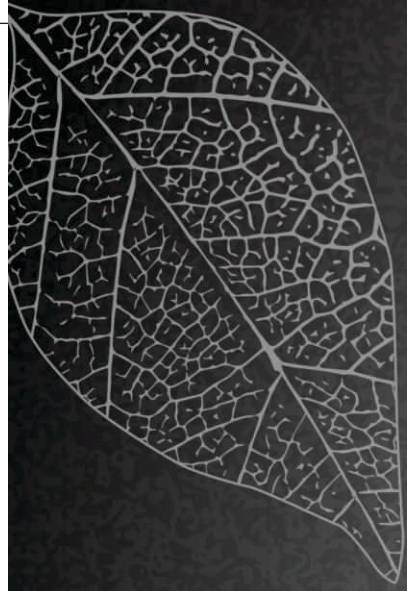
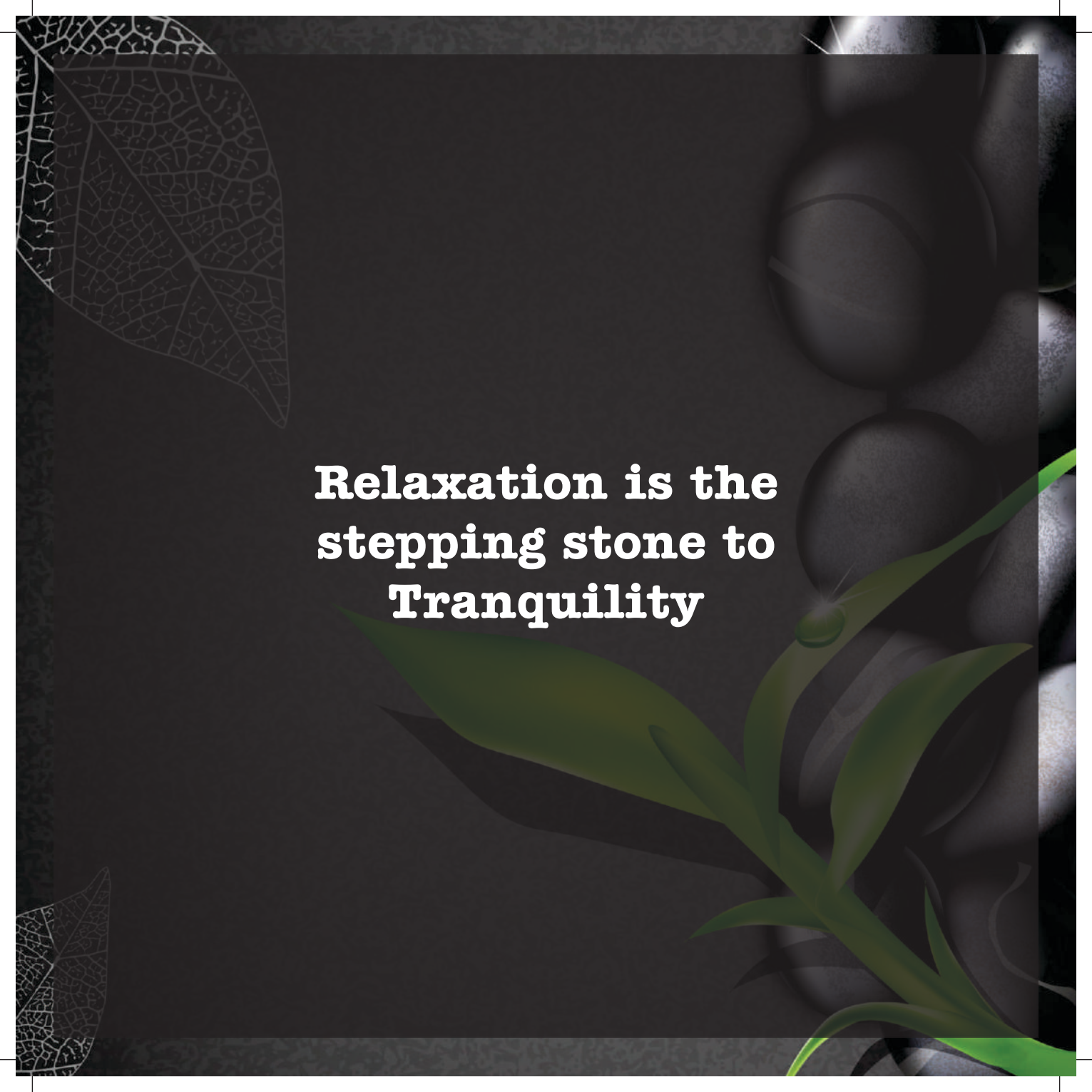


fresco  [®]
SPA





**Relaxation is the
stepping stone to
Tranquility**



Introduction

Fresco spa invites you to experience the rich mystic fusion of ancient India philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements – Prithvi (Earth), Vayu (air), Agni (fire), Jal (water) and Aakash (sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambience. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and international massages, express therapies and beauty elixirs, to our traditional spa baths with salt therapy and signature spa rituals.

Welcome to Serenity,
Welcome to Fresco spa.

MASSAGE SELECTION



SWEDISH MASSAGE

60 | 90 Minutes

INR 2200 | 3000

Swedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

BALINESE MASSAGE

60 | 90 Minutes

INR 2750 | 3750

Balinese massage is a full body, medium pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood to bring a sense of wellbeing, calm and deep relaxation.



DEEP TISSUE MASSAGE

60 | 90 Minutes

INR 2950 | 3950

Deep tissue massage therapy is similar to Swedish massage but applies deeper pressure on the muscles. The focus is on the deepest tissues, ligaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.



FRESCO SIGNATURE MASSAGE

75 Minutes

INR 3750

Fresco signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvenating massage ritual. The ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.

**Government taxes extra as applicable. We levy service charge.*

BODY SCRUB & BODY WRAP



RICE EXFOLIATION

30 Minutes INR 1750

A gentle scrubbing process helps promote healthy skin with radiant complexion. A cream base scrub enriched with botanical extract of Papaya gently removes dead skin cells to make it smooth, soft and supple

ORANGE SCRUB

30 Minutes INR 1750

Orange scrub with active Citrus, using gentle scrubbing strokes, promotes flawless skin for an even skin tone and glow. Orange peel powder scrub is known for its skin lightening properties and is traditionally used in Ayurveda for Indian brides.



NEEM HEALING WRAP

30 Minutes INR 1750

Help your skin heal with the benefits of time tested Neem. A hydrating wrap with the medicinal value of Neem and natural clays formulated to reduce excess oil and counter the effects of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is specially beneficial for sensitive or allergy prone skin.

ORANGE WRAP

30 Minutes INR 1750

A nourishing wrap with the medicinal value of orange and natural clays formulated to smoothen and so. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is beneficial for all kind of skin and specially for dry skin.



BRIGHTENING BODY POLISH

105 Minutes INR 4250

Body polishing is like a facial for the body that completely exfoliates and hydrates the skin and gives the perfect shine and smoothness. The procedure includes full body exfoliation followed by a gentle massage, and finally a nourishing body wrap.

**Government taxes extra as applicable. We levy service charge.*

EXPRESS & AYURVEDA MESSAGES

FRESCO TOUCH

30 Minutes

INR 1750

Fresco Touch is a stress relieving massage for the head, neck and shoulders/ full back/ full legs which improves blood circulation and revives your energy. (This is not a full body massage and does not include steam or shower.)

HEAD MASSAGE

30 Minutes

INR 1050

It releases stress as tension is eased out of tight muscles in the head and upper back. Our signature brew of hair nourishing herbal oil will invigorate the body, balance the chakras and infuse deep calm and relaxation.

FOOT REFLEXOLOGY

45 Minutes

INR 1750

Reflexology helps restore and maintain the body's natural equilibrium. In this ritual pressure is applied on the reflex zones of your feet which stimulate the central nervous system and induce a deep state of relaxation by eliminating toxins. This gentle therapy using acupressure; encourages the body to work naturally and restore its own healthy balance.

INDIAN HEAD MASSAGE / SHIRO ABHYANGAM

30 Minutes

INR 1050

Shiro Abhyangam (Indian head massage) focuses on your head, neck & shoulder. It is a deep oil massage which uses a variety of pressure and Marma techniques that tap into your path of energy and encourages healing and balance in the whole body.

HOT HERBAL COMPRESS / POTLI

60 | 90 Minutes

INR 3050 | 4050

This nourishing technique alleviates the pain in strained body parts and targets sore muscles and joints. A heated cloth bolus containing Ayurvedic Herbs is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft inflammations especially joint pain.

INDIAN HEALING MASSAGE / ABHYANGAM

60 | 90 Minutes

INR 3550 | 4550

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

**Government taxes extra as applicable. We levy service charge.*



FACIALS



KUMKUMADI FACIAL

60 Minutes INR 3050

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.

MUKH LAVANYA FACIAL

60 Minutes INR 3050

This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.



BRIGHTENING FACIAL

60 Minutes INR 3250

Whitening brings back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.

ANTI AGING FACIAL

60 Minutes INR 3250

This specialized treatment uses lifting serums to visibly reduce fine lines, and works on the lower layers of the skin. Also has the additional effect of skin lightening.



SKIN SOLUTION FACIAL

60 Minutes INR 3250

Trouble Care Facial improves complexion, reduces inflammation and boosts the skin's immunity and helps prevent future irritation. It keeps the skin clean for longer duration. Recommended for shiny, oily, acne skin and specific problems. Balances sensitive skin and makes it healthier.

**Government taxes extra as applicable. We levy service charge.*

MEMBERSHIP

MEMBERSHIPS

Fresco Roselle Membership*

INR 20000

Rs. 25000/- worth of services from the Salon/ Spa menu. Can be availed by a maximum of two people.

*Validity - Six months.

Fresco Hibiscus Membership*

INR 55000

Rs. 75000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 40,000/- worth of Spa Services). Can be availed by a maximum of two people.

**Validity-One year.

Fresco Family Membership*

INR 100000

Rs. 150000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 75,000/- worth of Spa Services). Can be availed by a maximum of two people.

**Validity-One year.

**Government taxes extra as applicable. We levy service charge.*



Please Note

We provide internationally authenticated therapeutic services. These treatments are being availed at your own behest. The hotel and spa operator will not be held responsible for any mishap. It is important to inform the staff about any medical conditions you have, prior to availing any treatment.

Kindly follow laid down guidelines and rules. Non-adherence to instructions from the spa-in-charge or any inappropriate remarks and gestures towards any therapist will result in the treatment being stopped immediately, followed by appropriate legal action by the spa / hotel management.

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, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

Spa Etiquette

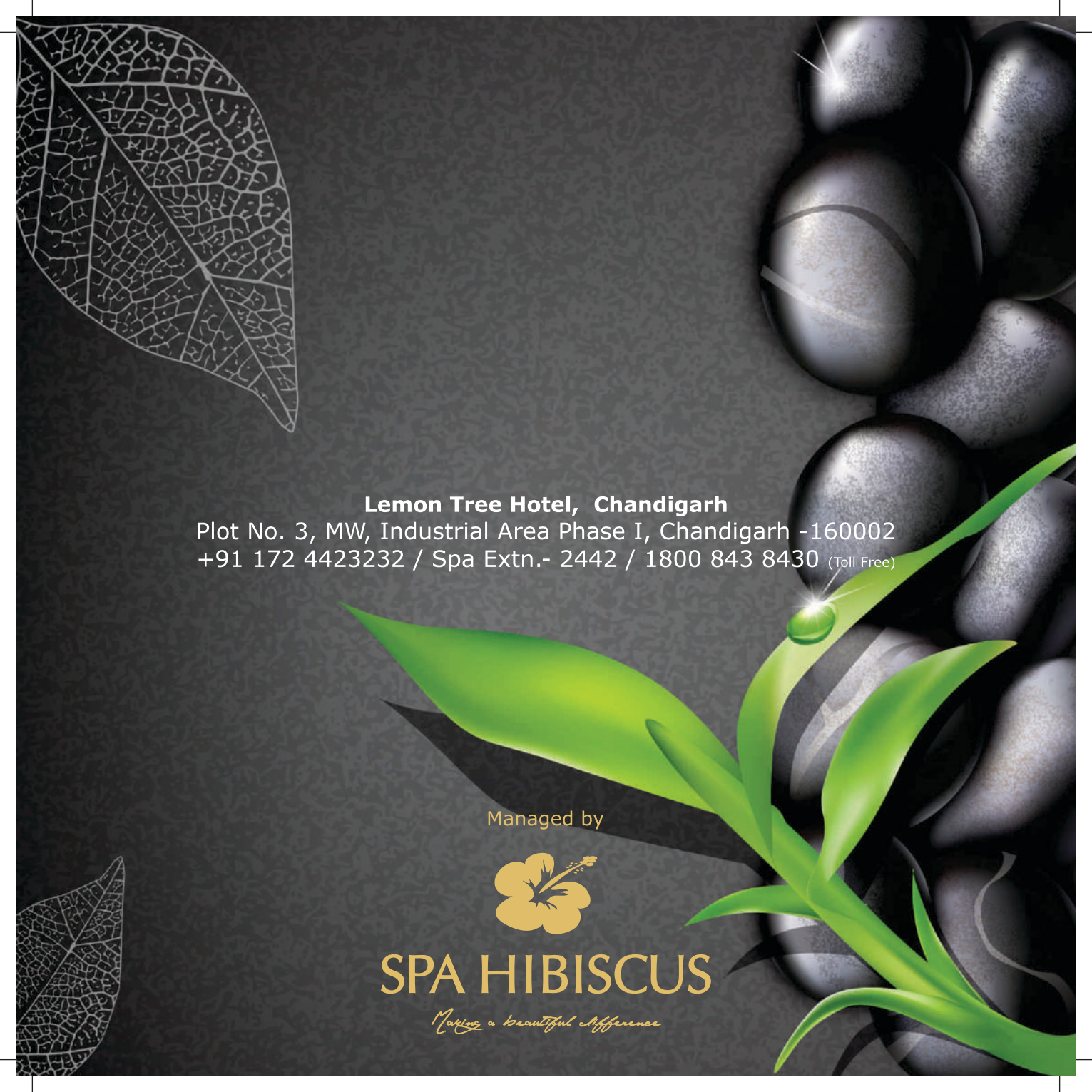
- * Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- * Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.
- * Smoking and consumption of alcohol are prohibited within the spa area. The spa management 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.
- * What should guest wear during a treatment? Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

Considerations

- * 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 are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. It's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.
- * The spa treatments are professional in nature. Any illicit or inappropriate behavior, 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.



**Health is a state of body,
wellness is a state of being.**



Lemon Tree Hotel, Chandigarh

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Managed by



SPA HIBISCUS

Making a beautiful difference