



NIJA

LUXURY WELLNESS

WELLNESS MENU

NIJA LUXURY WELLNESS AT CINNAMON GRAND

NIJA...A pathway to enrich your lifestyle!

We offer you an array of indulgent treatments and wellness packages with our Professional Doctors (on call), beauty consultants, and multinational therapists. Our philosophy is the gateway to perfect health and beauty, and we are devoted to delivering a holistic wellness journey.

DEFINED BY NATURE LED BY NIJA

SOLO
RETREATS





Head Neck & Shoulder Massage

An extremely effective therapy that involves massage to the upper back, shoulders, upper arms, neck, face and scalp while in sitting or lying position. It stimulates and improves scalp circulation which in turn helps with strength and growth of hair, relieves muscular tension and stimulates blood circulation, stretches and mobilizes the tissues of the neck and shoulders, and rebalances vital energy flow, installing a sense of peace and tranquility.

Rs.12,000/=
30Mts



Head Oil Treatment

A head massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, and promote hair growth.

Rs.8,000/=
30Mts



Classic Aromatherapy Full Body Treatment

A light, calming massage using a blend of oils, which works on the whole body. Using blended aromatherapy oils, this massage is personally tailored to the individual's needs.

Rs.15,000/=
60Mts

Rs.18,000/=
90Mts

*It is subject to 10% service charge



Swedish Treatment

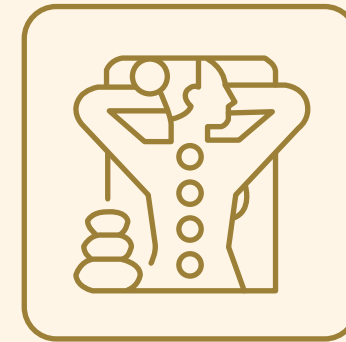
A traditional form of Western massage. It is a relatively gentle massage form focused on the body's superficial layers. It promotes general relaxation and blood circulation. A very potent massage to improve blood pressure and other vital health conditions. In short, it is more than just a stress-buster.

Rs.15,000/=

60Mts

Rs.18,000/=

90Mts



Deep Tissue Full Body Treatment

This involves slow and deep massage strokes to deliver pressure to the inner layers of muscles and connective tissues in order to ease the deep aches and tension. It relieves chronic pain by speeding up blood circulation and helps the muscles repair.

Rs.20,000/=

60Mts

Rs.25,000/=

90Mts

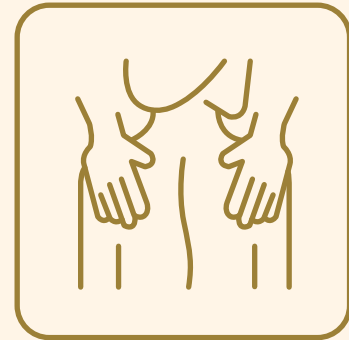


Foot and Hand Treatment

Manicures and Pedicures are done for cosmetic, therapeutic purposes to beautify hand, feet and nails.

Rs.8,000/=

30Mts



Balinese Treatment

The holistic treatment with acupressure technique used for centuries to heal both body and mind. This traditional therapy includes stretching, long strokes, skin rolling, palm and thumb pressure technique to release tension, ease stress and improve blood flow.

Rs.15,000/=

60Mts

Rs.18,000/=

90Mts



Hot Stone Treatment

The healing power of touch combines with the synergy of the earth in this relaxing and muscle melting massage. Smooth and warm rocks glide along the body with long flowing strokes so that the heat generated helps to relax the muscles and works on our emotions. Simultaneously, rocks are placed on the various energy points of the body to encourage the healing process.

Rs.22,000/=

60Mts

Rs.25,000/=

90Mts



Stress Relief Back Treatment

This is a type of massage that is performed on the back of a human body starting from below the neck to above the buttocks. It is often considered a form of relaxation, stress relief, or even as a pain relief method.

Rs.10,000/=

30Mts

*It is subject to 10% service charge

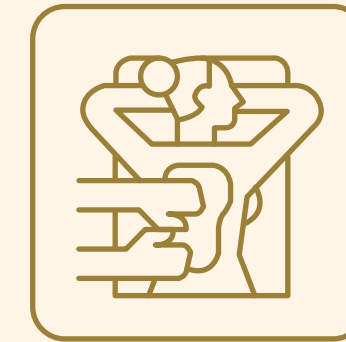


Foot Reflexology

Also known as zone therapy, it involves the application of pressure to specific points on the feet. This is done using thumb, finger, and hand massage techniques with or without oil. As the specific areas of the foot correspond to organs and systems of the body, pressure applied to those areas is believed to bring relaxation and healing to the related areas of the body. This reduces stress and anxiety, pain, lifts up mood and improves general well-being.

Rs.15,000/=

60Mts



Scrubs & Wraps

This treatment gently removes unwanted dead skin cells and leaves the skin clean, soft and healthy looking. They allow the skin to absorb moisturizer better, unclogs pores and prevents ingrown hairs.

Sandalwood & Turmeric Honey Wrap.
Venivel Herbal Body Scrub.

Rs.12,000/=

Wrap - 30Mts

Rs.8,000/=

Scrub - 30Mts

F A C I A L
P A C K A G E S





Luxury Facial (Deep cleansing)

A facial is a beautifying skin treatment which cleanses pores, exfoliates the dead skin cells, hydrates and moisturizes the skin and treats common skin concerns.

Rs.10,000/=
60Mts



Crystal Peel Treatment (Price and duration will vary)

Fine aluminum crystals are blown at the skin, removing the uppermost layers of the skin and the excess oil. This removes old tired cells, unclog pores, removes acne scars, stretch marks and also improves tone and texture of the skin prompting new skin and cologne turnover.



Balancing Facial

Ideal for those with combination, blemish-prone skin. Helps to regulate your skin and purifies congested pores leaving the skin fresh, soft and clear.

Rs.10,000/=
60Mts

*It is subject to 10% service charge



LED Therapy

LED therapy increases the elasticity of your skin. Collagen production gives the skin a youthful glow. This will help relieve blemishes and hyperpigmentation. Five different types of lights are used based on skin type.

Rs.6,500/=
30Mts



Microdermabrasion (MDB) (Multi Step Treatment Achieves 5 Goals)

A minimally invasive procedure used to renew overall skin tone and texture. It can help improve the appearance of skin affected by sun exposure, wrinkles, acne, and other conditions.

Rs.13,500/=
90Mts



Facial for Him

A special Tailor-made 'His' facial for the gentleman who wants to renew dull skin. We cleanse, exfoliate and massage to give a youthful complexion. Enjoy the added benefits of a hand massage during the application of the mask. Facials are designed to boost the immediate appearance and overall health and longevity of the skin.

Rs.10,000/=
60Mts

*It is subject to 10% service charge

AYURVEDA
RETREAT





Ayurveda Abhyanga Treatment (Without Fermentation)

Rs.20,000/=

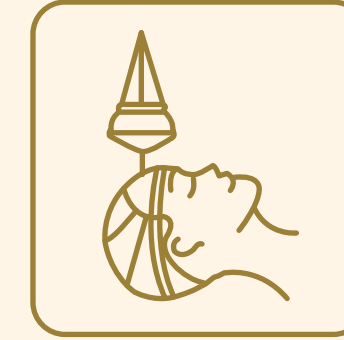
60Mts

Ayurveda Abhyanga Treatment (With Fermentation)

Rs.25,000/=

60Mts

Ayurveda is one of the world's oldest natural healing processes to have a beneficial effect on our mind, body and soul. It is a synchronized healing and detox process that releases toxicity, reduces physical and emotional stress and restores peace of mind. It includes herbal hot compress and massaging herbalised oils from head to toe. This massage therapy mainly concentrates on maintaining human health by nourishing the cells and promotes overall good health.



Ayurveda Shirodhara Treatment

It is an ancient method of Ayurvedic healing that can help find harmony within the mind, body and spirit for holistic wellbeing. It is one of the most essential therapies in Ayurveda that can not only rejuvenate and purify the body but also relieves stress, mental fatigue and improves sleep quality. This technique involves having oil poured onto the third eye of the forehead followed by a full body massage. Shirodhara is said to have relaxing, soothing, and calming effects on the body and mind.

Rs.15,000/=

60Mts



NIJA SIGNATURE



Ayurveda NIJA Day Package

- + Abhyanga with portal
- + Steam or Sauna

Rs.25,000/=
120Mts

3 Day Ayurveda NIJA Package

DAY 1

- + Doctor consultation on request
- + Steam and scrub – 60 Mnt

DAY 2

- + Shirodhara Treatment – 60 Mnt

DAY 3

- + Abhyanga Treatment – 90 Mnt

Rs.60,000/=
3 Days Full Package

NIJA Bliss

An exotic, luxurious and unforgettable celebration of indulgence.
Herbal Scrub.

Aromatherapy
Swedish massage
Herbal hot compress

Rs.30,000/=
150Mts

Stress Relief

Relax and rejuvenate with this ultimate Spa package, especially designed to relieve you from mental and physical pain.

30 mins –Floral foot soak
90 mins Balinese massage
30 mins Head neck & shoulder massage



Rs.30,000/=
150Mts

NIJA Golden Glow

A curated blend of treatment combining the most popular therapies for that dream glow.

Foot treatment
60 mins Aromatherapy
Massage
Herbal Hot compress
Luxury Facial

Rs.50,000/=
180Mts



*It is subject to 10% service charge

C O U P L E
P A C K A G E S



Rama – Sita

- + A delightful package for the couple seeking an escape from the hustle bustle
- + an ultimate celebration of togetherness
- + Floral Foot Soak
- + 60 mins Aromatherapy Massage
- + Herbal Hot compress
- + Floral bath with a glass of fresh juice for both

Rs.60,000/=

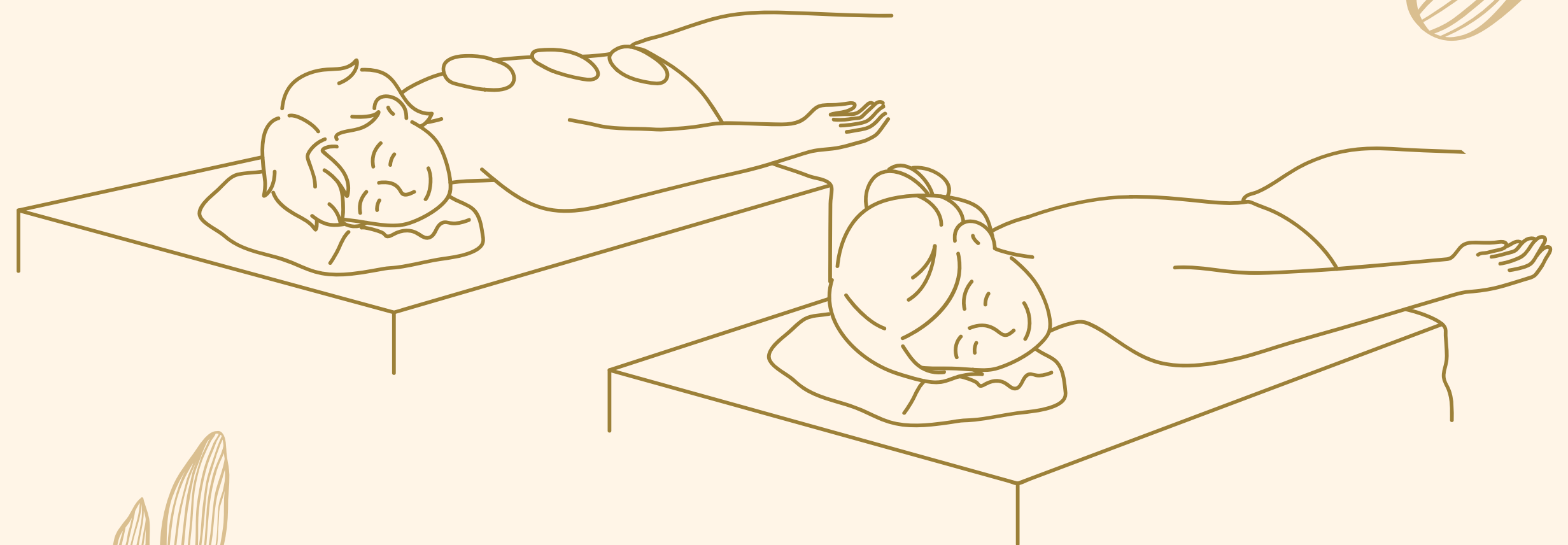
180Mts

Lovers Ritual

- + An ideal package for a magically romantic wellness Spa experience.
- + Floral Foot Soak
- + 60 mins Swedish Massage
- + Herbal Hot compress
- + Luxury Facial
- + Floral bath with a glass of fresh juice for both

Rs.75,000/=

180Mts



*It is subject to 10% service charge

B R I D A L
P A C K A G E S





01 Day Soft Delight Natural Bridal Package

Get the glow within while rejuvenating your body mind and soul on your special day.

- + Steam Bath
- + Face Scrub (Sandalwood & curd)
- + Green Tea face ice pack
- + Aloe Vera face massage
- + Face pack
- + Full body scrub (entire body)
- + Milk rice fomentation with secret herbs

Rs.30,000/=

150Mts



03 Day Glowing Natural Bridal Package

Day 1

- + Steam Bath
- + Green Tea face ice pack
- + Face pack
- + Milk rice fomentation with secret herbs

Day 2

- + Steam Bath
- + Full body scrub (entire body)
- + Full body pack

Day 3

- + Gentle oil massage
- + Natural rice porridge hair treatment (Aloe Vera + Castor oil + Neem)



Rs.75,000/=

Daily 180Mts each



- + Face Scrub (Sandalwood & curd)
- + Aloe Vera face massage
- + Full body scrub (entire body)

- + Face Scrub
- + Saffron & secret herbs face pack
- + Milk rice fomentation with secret herbs

- + Saffron & secret herbs face pack
 - + Milk rice fomentation with secret herbs
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*It is subject to 10% service charge

05 Day Ever Glow Rich Bridal Package

Day 1

- + Steam Bath
- + Face Scrub (Sandalwood & curd)
- + Green Tea face ice pack
- + Aloe Vera face massage
- + Face pack
- + Full body scrub (entire body)
- + Milk rice fomentation with secret herbs

Day 4

- + Steam Bath
- + Full body scrub (entire body)
- + Saffron & secret herbs face pack
- + Mini Manicure & Pedicure
- + Milk rice fomentation with secret herbs

Rs.125,000/=

Daily 180Mts each

Day 2

- + Steam Bath
- + Face Scrub
- + Full body scrub (entire body)
- + Saffron & secret herbs face pack
- + Full body pack
- + Milk rice fomentation with secret herbs

Day 5

- + Saffron & secret herbs face pack
- + Full body pack
- + Natural rice porridge hair treatment
- + Milk rice fomentation with secret herbs

Day 3

- + Gentle oil massage
- + Saffron & secret herbs face pack
- + Natural rice porridge hair treatment
(Aloe Vera + Castor oil + Neem)
- + Milk rice fomentation with secret herbs

*It is subject to 10% service charge



MANICURE / PEDICURE

To boost up the freshness of the feet and hands and to leave them feeling hydrated, smooth and soft with a clean and new look. Cut, file & polish. Nail Varnish will be applied upon request in a preferred colour.

+ Pedicure only
Rs. 5,000/=

+ Pedicure with normal colour
Rs. 6,000/=

+ Pedicure with Gel colour
Rs. 7,000/=

+ Manicure only
Rs. 3,500/=

+ Manicure with normal colour
Rs. 6,000/=

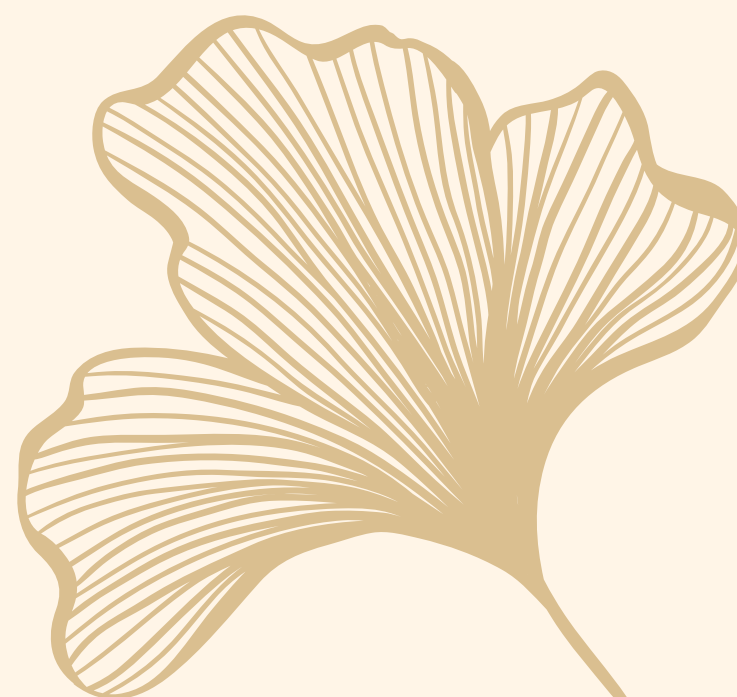
+ Manicure with Gel colour
Rs. 7,000/=

PARAFFIN WAX

A Solid wax and a skin softening treatment. Relives pain of sore joints and muscles. Good for cracked heels and dry hands. This will trap body heat and promote blood circulation which will soften the skin.

+ Paraffin Wax Arms
Rs. 2,500/=

+ Paraffin Wax Legs
Rs. 3,500/=



*It is subject to 10% service charge

CONSULTATION
PACKAGES



NIJA Naturopathic Detox Packages

With special consultancy by
Dr. Tyrol Ferdinands 60Mts consultation

1 Day

- + One-day package with one-hour consultation
- + 30Mts. Trigger point therapy
- + One nutritive juice
- + Seven day follow up treatment protocol plan
- + One deep tissue therapy 45Mts

Rs.65,000/=

3 Day

- + Three-day detox package with one-hour consultation
- + 30Mts. Trigger point therapy with three nutritive juices
- + Nine day follow up treatment protocol plan
- + One reflexology for 30Mts. (1 day)
- + One deep tissue therapy for 30Mts. (2 days)

Rs.100,000/=

7 Day

- + One Hr. consultation
- + 30Mts. Trigger point therapy
- + Seven nutritive juices
- + Twelve day follow up treatment protocol plan
- + One deep tissue therapy (3 days) 30Mts. (One Head & Shoulder)
- + One Swedish Massage
- + One Reflexology ½ hr.
- + One Aromatherapy 45Mts.

Rs.165,000/=

Any specific medical conditions that need to be addressed can be undertaken, once one of the above packages have been taken advantage of Treatment plan prices upon request.

A practitioner of Functional and Integrative Medicine and Doctor of Naturopathy, Dr. Tyrol Ferdinands Utilises tools of Nutritive Medicine (food as a medicine), Trig- ger point therapy (a physical triggering of mental and emotional suppressions and physical conditions) Clinical Hypnotherapy and Integrative Psychotherapy with a specialization in Emotional Freedom Technique (EFT) in delivering drug-less therapies and chemical-free remedies. His focus on chronic disease conditions and preventive medicine based longevity has been enabled by further training in Advanced Applications in Medical Practice (AAMP) USA, Society of Integrative Oncology (SIO) USA, Empowered Oncology - Mechanism to Clinical Practice (Australia) and the Australian Academy of Anti-Ageing Medicine. He currently serves as the Chairman of the Institution of Complementary and Alternative Medicine.

*It is subject to 10% service charge



Synchro Massage

Massage by two therapists simultaneously is available on request. Total relaxation guaranteed when left and right sides of the body are treated at the same time and your mind does not have to focus on one.



Jet Lag Therapy

Available on request

Rs.10,000/=
45Mts



Healthy refreshing juices

Music Therapy




Available on request

Rs.8,500/=
60Mts

Swimming Pool Facilities

Enjoy spa wet area and swimming pool facilities.

Rs.2,500/=



*It is subject to 10% service charge

SPA Etiquette

Arrival

We recommend you arrive 15 to 20 minutes prior to your appointment time to allow yourself to relax and experience our calm surroundings.

Cancellations

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellations/changes with less than 24 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show"

Attire

We encourage you to wear comfortable clothes when visiting the spa. Upon arrival you will be provided with a robe, towels and disposables. Disposable underwear is a must while on treatment.

Food & Alcohol Consumption

Smoking and the consumption of alcohol within the spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

Health Declaration

Your health and safety comes first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, let your therapist know if you are experiencing any pain or discomfort.

Valuables

Whilst no personal lockers are provided for you, we recommend you to not bring in valuables for treatment as we are not able to take responsibility for loss or damage of any kind.

Smart devices

For the comfort of other spa guests and preserving the serene ambiance of the spa, please ensure your electronic devices are switched off or in silent mode upon entry. We also thank you in advance for walking and conversing quietly in the spa.

