

Genuine Family SpaZ™












MENU & PRICES
THE CORINTHIANS
RESORT & CLUB



DEAR GUEST

A WARM WELCOME TO ZAZEN SPA!

Below are a few points on how to maximize the effect of your treatment and get value for your money!

-  Take an appointment at a convenient time. Keep 15 mins free for pre and post relaxation. Leave on time from office/home and account for traffic. Do not rush your mind.
-  Before entering the spa answer your missed calls and reply to SMS and emails if any. Else you will keep thinking about them all during the treatment. Switch off or silence your mobile phone. I strongly recommend switch off.
-  Relax in the waiting area for around 10-15 minutes. Read a magazine. It will surely help you divert your mind. It's important to slow down and calm the mind before you go in for a therapy. A clouded mind will never let you relax.
-  Remove your footwear and get into slippers provided by the therapist.
-  Have a sip of water. And carry the bottle with you in the room for later if you wish. Wipe your face and hands with the cold aromatic towel. It will kick start the rejuvenation process.
-  Use the washroom before going to the therapy room. Attending to nature's call while just managing to relax is the most discomforting feeling ever.
-  Follow the therapist to the room and change into the disposable garments.
-  Relax and soak your feet in the warm water and aromatic scrub. This salt scrub is used to remove negative energy through the feet.
-  Lie down as per the directions of the therapist.
-  Check the lighting and air conditioning temperature. Instruct the therapist to alter both as per your needs. Feeling too hot or too cold is again not going to let you relax.
-  Check the temperature setting of the heating blanket. Let it start with a low option. It will get warmer later.

- ✿ Inform the therapist which part you wish him/her to focus on. Relax and loosen your body and let the therapist take over. During the treatment if you feel any discomfort like pain due to excess pressure, less pressure at focus points, higher or lower room temperature or anything at all. DON'T feel shy. Inform the therapist. He/she will do the needful. Towards the end of the treatment the therapist will ask you for steam. Do say yes. A steam session after the massage and before a shower is the icing on the cake. Take steam for 5-8 minutes.
- ✿ Take a nice warm shower and while in the shower use the aromatic body wash with the loofah. It will lather well and help you remove the body oil. Shampoo, face wash and a citrus soap have been provided too.
- ✿ After the shower use our personal care like deodorant & lemon grass moisturizer. Do drink a little water and proceed to the relaxation area.
- ✿ Savor any of our herbal teas and home baked delicacies. Don't feel shy to ask for more. You will not be presented the bill till you ask for it. We are in no hurry to let you go. Take your time and read the newspaper or flip through some magazines while you sip on the second cup of tea. Once you feel you are ready to go our manager will assist you with the billing.
- ✿ Do not consume alcohol that evening or have a very heavy lunch or dinner.
- ✿ If possible avoid going back to office. Go home spend time with family or friends. Sleep early and wake up to feeling fresh and crisp to take on another hectic day. The real effect of the massage will be enhanced after a sound sleep that night. It is said that the energy lost due to one day of late sleeping and disturbance of the sleep cycle takes 20 days to be corrected.

This recommendation is not given in any book or online. It is from my heart. I wish that my team and I succeed in our endeavor to calm your senses.

Hope you leave us feeling rejuvenated and relaxed longing to come back soon for more.

With Love,
Darshan Rawal
Founder Director
Zazen Spa
E-mail: contact@zazenspa.co.in

Appointments

In order to ensure your service we request that you arrange your appointments with one of our Spa Guest Relationship Executives well in advance. If you wish to take your treatment from any particular therapist please inform us well in advance and we will try our best to accommodate your request. Please arrive at least 15 minutes prior to your appointment or even earlier. With respect to other guests we cannot offer an extension of scheduled services for late arrivals

Cancellation Policy

Your appointment is reserved exclusively for you. We therefore require 24 hours advance notice should you wish to cancel or change your appointment. We will need to charge 100% of the treatment cost should you not cancel in advance.

Age Access Policy

Guest must be 16 years or older to use the spa. Minors may receive therapeutic spa services. A guardian must accompany a minor at all times.

Payments

We accept payments in cash or credit cards. Please check with our guest relationship executive if we accept any particular type of card before undertaking/booking for the treatment.

Price & Tips

Prices and services are subject to change without prior notice. All prices are exclusive of 14% service tax. Tips are not included in the prices and are at your discretion.

Gift Cards

Gift Cards are available in any INR amount & can be purchased from our Front Desk.

Amenities

We use only the finest quality of products for all our treatments. If you like them, you may purchase them in our Spa Boutique.

Spa Etiquette

When you check in for your appointment you will be given spa footwear before you enter the spa. You will be accompanied to the therapy room. A change of clothes (disposable undergarments) will be provided. You may use the lockers provided for your valuables.

Once in the spa, as a courtesy to fellow spa guests we request you to switch off your mobile phone & refrain from talking on the mobile phone whilst in the spa for all times. The management reserves right to admission

Health Related Information Please be sure to inform our guest relationship executive or the therapist if you have any medical condition such as high blood pressure, if you are pregnant, or if you have any condition your therapist needs to know. Please remove your contact lenses prior to your spa treatment. In case if you have forgotten we will provide you with case and solution. We highly recommend that you should refrain from drinking alcohol or eating a heavy meal before or after your spa treatment, as it will diminish the result of your treatment. We encourage you to drink lots of fresh water/or any water based warm beverage before or after your treatment. Please ask our staff for a choice of herbal teas.

Disclaimer

Dear Guest, Please be reminded that we are a highly professional spa. Please do not expect anything other than genuine therapeutic services. Any kind of inappropriate/sexual remarks, gestures or misbehaviour towards any therapist will result in the treatment being stopped immediately. Full payment towards the treatment will have to be made by the guest. Appropriate legal action may be taken if necessary.



Zazen Signature Massage (60 Mins/90 Mins) Rs. 2499/2999

Swedish, Aroma & various Western and Thai techniques combined to give a therapy which is instantly rejuvenating.

Product used : Signature oil blends

Recommended for : Anyone & Everyone & First timers at spa

Traditional Thai Massage (60 Min/90 Min) Rs. 1799/2199

Lazyman's yoga. No oil, no shower. Twists & turns and you feel like a feather.

Recommended for : Everyone must try once

Deep Tissue Sports Massage (60 Min/90 Min) Rs. 2499/2999

Pressure points & muscles kneaded like dough to relax your nerves and those aching body parts

Product used : Signature Oil Blend

Recommended for : Athletes, Gym Goers, People always on the run

Hot Stone Massage (60 Min) Rs. 2999

Mineral stones warmed and used to penetrate deeper relaxation into the muscles.

Product used : Signature oil blends + Mineral Stones

Recommended for : Anyone seeking relaxation with an experience & First timers at a spa

Four Hands Massage (60 Min/90 Min) Rs. 3499/3999

Two therapists working in tandem.

Product used : Signature oil blends

Recommended for : Massage Junkies bored with the usual stuff

Zazen Signature Massage (120 Min) Rs. 3999

Doze off for 2 Hours and wake up feeling supercharged (Therapist change after 60 Min)

Product used : Signature Oil Blends

Recommended for : Massage fanatics only

Add on a Scrub to any Massage (20 Min) Rs. 999

Relax and Nourish the skin along with the muscles

Product used : Signature Seasonal Scrub

Recommended for : Everyone especially Men

Zazen Signature Scrub & Wrap Combo (60 Mins) Rs. 2499

Clean Up, Nourish and relax your skin, body and mind.

ALL BODY MASSAGES ARE FOLLOWED BY A COMPLIMENTARY SESSION OF STEAM AND SHOWER FOR 10 MIN.

FOOT

Zazen Signature Foot Massage (70 Min) Rs 1499

Ancient Thai healing science based on points of the foot that link with organs of the body. Doze off while we do the hard work.

Product used : Signature Balm

Recommended for : Pregnant ladies, Athletes, Senior citizens & Everyone above 10 yrs just looking to relax

Zazen Signature Foot Massage+Back, Neck, Shoulder Massage combo (70 MIN) Rs 1499

A combo of our two best treatments

Product used : Signature Balm

Recommended for : Anyone and everyone. Senior citizens specially

B/N/S + Hand Massage (45 Min) Rs 999

A dry rub for the back & hand

Recommended for : All the IT Junkies & Corporates who need a recharge instantly

B/N/S + Head Massage (45 Min) Rs 999

A dry rub for the back & head

Recommended for : All the IT Junkies & Corporates who need a recharge instantly

B/N/S massage (30 Min) Rs 799

A dry rub specifically for the back & shoulders

Recommended for : All the IT Junkies & Corporates who need a recharge instantly

Zazen Signature Face Massage (30 Min) Rs 799

A relaxing face rub to ease stress in facial muscles and improve blood circulation to make the face look bright and shining

Product used : Signature Face Massage Cream

Recommended for : One & all

Zazen Signature Head Massage (30 Min) Rs 799

Traditional style head massage with oil. Remember mom's head rub?

Product used : Choose from Relaxing/Cooling/Nourishing Herbal Hair Oils

Recommended for : One & all

FACIALS

Zazen Signature Facial (60 Min) Rs 2999

A complete facial for all skin types

Product used : Check out our Natural Facial Range

Recommended for : Men & Women with all skin types

ZAZEN BATHS

Zazen Royale Bath Ritual (60 Min) Rs. 2999

A Royale Bath Experience. Choose from a Floral or a Bubble Bath

Product used : Signature Bath Essentials

Recommended for : Anyone looking for thorough pampering. Great to Gift

Add on a Zazen Bath to any Massage in the Suite (30 Min) Rs. 1499

Aromatic Bath Soak

ZAZEN SIGNATURE JOURNEY

(120Min) Rs 4499






A holistic experience complete with a signature massage, scrub and wrap

Product used : Signature Seasonal Journey Line

Recommended for : Anyone looking for thorough pampering. Great to Gift

ZAZEN COUPLES SUITE

(AT SELECTED BRANCHES ONLY)

-  Choice of Massage for Two (60/90 Min) Rs 4499/5499
-  Choice of Scrub & Wrap for Two (60 Min) Rs 4499
-  Add on a Zazen Bath for Two (30 Min) Rs 2499
-  Zazen Royale Bath Ritual for Two (60 Min) Rs 4999
-  Zazen Signature Journey for Two (120 Min) Rs 7999

GOVT SERVICE TAX @ 14% APPLICABLE ON ALL SERVICES

PLEASE FEEL FREE TO TOUCH, SEE OR SMELL ANY OF OUR PRODUCTS
BEFORE DECIDING YOUR TREATMENT

ALL OUR PRODUCTS ARE 100% NATURAL AND/OR ORGANIC