

SPA RESERVATIONS
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SPA OPENING HOURS
08:00 AM - 11:00 PM Monday to Sunday

All spa treatments and pricing are current as of Feb, 2016 and are subject to change without notice.


QUAN SPA
JW MARRIOTT® HOTEL
CHANDIGARH



SPA MENU

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BE CARESSED BY WATER

Water is the source of all life. It has the ability to cleanse physically and spiritually. It is no coincidence that our name Quan Means 'spring water' which signifies all things good and pure, health as well as wellness. At Quan, we draw on these restorative qualities to provide a haven of calmness, tranquility and relaxation.

Our treatments provide a welcome getaway for you to unwind and prepare yourself for your journey ahead.

TOUCH

Massage Therapy is one of the oldest therapeutic remedies known to man. The simple act of human touch has the ability to connect, stimulate, relax and regenerate the body's natural healing process.

MASSAGE THERAPY

Deep Renewal Massage

(Signature treatment of Quan Spa)

Single 90 minutes ₹ 4800

Couple 90 minutes ₹ 8999

An intensive full body rejuvenating massage to focus on specific areas of need to reduce stress, muscles tension, with supple joints increase range of motion and removes muscles fatigue.

Swedish Massage

Single 60/90 minutes ₹ 3800/4500

Couple 60/90 minutes ₹ 7400/8200

A relaxing full body massage specifically designed to relax muscles by applying pressure to deeper muscles and various strokes with soothing kneading techniques into various massage movements. Moderate to deeper pressure is applied.

Aromatherapy Experience

Single 60/90 minutes ₹ 3800/4500

Couple 60/90 minutes ₹ 7400/8200

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish & neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

De-Stress Scalp & shoulder massage

Single 30 minutes ₹ 2000

Couple 30 minutes ₹ 3500

Relieves physical and emotional tensions in the neck and shoulder area, with warm blended oil while using effective pressure point technique.

Earth & ocean Hot stone Massage

90 minutes ₹ 4500

45 minutes (ONLY BACK & NECK) ₹ 3000

A tantalizing massage therapy done by volcanic basalt hot stone in fusion of therapeutic essential oil.

Traditional Thai Massage

Single 75 minutes ₹ 4000

Couple 75 minutes ₹ 7000

This unique dry massage therapy from sacred temple of Thailand combines rhythmic massage, acupressure, gentle twisting and firm stretching to aid tension relief and deep stretch to aid tension-relief and promote the balance of Qi-energy in your body.

Reflexology

Single 30 minutes ₹ 1500

Couple 30 minutes ₹ 2500

An authentic traditional therapy applying focused pressure to certain known reflex points in the hands and feet to cure or prevent disease and also to activate the energy channel in body.

Foot Paradise

Single 45 minutes ₹ 2000

Couple 45 minutes ₹ 3500

This is the extensive experience of foot reflexology with application of aromatic foot scrub.

*Taxes as applicable



CARESS

Our faces reveal all. Our emotions, our history and even our personality. Like your eyes, they really are the window to the soul and deserve extra special care.

FACE THERAPIES

Deep Cleansing Facial

Single 30 minutes ₹ 2000
Couple 30 minutes ₹ 3800

A basic Thalgo clean-up for dehydrated skins. It incorporates active, cell energizing algae and grapefruit extract to provide the skin with all it needs to be intensely restored and refreshed.

Intensive EYE treatment (Collagen + Hyaluronic)

Single 30 minutes ₹ 2000
Couple 30 minutes ₹ 3800

An intensive treatment for deep wrinkles, dark circles, puffiness and dry eye contour area. It restores the moisture level, plumps out wrinkles and lightens dark circles. Puffiness subsides and eyes look brighter.

Aquarelle Anti-oxidant Facial Thalgo

Single 60 minutes ₹ 4000
Couple 60 minutes ₹ 7800

Suitable for all skin types to revitalize, re-mineralize and hydrate, this treatment nourishes the skin with active marine algae ingredients and increases moisture levels.

Organic Facial-Chrono Detox treatment (Effective detoxifying remedy for all skin type)

Single 60 minutes ₹ 4000
Couple 60 minutes ₹ 7800

A detoxifying, oxygenating treatment containing marine and plant extracts prevents pre-mature ageing and tackles environmental assault on the skin. The skin is purified, strengthened and protected. The result is a radiant, relaxed and oxygenated skin. This treatment is an effective pre-party facial, anti-jet lag treatment.

Collagen Smoothing Facial

(First Wrinkles 25+ Years)
Single 60 minutes ₹ 4000
Couple 60 minutes ₹ 7800

This unique treatment uses Marine collagen molecules which have an instant affinity with the skin and give an immediate smoothing effect.

Brightening Rejuvenating Facial

(Perfect remedy for pigmentation and Sun damage)
Single 60 minutes ₹ 4000
Couple 60 minutes ₹ 7800

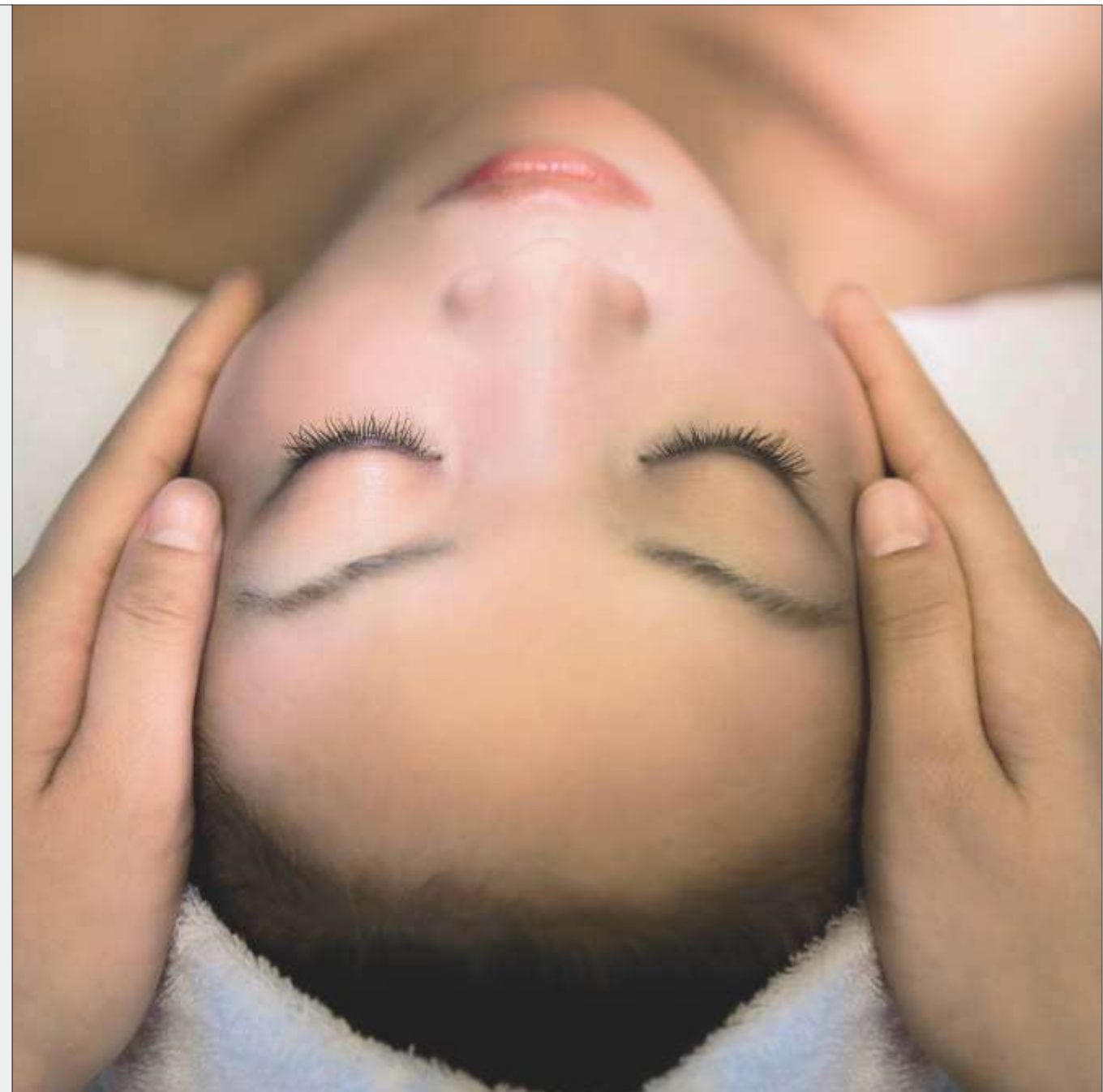
Restore the natural luminosity and whiteness to your skin with this true to its word brightening treatment. Thalgo uses the filmogel which are sugar based films containing freeze-dried Pro-Vitamin C. This Pro-Vitamin C is an effective depigmentation agent. An ideal treatment to rid the face of pigmentation marks, scars, blemishes, unsightly marks or any other skin imperfections. Also effectively treats sun damaged skins and restores the even tone.

Thalgomen Ocean Treatment

Single 60 minutes ₹ 4000
Couple 60 minutes ₹ 7800

Thalgo has created the Ocean Facial specifically designed for the stressed, dehydrated skin of men. This hi-tech professional Men's treatment is based upon relaxing massage movements and the application of a purifying mask diffusing all the goodness of the highly energizing AlgueBleue Vitale® (blue algae), directly to the heart of the skin cells. Relaxed and recharged, the skin regains all its hydration, energy and balance.

*Taxes as applicable



AYURVEDA

Abhyanga

Single 60 minutes ₹ 3800
Couple 60 minutes ₹ 7200

Long strokes gentle pressure relaxing treatment; uses warm medicated oil to stimulate circulation, detoxification and relieve tension on both physical and mental levels. This includes a head massage focusing on pressure points at the beginning of the massage in authentic Indian tradition to facilitate absorption of the medicinal herbs.

Spice Bundle Massage

75 minutes ₹ 4000

Taken from the centuries old Ayurvedic tradition, therapists apply the bundles of medicated oil infused poultices filled with spices and handpicked herbs.

A relaxing and effective detoxifying treatment for easing joint stiffness, improving mobility and increasing flexibility.

BODY ENVELOPMENTS

Marine Detox Wrap

Single 60 minutes ₹ 2800
Couple 60 minutes ₹ 5200

A deluxe exfoliation treatment which combines natural sea salts and Dead sea mud to effectively treat muscles & joint. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture and invigorates the entire body by activating micro-circulation.

Exotic Cocoa & Milk Ritual Wrap

Single 60 minutes ₹ 2500
Couple 60 minutes ₹ 4500

This wonderful combination of cocoa, milk and honey is brought together with absorbent clay for deep cleansing which tones & rejuvenates your skin.

Intensely Nourishing Head Massage

Single 30 minutes ₹ 1500
Couple 30 minutes ₹ 2500

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving the hair super-shiny, glossy and nourished.

Fresh Tropical Wrap

Single 45 minutes ₹ 2500
Couple 45 minutes ₹ 4500

Enjoy a natural exfoliation using sesame and oatmeal. Utilizing the naturally occurring enzymes papain and bromelain which mimic alpha-hydroxyl acids, this mildly exfoliating wrap of fresh papaya, pineapple, honey and yogurt will leave your skin noticeably smooth and revitalized.

*Taxes as applicable



REFINEMENTS

The contemporary art of body therapy combines polishes, scrubs, wraps and masks into luxurious treatments that rejuvenate, detoxify, firm and re-hydrate the skin.

Rejuvenating Coffee Body Polish

Single 30 minutes ₹ 2000

Couple 30 minutes ₹ 3500

Coffee for skin may surprise you, caffeine is famous as a stimulant and works wonders to energize you, its rich anti-oxidant, anti-cellulite properties sooth your skin when used as a polish. Coffee is carefully mixed with organic cane sugar & olive oil to create a polishing effect.

Anti-oxidant Refining Ubtan

Single 30 minutes ₹ 2000

Couple 30 minutes ₹ 3500

Following the recipe of grandma's oldest tradition using kitchen ingredients like chickpea flour, turmeric, milk, rose water, sweet almond oil, saffron and mint, this refinement helps reduce inflammation, improve blood circulation, helps skin to smooth and detoxify. A cooling lotion with saffron & basil nurtures and strengthens the skin.

Apple & Apricot Nourishment

Single 30 minutes ₹ 2000

Couple 30 minutes ₹ 3500

A blend of apple fruit & apricot seeds is combined together to gently exfoliate your skin. The goodness of apple nourishes the skin while apricot seeds gently exfoliate. Aloe Vera rich lotion is used to nourish and enhance the skin texture towards the last part of this journey.

Purity Ritual

Single 30 minutes ₹ 2200

Couple 30 minutes ₹ 4000

A body exfoliation ritual that rids the skin of its impurities in depth, improves cell renewal, smoothenes and hydrates. The red algae contained in the scrub stimulate the micro-circulation of the body. The exfoliation is then completed with the specific finishing product for miniaturization. The skin regains its softness and radiance and active ingredients are more easily absorbed.

*Taxes as applicable



QUAN JOURNEYS

Mer&Sens Ritual

Single 1 hours 45 minutes ₹ 5000

Couple 1 hours 45 minutes ₹ 8999

This ritual begins with a warm stone exfoliation using marine algae, relaxing aroma therapy oil blends and a sprinkling of pure sea salts. A flowing full body massage with the stones follow which is ultimately relaxing.

Indoceane Journey

Single 2 hours 30 minutes ₹ 7000

Couple 2 hours 30 minutes ₹ 12999

A relaxing treatment to invite sleep, it is an absolute ritual of vitality. The exploration to the vital relaxation involves three steps. The ritual begins with a Purifying Scrub with use of a marine salt, brown sugar & lemon scrub. This luxurious scrub purifies the skin and leaves the skin feeling soft and supple. Synchronizing the experience is a deeply relaxing and revitalizing massage of essential oils from precious woods of India. Last part of indulgence is a regenerating wrap. A melting wrap made with Rice Germ Oil to nourish and protect the skin.

Youth Restore

Single 2 hours ₹ 6500

Couple 2 hours ₹ 11999

A package combining our most intensive anti-ageing treatments that improve blood circulation, restore damaged cells and promote body's natural detoxification and healing system. A pampering solution to a common goal of maintaining good youth.

Embrace

Single 90 minutes ₹ 5000

Couple 90 minutes ₹ 9500

Body Wrap/ Scrub/ Facial and Aromatherapy MassageFor her Body Wrap/ Scrub and Swedish MassageFor him Seasonal Refreshing Drink at the Pool Side

*Taxes as applicable



QUAN DAY PACKAGES

Here's a chance to unwind and escape from the busy life. Highly recommended for heavenly wellness experience and maintaining inner peace.

Retreat

Single 90 minutes ₹ 4999
Couple 90 minutes ₹ 8999

Body Scrub/Wrap/Facial 30 minutes
Swedish massage 60 minutes

Touch of Senses

Single 2 hours ₹ 6499
Couple 2 hours ₹ 11999

Thalgo Facial 60 minutes
Aromatherapy/Swedish Massage 60 minutes

Exotic Spa Journey

Single 3 hours ₹ 7999
Couple 3 hours ₹ 14999

Body scrub/Wrap 30 minutes
Aromatherapy/Swedish Massage 90 minutes
Facial 60 minutes

GIFT VOUCHERS

Give your loved ones the gift of good health. With a wide range of treatments available for men and women, our gift vouchers make the ideal gift for any occasion.

PRE-WEDDING REJUVENATION

Your wedding day is a day for you to truly shine - look and feel you're very best, from the inside out! So, why miss an opportunity to pamper yourself with our exclusively crafted pre-wedding Spa journeys and experience the benefits of the world renowned treatments for your picture perfect day!

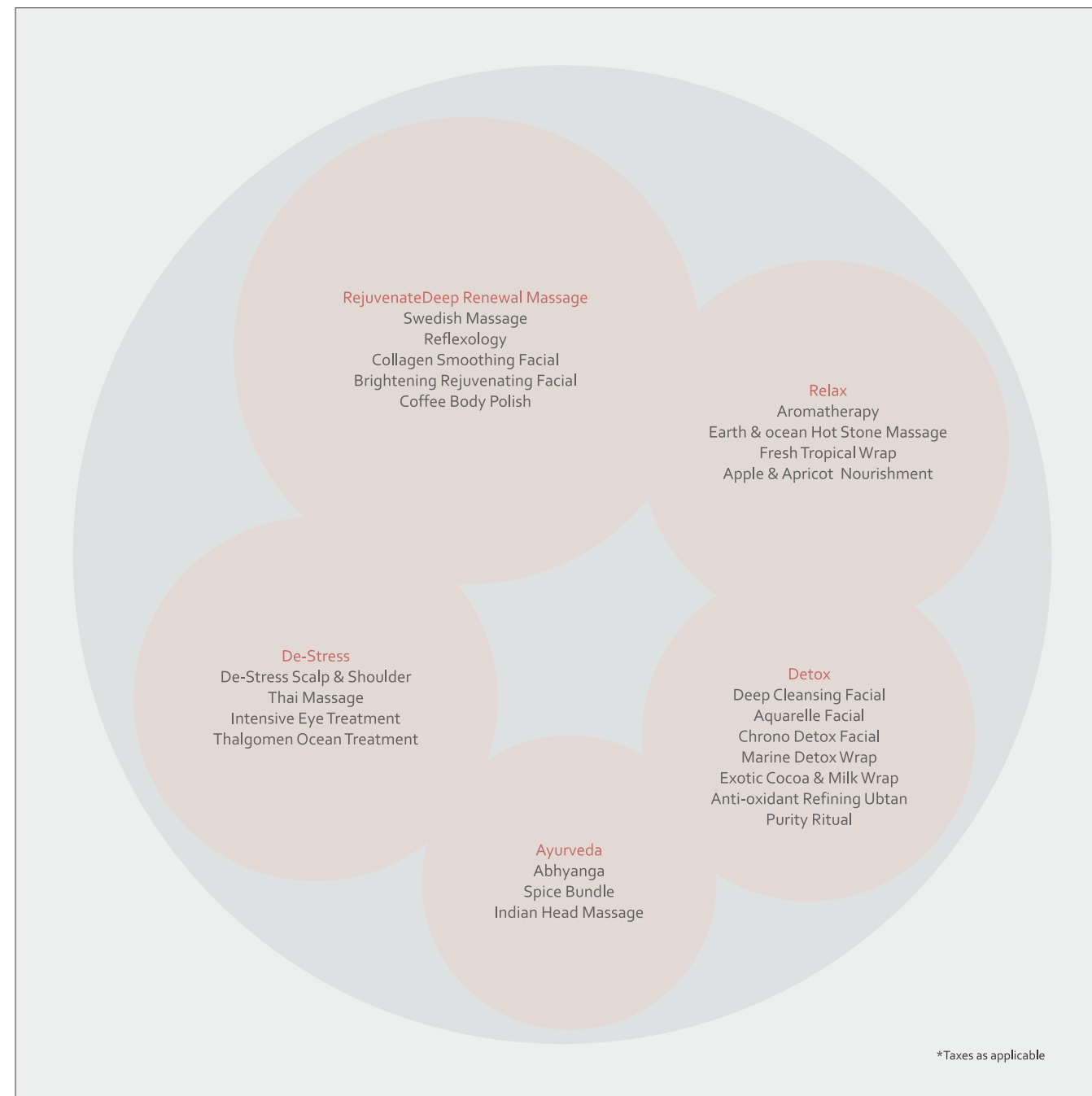
JW FITNESS CLUB MEMBERSHIP

We offer wellness package to suit your needs. Experience personal training program and one-on-one training sessions with certified trainers at the fully equipped state-of-the-art JW Fitness Club.

*Taxes as applicable



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HOW TO SPA?

Why should I spa?

The International SPA Association, ISPA, defines the spa experience as " your time to relax, reflect, revitalise, and rejoice."

We also aim to deliver you an experience that incorporates elements that have been used in health and beauty rituals for thousands of years.

I've never been to a spa before. Can someone help me choose the most appropriate treatments?

Any member of our spa team is available to discuss our range of treatments with you. We will help you meet whatever objective you have, whether to detoxify, energies, improve skin clarity, improve skin tone or just to relax.

Can I have more than one spa treatment in a day?

Yes. Many spa treatments work in synergy with each other. This means the therapeutic effects can be extended and improved by having more than one treatment in the same day.

What if I have a health condition or any health concerns?

We ask that you notify a member of our spa team prior to your treatment. Please note, it is extremely important to advise if you are pregnant or suffer from high blood pressure.

We strongly advise against the intake of alcohol before any spa treatment.

Should I eat before my spa treatment?

As many spa treatments improve blood circulation and use pressure techniques, we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry.

What skin care products will you use in my treatment?

Rest assured that all of our products are gentle on your skin. Where possible we use marine and plant based products that are hypo-allergenic. We have different ranges to meet specific needs.

*Taxes as applicable

SPA ETIQUETTE

What should I wear to the spa?

All of our luxuriously appointed treatment rooms are equipped with changing facilities. Feel free to wear your robe provided in your hotel room.

What should I wear during my treatments?

We recommend that your spa treatments be enjoyed without clothing. However, we respect your privacy so disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

Is there a minimum age requirement?

Guest 12 to 16 years of age are permitted to experience selected spa treatments. Guests under 12 years are not permitted in the spa.

Is it necessary to arrive early for my treatment?

We ask that you arrive 10 minutes before your appointment time to allow yourself time to relax and do complete a health questionnaire which will help us personalise your spa visit.

What if I am running late for my appointment?

To ensure we give the best possible experience to all of our spa guests, if you are running late your treatment time will be shortened to ensure the next guest is not delayed. The full price of the treatment will be charged.

What do I do if I need to cancel my spa treatment?

All bookings must be guaranteed to either your hotel room or with a valid credit card Any treatment cancelled without a minimum of 3 hours notice will incur a charge equal to 50% of the value of the treatment(s). Failure to arrive for your scheduled treatment will incur a charge equal to 50% of the value of the treatment(s).

How do I pay for my treatments?

We accept cash (local currency only) and all major credit cards. You can also charge all Quan treatments and services to your room account.

Is there anything else I should know so I have the best spa experience?

This is your time to relax and rejuvenate. Please let your therapist know if they can improve your comfort during your treatment. We advise against electronic devices, (including mobile telephones) into the spa area as these distract from your experience and also interrupt other guests enjoyment of the spa. Note that the use of mobile telephone within the spa treatment is prohibited. We have different ranges to meet specific needs.

*Taxes as applicable