



WELLNESS
CIRCLE





In the lap of our universe, an intricate dance ensues between the five sacred elements - Akash, Vayu, Agni, Jal, and Prithvi. In this delicate rhythm, the path toward holistic healing unfolds.

Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

Embark on a journey through your inner world. Immerse yourself in healing energies and experiences. Awaken to a revived consciousness, guided by soothing scents, serene sounds, and touch - gentle yet transformative. When you emerge, find your mind, body & soul aligned and in harmony.

Feel at one with yourself and the universe.







THERAPIES

HOLISTIC HEALING THERAPIES

SVASTHA Pain Relief	120 min
NIDRA Sleep	120 min
SHODHANA Detox	120 min

SIGNATURE THERAPIES

VISHRAMĀ Deep Muscular	120 min
SUSHUPTI Dreamless Sleep	120 min
VISHUDDHI Detox	120 min
TRUPTI Contentment	120 min

INDIAN THERAPIES

PEHLWĀN MĀLISH Warrior Massage	90 min
INDIAN AROMATHERAPY	60 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min

BODY RITUALS

POSHA Nourishing	30 / 70 min
VISHUDDI Detoxify	30 / 70 min

BEAUTY

SIGNATURE FACIAL (For all Skin Types)	60 / 90 min
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SPA INDULGENCES

SUKHA Bliss	210 min
SOMĀ Nectar of the Gods	120 min
ABHISARANA Rendezvous of Romance	90 min





HOLISTIC HEALING THERAPIES

THE ETHOS OF OUR CAREFULLY RECREATED THERAPIES IS INSPIRED BY THE RICH WELLNESS HERITAGE OF INDIA. BASED ON THE PRINCIPLES OF AYURVEDA, THESE THERAPEUTIC EXPERIENCES ARE DESIGNED TO HEAL AND RESTORE. USING NATURAL PRODUCTS, THESE THERAPIES ARE PERFORMED BY SPECIALLY-TRAINED HANDS AND HELP WITH ENHANCED MOBILITY AND PROVIDE RELIEF.

EACH OF THESE THERAPIES COMES WITH A PRE-THERAPY STEAM RITUAL AND A POST-THERAPY RELAXATION LOUNGE EXPERIENCE FOR ENHANCED EFFICACY.

SVASTHA Pain Relief **Duration - 120 mins**

An invigorating therapy using ancient Indian wellness techniques of cupping and fomentation. Your healing process starts with Indian cupping, where the heat in a glass is used to create a vacuum and ease knots and sore points on your back. This is followed by fomentation therapy, an application of a hot compress of therapeutic Indian herbs that works on your tired and sore muscles as you slip into sheer bliss. As a result, the body is re-aligned and the energy flow within is restored.

Complete your experience with our restoring signature beverage.

NIDRA Sleep **Duration - 120 mins**

Commence your experience with a hot-water shower to ease out your stress. A full-body relaxing massage with soothing strokes and fragrant bespoke blends with the richness of Kewda, Frankincense, and Brahmi, infused in Sandalwood and Sesame, releases tension and calms your being. A languid face massage of your marma points and a dry scalp massage adds to your serenity.

Slip into a cocoon of tranquillity with our signature beverage.

SHODHANA Detox **Duration - 120 mins**

A unique combination of therapies to purify and leave you in an optimum state of well-being.

Gharshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. Our bespoke detox blend with the goodness of Lime, Ginger, and wild Turmeric, combined with the lymphatic drainage technique, works from within, eliminating toxins. A sublime massage performed on the soles of your feet leaves you feeling light and refreshed.

Cleansed anew, you will face the world again, revived, and re-energised..





SIGNATURE THERAPIES

THESE TREATMENTS ARE EXCLUSIVE TO J WELLNESS CIRCLE AND HAVE BEEN CAREFULLY RECREATED FROM THE FABLED LIFESTYLE AND CULTURE OF INDIAN ROYALTY AND THE HEALING THERAPIES THAT EMBRACE INDIAN SPIRITUALITY.

VISHRAMĀ Deep Muscular **Duration - 120 mins**

A deep muscular massage for profound relaxation.

An application of a hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within is restored.

SUSHUPTI Dreamless Sleep **Duration - 120 mins**

An indulgent treatment for deep relaxation and glowing skin.

Set the mood for this pure indulgence as you commence with an aromatic footbath. Pamper yourself with the richness of nature. A natural blend of 22 herbs, green gram flour, honey, and fresh cream, a heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Soak your cares away with a warm bath of nourishing raw milk enhanced with rose essence and rose petals to wash away the traces of the wrap. Succumb to the rhythmic strokes of a relaxation massage, during which hot packs are placed on the body dissolving aches and strains. Complete your experience with a face massage leaving you languid and thoroughly pampered from head to toe.

VISHUDDHI Detox **Duration - 120 mins**

Garshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. As a result, your body gets rid of the impurities gained from your daily routine. Then you are warmly cocooned within a traditional Indian herb wrap followed by a soothing bath and a full body lymphatic drainage massage.

Cleansed anew, this treatment leaves you in an optimum state of well-being.

TRUPTI Contentment **Duration - 120 mins**

Embrace harmony and lose yourself in this entrancing experience designed to lead you to a state of nostalgia.

Inspired to give you a captivating night's sleep, this experience begins with our Indian head massage to relax and improve circulation and ease sore, tired neck muscles. Let the gentle rhythm of our therapist's hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.



INDIAN THERAPIES

J WELLNESS CIRCLE PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

PEHLWĀN MĀLISH Warrior Massage **Duration - 90 mins**

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature aromatherapy oil or mustard oil, which is extremely good for the skin, and relieves aching, sore, and tense muscles.

INDIAN AROMATHERAPY **Duration - 60 mins**

During this indulgent massage, our essential signature oils are generously applied and absorbed through the skin, circulating their relaxing and therapeutic properties throughout your body. You can choose from our bespoke range of all-natural energising, relaxing, or detoxifying blends.

PĀDA MARDANĀ Indian Foot Massage **Duration - 60 mins**

A sublime massage treatment is performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

CHAMPI Indian Head Massage **Duration - 45 mins**

This luxuriant hair-invigorating treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves, and Neem is known to propagate long-lasting and enriching benefits. This massage releases muscular tension from the head, neck, and shoulders creating a deep sense of relaxation and joy as well as clarity of thought.





BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING, AND NOURISHING PROPERTIES OF OUR BATHS, SCRUBS, AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS, SEA SALTS, AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE, AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

AN EXFOLIATING AND CLEANSING SCRUB IS APPLIED AND THE TREATMENT IS COMPLETED WITH A WRAP, WHICH NOURISHES YOUR SKIN AND DRAWS OUT IMPURITIES.

SCRUBS CAN BE TAKEN INDIVIDUALLY AND ARE HIGHLY RECOMMENDED AS AN ADDITIONAL SPA TREATMENT BEFORE A BODY MASSAGE FOR BETTER ABSORPTION OF THE MASSAGE OIL. BODY WRAPS ARE BEST TAKEN AFTER A SCRUB TO ENCOURAGE BETTER RESULTS FROM THE NOURISHING EFFECTS OF THE MASK.

CHOOSE FROM THE TWO LUXURIANT TREATMENTS MENTIONED BELOW.

POSHA Nourishing **Duration - 30 / 70 mins**

Nourishes your skin and makes it silky-smooth and supple.

Posha Scrub

Posha Wrap

VISHUDDI Detoxify **Duration - 30 / 70 mins**

Cleanses and refreshes your body and eliminates all toxins for complete purification.

Vishuddi Scrub

Vishuddi Wrap



BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT J WELLNESS CIRCLE. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

SIGNATURE FACIAL (For all Skin Types) **Duration - 60 / 90 mins**

Using our exclusive range of 100% natural and rare hand-blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged, and moisturised. A therapeutic mask completes this wonderfully relaxing treatment. Immerse yourself in this luxurious experience for a balanced and radiant glow.

(M) Deep Cleansing (For Oily and Acne-prone Skin)

This treatment focuses on deep cleansing using our natural handmade products that offer a visible difference and a clearer complexion.

(M) Nourishing (For Dry/Dehydrated Skin)

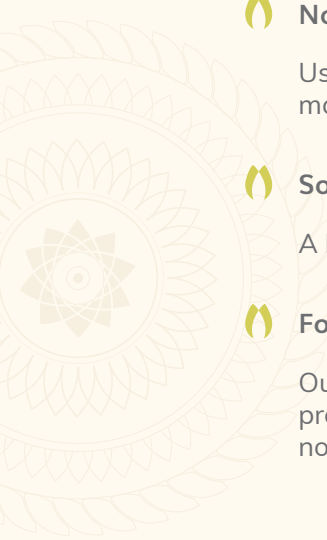
Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

(M) Soothing (For Normal/Sensitive Skin)

A balancing facial to soothe, calm, and restore the natural texture and radiance of the skin.

(M) For Gentlemen

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. The key extracts gently heal and nourish the skin. Get a fresh, clean masculine look with this men's facial.





SPA INDULGENCES

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY TAILORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS - AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

SUKHA Bliss Duration - 210 mins

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage - Pehlwān Mālīsh
- Ends with a relaxing one-hour facial

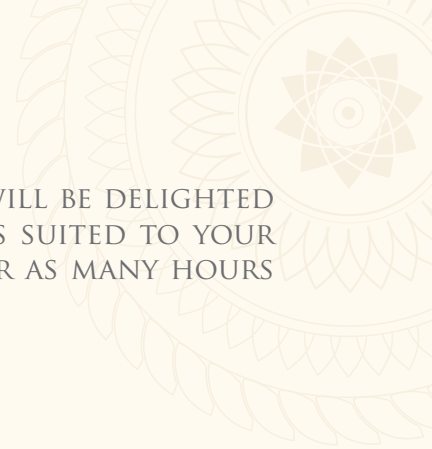
FOR TWO;

SOMĀ Nectar of the Gods Duration - 120 mins

Two therapists will perform a romantic candle-lit, Indian Aromatherapy massage using evocative oils to set the mood. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of sparkling wine.

ABHISARANA Rendezvous of Romance Duration - 90 mins

Relax with an hour of Indian Aromatherapy massage of your choice. Relax in a rose petal soak tub to romance your senses. Stimulate your taste buds with the freshly-prepared aromatic hors d'oeuvre. Lastly, quench your thirst with a wholesome fresh juice.





TEMPLE SPA

Temple Spa is a British lifestyle brand with a Mediterranean heartbeat. We create innovative, results-driven products and treatments dedicated to preserving the skin, body & soul creation given, results-driven. This means thoughtful products rich in natural botanicals, crafted with advanced derma-science & technical edge, gorgeous Mediterranean aromatics, and feel-good textures that feel like cashmere.

Our brand name was inspired by the word temple, which describes the body as a sacred place and spa - a place devoted to health and self-preservation. In other words, your space, your spa our hope is that Temple Spa serves as a daily reminder to spa.. wherever you are.

III SIGNATURE EXPERIENCES

THE MEDITERRANEAN MINI BREAK	90 min
A BRUSH WITH HEAVEN	90 min

III SPA MASSAGES

BESPOKE BRITISH MASSAGE	60 / 90 min
NEW BEGINNINGS (MUM TO BE)	90 min

III BODY TREATMENTS

THE OUTER GLOW (FACE & BODY EXFOLIATION)	45 min
TANDEM PARENT/CHILD	45 min

III SPA FACIALS

CHAMPAGNE & TRUFFLES DELUXE FACIAL	90 min
REPOSE AROMATHERAPY FACIAL	75 min
MY KINDA SKIN PRESCRIPTION FACIAL	60 min
WINDOWS OF THE SOUL (EYE TREATMENT)	30 min
THE POWER BREAKFAST EXPRESS FACIAL	30 min

III SIGNATURE EXPERIENCES

THE MEDITERRANEAN MINI BREAK Duration - 90 mins

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique bespoke facial.

A BRUSH WITH HEAVEN Duration - 90 mins

A unique face & body treatment using brushes. Imagine the sensation of being brushed from head-to-toe! This unique treatment revives, relaxes, and drains toxins. The entire treatment is carried out with brushes whilst you doze!

III SPA MASSAGES

BESPOKE BRITISH MASSAGE Duration - 60 / 90 mins

A bespoke prescriptive massage for your skin, body & soul. Not sure which massage you'd like? Let us help you decide. Choose the aromatherapy fragrance and massage technique to match your mood and need.

Work It Out – Stimulating and detoxifying, relieves tension and tight muscles as well as flushing out toxins.

Driftaway – Relaxing and calming. Helps soothe and restore skin, body & soul.

In Good Spirits – Refreshing and invigorating, a touch of vitality when you're feeling a little tired or lacking energy.

NEW BEGINNINGS (MUM TO BE) Duration - 90 mins

Pregnancy is a wonderful time that requires treatments specially designed for you. You will enjoy a full body massage without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired, and aching muscles, while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!





III BODY TREATMENTS

THE OUTER GLOW (FACE & BODY EXFOLIATION) Duration - 45 mins

An invigorating and refreshing all-over exfoliation treatment, that leaves skin soft, revitalised, and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or attend a special event. Off you glow!

TANDEM PARENT/CHILD Duration - 45 mins

Allow your child to discover the world of massage and share a moment in our double VIP room for a true moment of complicity.

III SPA FACIALS

CHAMPAGNE & TRUFFLES DELUXE FACIAL Duration - 90 mins

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage, an exquisite warm alginate mask, and cold stone therapy that together iron out deep lines and wrinkles, help to strengthen muscle tone, and reduce puffiness. You'll have something to celebrate.

REPOSE AROMATHERAPY FACIAL Duration - 75 mins

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed by hot oil scalp massage, plus a hand & arm massage. Pure bliss.

MY KINDA SKIN PRESCRIPTION FACIAL Duration - 60 mins

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & decollete massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

WINDOWS OF THE SOUL (EYE TREATMENT) Duration - 30 mins

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth, and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

THE POWER BREAKFAST EXPRESS FACIAL Duration - 30 mins

Looking for results, like now? This revitalising facial includes a deep power cleanse, a nutritious clay mask, and lymph drainage techniques for rapid turnaround, topped off with a wake-up scalp massage. Quick, go!



SPA INFORMATION

SPA FACILITIES

Spa facilities include two single treatment rooms, one couple suite, vitality bathing area, steam sauna and open shower, a relaxation area, and separate changing rooms for men and women. Robes, towels, slippers, and personal amenities are provided.

TIMINGS

The Spa is open daily from 9 am to 8 pm.

- Treatments can also be offered in the spa beyond the spa operational hours, as long as a booking is made by 6 pm the prior evening. This service will incur an additional cost of £30.
- For hotel guests, the fitness centre is available 24 hours every day of the week.

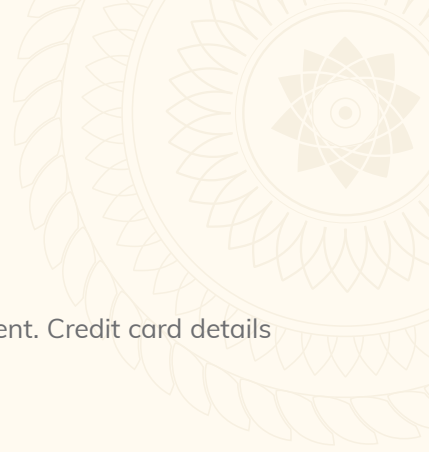
DAY SPA PASS & GIFT VOUCHERS

- For non-residents, a Day Spa pass may be purchased for £100 per person for 3 hours of access to the spa and fitness facilities.
- For non-residents, use of the spa wet area facilities is complimentary when booking a treatment of 120 mins and above.
- Treatments available from 11 am to 7 pm daily.

FITNESS

- For a specially-designed fitness plan, please consult with the spa team for information on our expert personal trainers.
- Private yoga sessions can be arranged in your room/suite upon request. Please contact the spa team for further information.





SCHEDULING AN APPOINTMENT

- We advise booking your treatments in advance to avoid disappointment. Credit card details are required at the time of booking.

RESERVATIONS & TREATMENTS

- We encourage you to arrive 15 minutes prior to the scheduled appointment for a full consultation with our therapist.
- Should you arrive late for your scheduled appointment, we will endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid inconvenience to the next guest.
- A 24-hour cancellation notice is required to help us reschedule your appointment subject to availability. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.
- The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above. This will also apply for the cancellation of a 30-minute treatment.

VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones and electronic devices at all times. We also request you use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa facilities.
- J Wellness Circle is an alcohol and smoke-free environment. Guests under the influence of alcohol, high-energy drugs, and medication will not be allowed to use the wet areas, gym, or treatment facility. During the course of the therapy, if the guest is found under the influence of alcohol, the therapy will be discontinued.
- Appropriate swimwear is to be worn in wet areas. Underwear/disposable underwear (which is provided by the spa) must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles, or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, or who have any medical complications are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions or pregnancy.
- Entry to J Wellness Circle is at guests' own risk and although strict policies and procedures are implemented to maximise safety, J Wellness Circle, its employees, and its representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.



PRICES

✿ HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	£ 300
NIDRA	120 mins	£ 300
SHODHANA	120 mins	£ 300

✿ SIGNATURE THERAPIES

VISHRAMĀ	120 mins	£ 240
SUSHUPTI	120 mins	£ 240
VISHUDDHI	120 mins	£ 240
TRUPTI	120 mins	£ 240

☼ INDIAN THERAPIES

PEHLWĀN MĀLISH	90 mins	£ 200
INDIAN AROMATHERAPY	60 mins	£ 120
PĀDA MARDANĀ	60 mins	£ 100
CHAMPI	45 mins	£ 90

☼ BODY RITUALS

POSHA	30 / 70 mins	£ 75 / £ 120
VISHUDDI	30 / 70 mins	£ 75 / £ 120

✿ BEAUTY

SIGNATURE FACIAL	60 / 90 mins	£ 150 / £ 200
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✿ SPA INDULGENCES

SUKHA	210 mins	£ 450
SOMĀ	120 mins	£ 400
ABHISARANA	90 mins	£ 300



III SIGNATURE EXPERIENCES

THE MEDITERRANEAN MINI BREAK	90 mins	£ 180
A BRUSH WITH HEAVEN	90 mins	£ 180

III SPA MASSAGES

BESPOKE BRITISH MASSAGE	60 / 90 mins	£ 120 / £ 180
NEW BEGINNINGS (MUM TO BE)	90 mins	£ 180

III BODY TREATMENTS

THE OUTER GLOW (FACE & BODY EXFOLIATION)	45 mins	£ 110
TANDEM PARENT/CHILD	45 mins	£ 180

III SPA FACIALS

CHAMPAGNE & TRUFFLE DELUXE FACIAL	90 mins	£ 230
REPOSE AROMATHERAPY FACIAL	75 mins	£ 170
MY KINDA SKIN PRESCRIPTION FACIAL	60 mins	£ 150
WINDOWS OF THE SOUL (EYE TREATMENT)	30 mins	£ 80
THE POWER BREAKFAST EXPRESS FACIAL	30 mins	£ 90

- Additional 12.5% Service Charges are applicable.



51 BUCKINGHAM GATE

SUITES AND RESIDENCES
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