streaks)
Hair Spa Male
Hair Spa Female (Shoulder Length)
Hair Spa Female (Long)
Hair Conditioning
Hair Rebonding (Shoulder Length)
Hair Smoothing

FACIALS

Clean Up
Face Bleach
D-tan Bleach
Hands Bleach
Legs Bleach
Full Body Bleach
Back Bleach
Front Bleach

WAXING

Arms
Legs
Half Arms
Half Legs
Under arms
Back wax
Chest wax
Upper lips wax
Full face wax
Chin wax
Full body wax
Bikini wax
Katori Wax
Brazilian Wax

HANDS & FEET

Pedicure
Luxury pedicure
Manicure
Luxury manicure
Nail Cut /File
Nail paint

THREADING

Eye brows
Upper lips
Chin
Forehead
Cheeks
Full face

MAKE-UP

Eye make-up
Party make-up
Reception Make-up
Bridal make-up
Saree drape
Pre-bridal package
Light Make-up

VEDAA WELLNESS RETREAT

Reservations

To Make your reservation at Vedaa Wellness, Please call our concierge team. From within the hotel, a valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

Pre-arrival

Please arrive 20-30 mintues before appointment to take full advantage of our facilities. Appointments begin at the time scheduled. If you arrive late, your appointment will have to be shortened so that the therapist will be on time for the next appointment.

Health Consideration

Please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant as some services may not be appropriate for you at this time.

SPA Policy

We respectfully ask that you leave cell phones turned off so that the tranquillity of the wellness experience may be preserved. Pleases leave at home or deposit all valuables in your room safe, as Vedaa Wellness cannot be held responsible for

HOURS OF OPERATION

Spa : 8:00 AM - 8:00 PM
Fitness Center,
Yoga & Meditation : 6:00 am - 8:00 pm

Cancellation

Cancellations and charges of scheduled treatment are accepted up to 4 hours before appointment time without incurring a charge. For cancellations within 4 hours or no show, you will be charged in full.

Gift Certificate

To buy our spa gift certificates please contact our reception desk and gift your loved ones a relaxation they won't forget.

Therapist

You may request a male or female therapist, however, we cannot guarantee the availability of any particular therapist. For all Ayurvedic Therapies, treatment are performed by same-gender therapists.

Age Limitation

Children under age 18 are not permitted to use the spa facilities. However, some treatments may be available with parental supervision. Please inquire with the wellness concierge.

Swimming Pool : 6:00 AM to 7:00 PM
(With assistance from the concierge, one could use the Fitness centre at any convenient time as well)