



NIRWANA

WELLNESS

ancient aryuvidic modern luxury



Step into a realm where wellness is not just a concept but away of line.

Nirwana Wellness is a luxury wellness and spa brand dedicated to holistic healing and deep relaxation. Rooted in Ayurvedic wisdom, it offers therapeutic massages and rejuvenating spa experiences designed to balance the body, calm the mind, and restore inner harmony.

At Nirwana Wellness, every treatment is thoughtfully curated to promote well-being, relaxation, and renewal—creating a serene escape from everyday stress.

◆ Balance ◆ Healing ◆ Inner Peace ◆ Harmony ◆ Vitality ◆





SPA SOJOURNS

Spa Sojourns are immersive wellness journeys that blend therapeutic touch with deep relaxation. Crafted to rejuvenate from head to toe, these rituals leave you feeling renewed, centered, and completely at ease.

-  **DEEP SLEEP** **120 min 6000/-**

Indulge in nirwana's Deep Sleep Experience, an unparalleled spa journey for profound relaxation and restorative sleep. Surrender to the sublime, as expert hands employ time-honored techniques to alleviate deep-seated tension, remove toxins, and balance the energies coursing through your body. From the crown of your head to the soles of your feet, every muscle will sigh in relief, every thought will float away, and you will be enveloped in a tranquil cocoon that readies you for a night of deep, revitalizing sleep. Emerge from this spa experience not just rested, but profoundly restored. The calming aroma oils further soothe your senses, slowing your mind into a meditative state. Gentle, rhythmic strokes lull you into serenity, making it the perfect escape for those seeking mental clarity and emotional balance.

Package Inclusions:
Deep Tissue Massage (60 minutes)
Marma Head Massage (30 minutes)
Foot to Knee Bliss (30 minutes)
-  **NOURISH** **120 min 5200/-**

Nirwana's Nourish is a two-hour spa experience designed to rejuvenate your body and mind. Begin with your choice of massage—Swedish, Deep Tissue, or Abhyanga. Whether it's long kneading strokes to melt away stress, deep pressure to relieve muscle fatigue, or rhythmic movements with warm herbal oil for holistic balance, our skilled healer tailors the therapy to your needs. Complete your journey with a revitalizing spa facial, designed to cleanse, nourish, and reveal bright, smooth skin. The calming ambiance and aromatic oils enhance relaxation, allowing you to disconnect completely from daily stress. You'll leave feeling refreshed, glowing, and deeply restored from within.

Package Inclusions:
Choice of Swedish, Deep Tissue, or Abhyanga Massage (60 minutes)
Choice of Facial (60 minutes)
-  **ROYAL RENEWAL** **300 min 16,800/-**

Experience Nirwana's Royal Renewal—a six-massage luxury journey crafted to relax, restore, and revive your entire being. Perfect for those seeking deep rejuvenation and lasting wellness. Each session blends Ayurvedic healing with deep therapeutic relaxation for complete balance. Let this royal experience elevate your energy, enhance your glow, and renew you from within.

Package Inclusions:
Choice of Swedish, Deep Tissue, or Abhyanga Massage (60 minutes)
Six massage in a week

» **COUPLE'S RETREAT (COUPLE SPA)** **each 90Min 7200/-**

Experience the finest in pampering and indulgence with the Couple's Retreat. In the privacy of our serene couple's therapy suite, unwind side-by-side with your partner as you choose from a Swedish, Deep Tissue, or Abhyanga massage. Let stress melt away, then savour a refreshing fruit bowl and detox juice together. Celebrate your journey of love—rejuvenated, reconnected, and renewed. Feel the harmony deepen as healing strokes awaken your senses and restore inner balance. This intimate spa escape is designed to strengthen your bond, creating cherished memories of togetherness and bliss.

Package Inclusions:

Choice between Full Body Swedish or Deep Tissue Massage (90 minutes)

Room Decoration - only on prior request & availability

» **COUPLE'S BLASS (COUPLE SPA)** **each 60Min 5100/-**

Share a serene escape with our Couple Bliss experience, designed for deep relaxation and meaningful connection. Enjoy a synchronized full body massage in a private, tranquil setting as expert therapists ease tension and restore harmony. This 60-minute journey leaves both partners relaxed, refreshed, and beautifully reconnected.

Package Inclusions:

Choice between Full Body Swedish or Deep Tissue Massage (60 minutes)

Room Decoration - only on prior request & availability



MASSAGE SELECTIONS

 Step into a world of deep relaxation with our curated Full Body Massage selections. Each therapy is thoughtfully designed to release tension, improve circulation, and restore inner harmony. Surrender to skilled hands and experience complete mind-body renewal.

» SWEDISH MASSAGE

60 | 90 min 3200/4500/-

A medium-pressure full-body massage that targets superficial muscles to provide muscle relaxation and increased blood circulation. From strained muscles to tensed minds, the therapist uses traditional long kneading strokes to relieve you after a long day of work and stress. Ideal for first-time guests and those seeking calm, balance, and overall well-being.

» DEEP TISSUE MASSAGE

60 | 90 min 3500/5000/-

Press the restart switch as you feel all your pain and tension dissipate. Deep Tissue Massage is customizable to your needs. A therapeutic massage designed to target deep layers of muscles and connective tissue. Firm, focused pressure helps release chronic tension, muscle knots, and stiffness. Ideal for relieving pain, improving mobility, and correcting muscle imbalances. This treatment supports faster recovery and long-lasting relief. Best suited for those who prefer intense, result-driven therapy.

» AROMA MASSAGE (AROMATHERAPY MASSAGE)

60 | 90 min 3800/5500/-

Indulge in a deeply relaxing massage using warm, natural essential oils chosen to suit your mood and needs. Gentle, flowing strokes ease muscle tension, calm the nervous system, improve circulation, and restore emotional balance—leaving you relaxed, refreshed, and renewed.

» INDIAN ABHYANGA

60 | 90 min 3200/4500/-

Rise above the Doshas with Ayurveda. A massage based on the principles of traditional Indian techniques, Abhyanga Massage Therapy helps reduce the knots in the muscles and treats overall body fatigue. An amalgamation of time-honoured healing art with herbal essential oils brings tranquility to your mind and body.

» AYURVEDIC POTLI MASSAGE

60 | 90 min 4500/6000/-

The combination of heat therapy and herbal healing creates a synergistic effect that penetrates deep into the body. A therapist applies the compresses in circular or tapping motions, targeting areas that require healing. Each herb is selected for its unique properties, ensuring a personalized and effective treatment.

» NIRWANA SIGNATURE THERPY

60 | 90 min 4500/6000/-

The Sports Therapy incorporates massage with yoga stretches. This holistic wellness experience involves dry and oil-based massage, which eases muscle tension and energizes the body with acupressure movements and stretching. The deep pressure applied works effectively on muscles and balances the body's energy levels.



GLAMOUR GLOW

Indulge in our Glamour Glow ritual, a luxurious facial or body scrub designed to gently exfoliate, deeply nourish, and revive dull skin. Enriched with skin-loving ingredients, this treatment removes impurities, enhances natural radiance, and leaves your skin smooth, refreshed, and beautifully glowing. Perfect before special occasions or whenever your skin needs a luminous boost.

- » **RENEW & GLOW BODY SCRUB** **45 min 2500/-**

Amidst modern chaos, indulge in the Renew & Glow Body Scrub to reclaim your skin's natural glow. Enriched with Kojic Acid, Alpha Arbutin, and Vitamin C, it targets pigmentation, evens tone, and boosts radiance. Gently massaged by our healers, this ritual leaves your skin refreshed, brightened, and visibly glowing.
- » **RENEW & GLOW BODY POLISHER** **45 min 2500/-**

A revitalizing full body exfoliation treatment designed to remove dead skin cells and reveal smoother, brighter skin. Using nourishing scrubs and gentle massage techniques, this therapy improves circulation, enhances skin texture, and promotes a healthy glow. Your skin is left soft, refreshed, and beautifully polished from head to toe.
- » **SOOTHE & REVIVE BODY MASQUE** **45 min 2500/-**

Inspired by ancient Indian beauty rituals, the Soothe & Revive Body Masque blends turmeric, Multani Mitti, and rose water to detoxify and nourish your skin. A soothing foot or head massage enhances relaxation and allows ingredients to work wonders. Once gently rinsed, your skin feels toned, radiant, and deeply revitalized.
- » **CLEANSING FACIAL** (Recommended for normal to all skin) **30 min 2000/-**

A cleansing facial is a skincare treatment that deeply purifies the skin by removing dirt, oil, and impurities. It helps to unclog pores, prevent breakouts, and leave the skin feeling refreshed and rejuvenated.
- » **SHINE FACIAL** (Recommended for all skin types) **60 min 3000/-**

Unveil your natural glow with our Shine Facial—starting with a soothing cleanser, gentle exfoliation, and a brightening white mud pack. A revitalizing massage boosts circulation, finishing with sun-protective moisturizer for radiant, even-toned, and refreshed skin.
- » **YOUNG & RADIANT FACIAL** (Recommended for normal to dry skin) **60 min 3000/-**

Revitalize your skin with our Rejuvenate Facial—featuring gentle cleansing, kiwi scrub exfoliation, a detoxifying mud pack, circulation-boosting massage, and SPF protection. This treatment nourishes, hydrates, and restores your skin's natural glow for a refreshed, even-toned look.



Relax

RAPID RELAX

Enhance your spa experience with our exclusive add-on therapies, designed to complement and elevate your overall relaxation. Choose from focused treatments for specific body areas or indulge in specialized techniques for ultimate revitalization. These add-ons seamlessly integrate into your chosen spa service. You can also add a product or service to further maximize your rejuvenation at Nirwana wellness.

MARMA HEAD MASSAGE **30 min 2000/-**

A therapeutic head massage that uses gentle pressure, circular strokes, and warm herbal oils to activate 37 vital marma points in the head and upper body. It harmonizes the nervous system and helps release deeply held stress.

KANSA GLOW FACE MASSAGE **30 min 2000/-**

A gentle yet therapeutic facial massage performed using a kansa wand. The wand's metal helps draw out heat and acidity from the skin, improves circulation, and promotes a natural glow. It works on marma points to relax facial muscles and restore balance.

FOOT TO KNEE BLISS **30 min 2000/-**

Drawing from the age-old art of reflexology, Foot to knee Massage targets over 7,000 nerve endings to relieve fatigue and boost circulation. Our expert therapists use precise pressure and soothing oils on key foot points, reducing fluid buildup and refreshing tired feet, leaving you relaxed, balanced, and re-energized.

KANSA FOOT REVIVE MASSAGE **30 min 2000/-**

A soothing foot massage performed with warm herbal oils and a kansa wand. The metal helps balance the body's pH, relax tired muscles, and stimulate vital marma points on the feet related to the whole body.

BACK MASSAGE **30 min 2000/-**

Back Massage combines therapeutic strokes with aromatic oils to ease stiffness and discomfort from the upper to lower back. Designed to relieve muscle tension and calm the nervous system, this focused therapy leaves you feeling relaxed, refreshed, and recharged—ready to step back into your day with renewed ease and comfort.





Commit to Wellness with nirwana Revibe!

Nirwana Revibe is the perfect solution for making wellness a part of your routine. A membership with Nirwana offers you a wide range of value-added extras, in a luxurious environment. A good spa therapy will no longer be a drain on your pocket. We invite you to escape the chaos of your daily life and rejuvenate in an oasis of calm.

Membership Category	Pay (INR)	Opening Balance (INR)	Effective Discount	Expected No. of Services	Validity (in months)	Sharing with Friends & Family
Peace	14999*	19200	20%	6	6	Yes
Serenity	18999*	28800	33%	9	12	Yes
Tranquility	31999*	57600	45%	18	18	Yes



MORE SPA
Attractive membership discounts get you more spa services



CASHLESS
No hassles of payments on each visit



SHARING
Spread wellness cheer with your friends & family



MORE DISCOUNTS
Avail flat 25% off on spas across 10+ Nirwana locations

(Calculated assuming only 60 minutes of Swedish Massage at MRP 3200)

Terms and Conditions

*Taxes extra

**Example referring to 60-minutes Swedish Massage. The number of services will change upon choosing different services. Nirwana Revibe is a prepaid spa membership plan from Nirwana The membership can be redeemed only at your home centre Pay in advance and go cashless for every booking under the membership Memberships can be availed during spa operational hours 24 hours prior appointment required Membership plans are not applicable to spa sojourns Avail 25% discount through Tranquility Membership at select Nirwana locations

❖ GENERAL INFORMATION

● Reservation And Cancellation

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, kindly inform us of any cancellations at least 4 working hours before your appointment.
- Late cancellations will result in a 50% cancellation fee.

● Spa Etiquette

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa unless accompanied by an adult.
- Smoking and consumption of alcohol are prohibited within the spa area.
- The spa management has the discretion of not serving guests under the influence of alcohol.
- Gentlemen are advised to shave at least 3 hours prior to a facial session.
- Disposable undergarments will be provided for your convenience. Kindly wear these during your session for optimal comfort.
- Our therapists are committed to ensuring your privacy. They will consistently utilize draping techniques during treatments to maintain your comfort and respect your privacy.

● Considerations

- Membership packages are non-refundable and can only be accessed using a membership card or booklet.
- Pregnant lady guests and other guests with any medical condition are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.
- The spa treatments rendered by Nirwana wellness. are professional in nature. Any illicit or sexually suggestive behaviour, remarks, or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges of the scheduled service.
- The spa treatments offered by Nirwana wellness serve general purposes and are not intended as a substitute for professional medical treatment, regardless of any condition guests may have, whether medical or otherwise. Neither its employees nor representatives will be held liable for any incident experienced by the guest during or after the spa service.



Bhanwar Singh Palace

Bhanwar Singh Palace Village Hokra, Ajmer-Pushkar Bypass, Phushkar,
Rajasthan-305022

SCAN HERE



**FOR SOFT
COPY MENU**

Spa Reservation +91 7250333494

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