



Healthy Self



EROS HOTEL
NEW DELHI, NEHRU PLACE

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www.eroshotels.co.in

Spa Etiquettes

Spa Opening Hours

Massage: 8 am – 8 pm Spa: 6 am – 10 pm Beauty Parlour and Salon: 9 am – 8 pm

AGE REQUIREMENT

The minimum age requirement for access to Healthy Self is 16. Salon treatments are available for guests under 16 with parental supervision.

SPA ARRIVAL

We recommend that you check-in at the Spa Reception at least 45 minutes prior to your first scheduled treatment. This allows us to have a brief discussion with you about your treatment expectations and also provides you with ample time to visit the spa's oasis of heat and water. This prepares your body to receive the optimum benefits from your treatment. Please understand that late arrivals will not receive an extension of scheduled treatments.

HEALTH CONDITIONS

When making your spa reservation, please advise us of any health conditions, allergies or injuries that could affect your experience. Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Keep in mind that all bodywork is similar to exercise in that, lactic acid and other toxins are released from the muscles. This may cause some soreness for up to a few days and this is subject to individuals.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatments are most suitable during this special time.

PRIVACY

Your privacy will be protected at all times. Unless the service description specifies otherwise, it is customary to wear just your robe at your service. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your services, your body will be draped with linens and at no time during your treatment will you be fully exposed.

SPA ETIQUETTES

Our Spa environment is one of tranquility and relaxation. Please respect all Spa Guest's right to privacy and serenity. For the courtesy of our guests, cellular phone and pager use is prohibited within the spa premises. Respect yourself and others by turning off communication devices prior to entering the spa, locker rooms, fitness and treatment areas.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

GRATUITIES

Gratuities should reflect your level of satisfaction with our services and your personal providers; therefore all gratuities are left solely at your discretion.

REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.

ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Bookings that are made on the day of service and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a major credit card and telephone number. To schedule your appointment(s), please contact the Spa on +91 11 41331867. All spa treatments and fitness facility prices are subject to change without prior notification. Our spa hosts will assist you with any pricing queries you may have at the time of your reservation. Taxes are as applicable.

CANCELLATION POLICY

Cancellations or no shows within 12 hours will incur a 100% charge. Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal articles. Please keep all valuables secure in your locker.

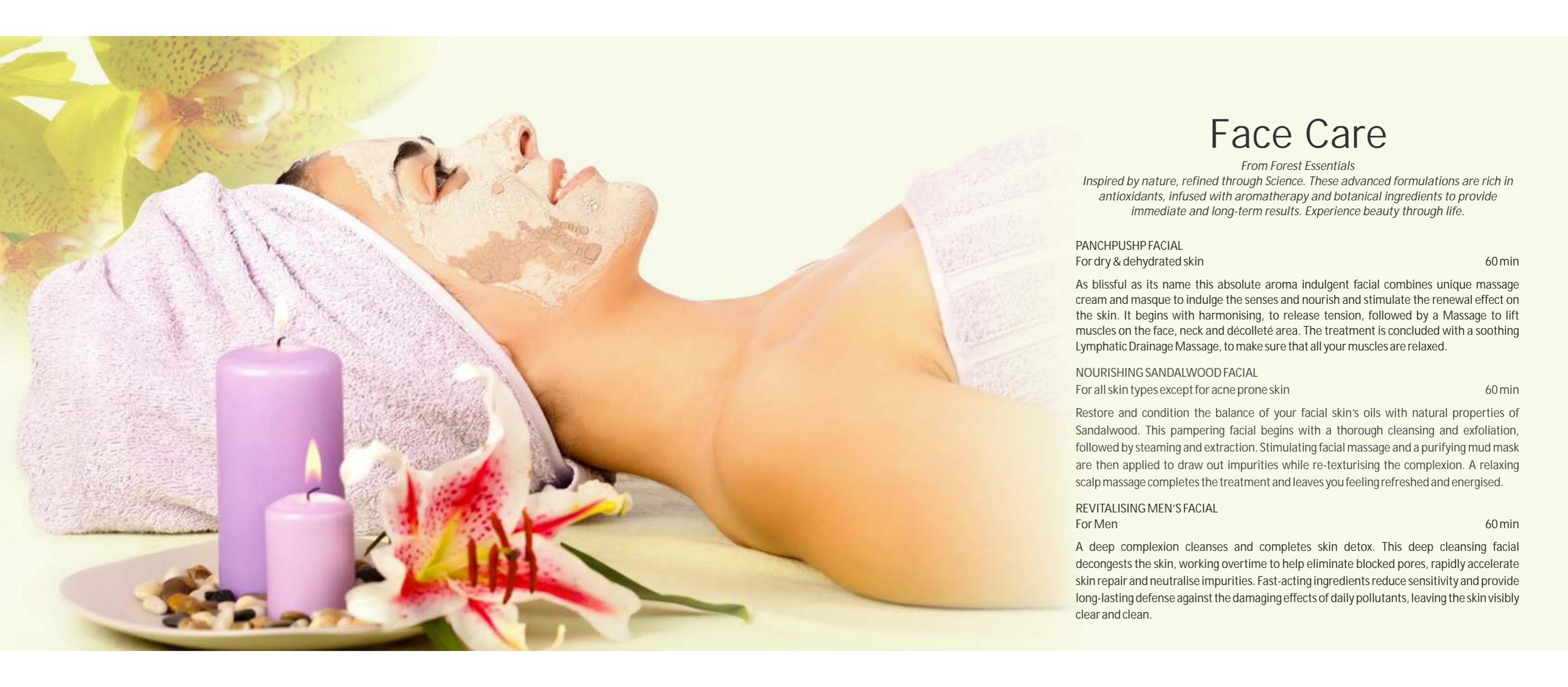
ACCIDENT OR INJURIES

Healthy Self and Salon shall not be liable for any accident or injury suffered by a member or guest.

RESTRICTIONS ON THE USE OF THE FACILITIES

The use of alcohol and tobacco is strictly prohibited. Kindly wear proper attire while exercising. Sports Shoes are required in the Fitness Centre.





Face Care

From Forest Essentials

Inspired by nature, refined through Science. These advanced formulations are rich in antioxidants, infused with aromatherapy and botanical ingredients to provide immediate and long-term results. Experience beauty through life.

PANCHPUSHP FACIAL

For dry & dehydrated skin

60 min

As blissful as its name this absolute aroma indulgent facial combines unique massage cream and masque to indulge the senses and nourish and stimulate the renewal effect on the skin. It begins with harmonising, to release tension, followed by a Massage to lift muscles on the face, neck and décolleté area. The treatment is concluded with a soothing Lymphatic Drainage Massage, to make sure that all your muscles are relaxed.

NOURISHING SANDALWOOD FACIAL

For all skin types except for acne prone skin

60 min

Restore and condition the balance of your facial skin's oils with natural properties of Sandalwood. This pampering facial begins with a thorough cleansing and exfoliation, followed by steaming and extraction. Stimulating facial massage and a purifying mud mask are then applied to draw out impurities while re-texturising the complexion. A relaxing scalp massage completes the treatment and leaves you feeling refreshed and energised.

REVITALISING MEN'S FACIAL

For Men

60 min

A deep complexion cleanses and completes skin detox. This deep cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and clean.



Nourish Body and Soul. Experience your body as it really is, unlimited energy in constant transformation. Discover refined aromatherapy blends with the Aromatherapy line. Body treatments allow the spirit to reconnect to the body and mind.

Body Care

Body Polisher Sandalwood & Turmeric 30 min
Using turmeric, milk and sandalwood, the therapist will prepare a special mixture that will help tone your skin and reduce the effect of tanning. It will also help refresh your skin while at the same time improving your complexion. This wrap is best for individuals with combination or dry skin.

Basil & Marigold Sand Polisher 30 min
Decadent and luxurious, these gently exfoliating body polishers use sea salt crystals which polish the skin leaving it incredibly smooth and buffed. They also contain the pure cold-pressed oils extracted from sweet Almonds, which is the most nutritious and Apricots which nourishes, softens and improves skin elasticity, Basil, Marigold and Bergamot purify the skin.

Enriching Soya & Milk Scrub 30 min
The main ingredients in this wrap are Oatmeal, Soya Bean, Fresh Cream, Rice and Lemon. This scrub helps in lightening your skin and also provides the much needed moisturising for the skin. At the end of this treatment you will be left with your skin cleaned, exfoliated, and feeling much softer and brighter than before. This scrub is best for individuals with dry skin.

Swedish Massage 60 min
Invite yourself to enjoy an unsurpassed level of relaxation in this enhanced classic Swedish massage. The light, 98% organic aromatherapy body oils are based on organic sunflower as well as wild crafted and organic flowers, plants, roots and leaves.

Deep Tissue Massage 60 min
(specially recommended for men also)
A deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the buildup of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.



Experience Enhancements

Enhance your pampering experience and indulge in some added luxury. These mini treatments add the final touch to your spa treatment for the ultimate pampering experience. Customise your journey to wellness and relaxation by adding one of the following treatments onto your service.



Eye Treatment 30 min
This intensive eye treatment treats the delicate areas that deserve special attention. This specialised treatment is designed to diminish fine lines and wrinkles. Improves dark circles, puffiness and improves clarity for a brighter, more luminescent eye area.

Back Massage 30 min
When time is of essence, a back massage that not only eases tensed muscles and knots in the back, it also induces a deep sense of relaxation as the back consists of a network of nerves linked to the entire body.

Scalp, Neck & Shoulder Massage 30 min
Ideal for tired neck and shoulders, the massage helps relieve all tension in the area with a pressure point massage on the scalp and deep stretching movements on the neck and shoulders.

Foot Massage 30 min
A specially designed foot massage that incorporates combined techniques of Thai stretching, Ayurvedic marma points and reflexology. A perfect way to treat tired and sore feet leaving them relaxed yet re-energised.

Grooming and Refinement

Full service beauty salon with top quality therapists with personalised experience.



Spa Manicure 60 min
Our Manicures are unlike any other. We use the best products in the industry to ensure the best results for the guest. Just try it once with us and you will be hooked on to getting every manicure done with us.

Spa Pedicure 60 min
This luxury treatment is fantastic for even the most neglected of feet. They will be unrecognisable after they have been sloughed, buffed and brought back to life with the wonderful restorative benefits of this pedicure. Completed with the high performance nail polish classic or french to leave your feet looking glamorous.

Hair Dressing
Our in-house hairdresser will be happy to discuss your hair care needs and concerns and suggest an appropriate programme for you.

*Hair Spa Treatment	*Shampoo and Blow dry
*Shampoo and cut	*Hair Setting
*Dressing and styling	*Men's cut
*Men's blow dry	*Kids cut

Waxing and Threading
Waxing truly is a form of art. Our therapists use wax to sculpt unwanted hair. Get perfect shape and clear skin by threading used for sensitive areas like face.



Healthy Self

There is no better way to revitalise yourself than being at the *HealthySelf* Health Club. Our holistic Health Club provides you with ample recreational options. And that's not all our team of experienced staff looks forward to make your experience very authentic and enriching.

For the first time in Delhi, we offer wide range of spa treatments in the Health Club and Pool for our guests. Combat the stresses of everyday life with our spa treatments. Our expanded spa menu includes Oriental treatment, as well as specific treatments such as foot massage and reflexology, and hand and scalp massage. We also offer the ultimate in indulgence – a full-day spa package, available to Hotel guests and to the city's businessmen.

Our newly refurbished Health Club offers the latest in cardiovascular equipment, luxurious locker facilities, individual Jacuzzi, sauna, steam room, outdoor swimming pool and plasma screen televisions.

Promotions

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at Beauty Parlour and *HealthySelf*. A delightful way to introduce someone to the benefits of spa services.

SPA PACKAGES

Information on special Spa packages or group programmes can be obtained by contacting the *HealthySelf* reception.

MEMBERSHIPS

Various annual, quarterly and monthly membership programmes are available and details are available at the *HealthySelf* reception.