

## Terms and Conditions

### Timings

White Lotus Spa is open on all days between 11 am & 8 pm (Except Monday)

### For Reservations

We would like to ensure that you are able to book at your preferred time; hence, we recommend advance booking at the spa.

Guests can book a spa appointment by dialling 28 / 27

Walk-in guests are welcome; however, spa treatment is subject to availability.

### Spa Etiquette

- To ensure you receive the most of your treatment time we recommend that you arrive 15 minutes prior to your scheduled appointment. We, at White Lotus Spa, believe it is important to settle into a relaxed frame of mind so as to enjoy your treatment to the fullest. Kindly note that arriving late may also reduce the time of your treatment to accommodate other appointments.

- The White Lotus Spa is an alcohol-free, smoke-free, food-free and gadget-free facility. Consumption of alcohol, tobacco and food is strictly prohibited in the spa facility. Use of mobile phones is not permitted in the spa facility.

- If you are pregnant, underwent a recent surgery, or have any other medical conditions or allergies, please consult a doctor before booking any spa treatments or availing any spa facilities as your safety is our top priority.

- Treatments at The Emerald Hotel's White Lotus Spa are safe, gadget free, natural and non-invasive in nature. We take the strictest of measures to maximize guest-safety.

### Valuables

We recommend that guests place all their valuables in the locker provided during the therapy. The management is not liable for any loss of valuables.



Juhu Tara Road, Juhu, Mumbai - 400049, IND

Tel : +91 22 6714 4000 | Email : info@theemerald.com

www.theemerald.com



# Wellness Spa



# MENU

## Swedish Therapy

Helps stimulate blood circulation and relax tight muscles. An ideal treatment to get rid of sore muscles and body pain with smooth, gliding strokes.

## Aroma Therapy

Gentle, soothing strokes with essential oils, to give a relaxing and holistic experience. The strokes and movements comfort your body, while the essential oils work towards balancing your mind.

## Energizing Thai Therapy

Developed by Thai Buddhist monks as a healing modality 2,500 years ago, Thai massage uses passive stretching and gentle pressure along the body's energy lines to increase flexibility.

## Balinese Therapy

A mix of gentle stretches, acupressure and aroma therapy oils, to stimulate blood flow, oxygen and 'chi' (energy), around the body.

## Deep-tissue Therapy

Concentrating on specific areas with slower and firmer strokes, to help stimulate blood flow and oxygen around the body. This gets rid of toxins in very sore and strained muscles, helping them to strengthen and heal.

## White Lotus Indulgence

Indulge with a relaxing 60mins. massage. followed by an exfoliating scrub, body mask and a soothing head touch.

Rs.1850  
60 mins.

Rs.2400  
90 mins.

Rs.1850  
60 mins.

Rs.2400  
90 mins.

Rs.2050  
60 mins.

Rs.2800  
90 mins.

Rs.2050  
60 mins.

Rs.2800  
90 mins.

Rs.2050  
60 mins.

Rs.2800  
90 mins.

Rs.3200  
90 mins.

## White Lotus Signature Therapy

Experience the best massage techniques, all put together into a single therapy! Our signature Therapy, indulgence for the mind, body and soul.

## Body Exfoliation

Exfoliation helps the body shed dead skin cells, exposing healthier looking, and more radiant skin waiting just beneath. Pamper your selves with our choices of scrubs.

## Body Masks

Envelope yourself into mud masks and reap some of mud's natural healing and detoxifying benefits

## Foot Spa

A 30 minute foot massage followed by an exfoliating scrub giving you a refreshing and renewed skin that glows, followed by a pore-filling masks, leaving you with beautiful looking feet.

## Foot and Hand Care

Beautify your hands and your feet  
Regular pedicure/ Manicure  
The White Lotus Pedicure/ Manicure

## White Lotus Express Therapy

Tight schedules and extended work hours leave little time for yourself? Our Express Therapy who are stressed, tired and short on time.

- FOOT REFLEXOLOGY
- DE-STRESS BACK MASSAGE
- HEAD, NECK & SHOULDERS

Rs.3200  
90 mins.

Rs.1850  
45 mins.

Rs.1850  
45 mins.

Rs.1250  
45 mins.

Rs.1250  
45 mins.

Rs.900  
90 mins.

Rs.1200  
60 mins.