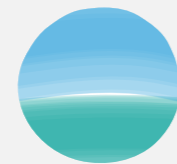


W O O W E L L N E S S & S P A

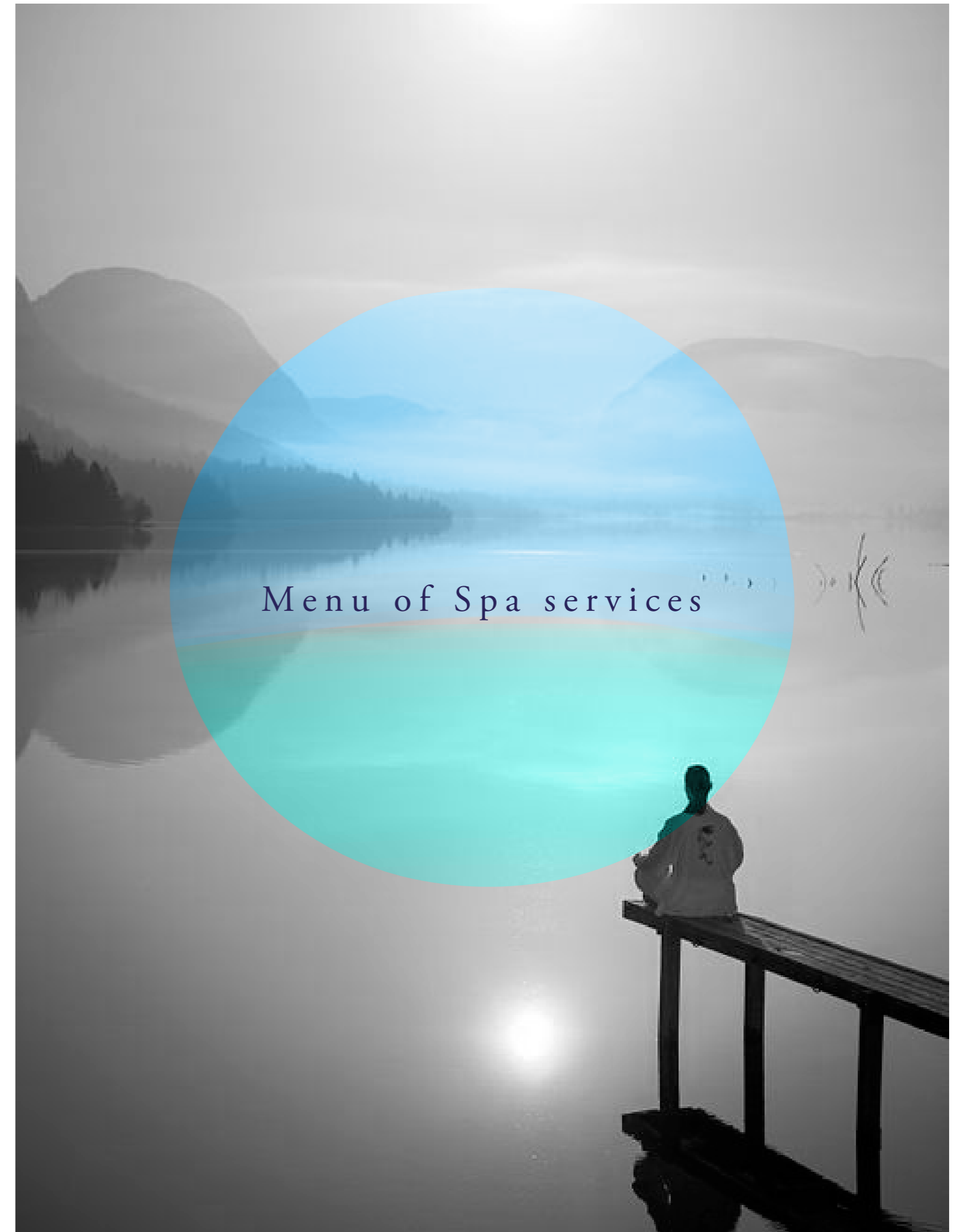
We deliver a guest-centric, anti-stress and purifying spa experiences that incorporate locally & internationally sourced products in a soothing environment.

“Woo- Wellness and Spa” is a sanctuary within the chaos, a retreat for senses.

At Woo- Wellness and Spa everything you see, taste, touch, hear and smell, re-balances your energy and leaves you fully renewed.



W O O W E L L N E S S & S P A



Menu of Spa services

MORNING CARE

45Mn | INR 3000

Morning Ritual for Face

Hydrates, softens & restores

Morning Ritual For Body

Express purifying treatment. Seated, head & shoulder massage

Morning Ritual For Mind

Indian head massage using vibrations technique.

MID- DAY CARE

120Mn | INR 6000

Mid-day For Body

Deep tissue massage with therapeutic oil that involves soft exfoliation followed by massage

Mid- Day For Mind

Aromatherapy massage followed by a flower bath ritual, based on ancestral Indian traditional methods to restore energy

NIGHT RESTORE

Night Restore For Face

An anti-aging treatment that involves firming and regenerating. Soothing treatment for sensitive, reactive and stressed skin .

Night Restore For Body

A Relaxing full back revitalizing treatment .

Night Restore For Mind

Authentic Shirodara: a drop of oil is applied to the third eye. One of the most divine treatments in Ayurveda, it relieves insomnia, fatigue and stress.

WELLBEING MASSAGE THERAPIES

120Mn | INR 6000

Therapeutic Massage

Purpose: strong, intense

60/90Mn | INR 3500/4500

Thai Meridian Body Massage

Purpose: promote healing and rebalance

60/90Mn | INR 3500/4500

Balancing Aromatherapy

Purpose: Mood enhancing, soothes nervous system

60/90Mn | INR 3500/4500

Detox Massage

Purpose: Detoxifies

60/90Mn | INR 3500/4500

Jade Stone Massage

Purpose: Rejuvenates

60/90Mn | INR 4000/5000

Jet Lag Recovery

Purpose: Clarity of thought

90Mn | INR 5500

Authentic Thai Foot Massage

Purpose: Relaxes

30Mn | INR 2500

WELLBEING FACIALS

Pearl Facial By Kama

Purpose: Illuminates

60Mn | INR 4000

Fruit & Nut Facial By Kama

Purpose: Tightens and Rejuvenates

60Mn | INR 4000

Phytomer Facial

Purpose: Purifying facial for oily and acne prone skin

60/90Mn | INR 5000/6500

Facial for men

Purpose: Radiance and purification

60Mn | INR 4000

AYURVEDA WELLBEING THERAPIES

Abhyanga Purpose: Deeply uplifting	60/90Mn INR 3500/4500
Body Sculpting Dry Powder Massage Purpose: Stimulate & regenerate	60Mn INR 3500
Four-hand Massage Purpose: Deep sense of indulgence	60Mn INR 5000
Shirodhara Purpose: Calms the mind and enhances quality sleep	60/90Mn INR 5000/6000
Potli Massage Purpose: Removes joint pains	60Mn INR 3500
Kati Basti Purpose: Back care	30Mn INR 2500

WELLBEING BODY CARE BY KAMA AYURVEDA

60Mn | INR 3500

Vanilla Exfoliator

Fragrant and gentle, the soothing qualities of cream, the cooling, calming properties of vanilla and healing turmeric blend harmoniously together for inner rebalance and outer tone, protecting and moisturizing the skin. Good for dry or sensitive skin.

Sea Salt Scrub

A sea salt scrub contains minerals that can help to enhance the skin. Use of sea salt scrubs result in exfoliation of dead skin cells that form the upper layer of the skin, this makes your skin feel softer and look shinier and healthier.

Indian Spices Scrub

Rice powder mixed with beneficial Indian spices to exfoliate dead skin and improve the texture of the skin. It helps to relax your tired muscles.

Rose And Jasmine Body Scrub

For all skin types, especially sensitive skin, this scrub gently exfoliates dead cells, boosting the immune system by relaxing and calming the body and mind, while toning and balancing the skin.

Aloe Vera Cooling Wrap

Gel extract from aloe vera is commonly used for cooling the skin. This treatment includes application of cool aloe vera gel all over the body followed by application of moisturizer. It is excellent to heal sunburn and skin allergies. Recommended for all skin types.

Detox Wraps

Highly recommended for detoxification for growth and protection, preventing unnecessary ageing of the cells.

Indian Spices Body Wrap

Traditional Indian spices wrap that results in warmth that helps cleanse internally by increasing the circulation, as well as loosen tight or overworked muscles. Aches and pains will be soothed and the skin softened. Suitable for all skin types.

Coconut Butter Body Wrap

This nourishing wrap with its exotic fragrance deeply moisturises the skin's cells and calms the mind. Highly recommended for dry and more mature skin.

Coffee Wrap

Coffee's innate energy helps to tone the cells, gently stimulating cellular growth. This rejuvenating mask also improves skin tone by cleansing excess oil and dead skin cells from the body. Ideal for oily skin.

SIGNATURE TREATMENTS

Detox & Renew

An ultra-relaxing and stress relieving back and scalp massage combined with detoxifying marine products for deep cleansing. A deep breath of oxygen that restores all the benefits of a seaside stroll. It is followed by an ultra effective marine body wrap combined with a full body salt exfoliation and massage to eliminate toxins.

120Mn | INR 8000

Hydra Blue De-Stress

Immerse yourself in a moisturizing bath for skin with record efficacy. This treatment de-stresses the senses with the massage technique and marine products. The result is instant: skin regains comfort and radiance. It is plumped and rested.

75Mn | INR 5000

HALF DAY WELLBEING PACKAGES

Santulan

Start your journey with yoga and meditation followed by steam bath to feel fresh and infused with the healing elements of traditional Thai ingredients and massage techniques, restores the skin, the body, and ultimately the mind, as you explore the gentle yet potent scrub, moisturizing mask and pressure point massage.

Yoga & Meditation - Steam bath - Sea salt scrub - Ubtan wrap
-Thai meridian massage - Wellness food at the poolside or designated Restaurant

5Hrs | INR 15000

Detox journey

Start your journey with cardio and functional exercise with your personal trainer and followed by steam bath. This treatment detoxifies your body while calming your mind. An anti-aging ritual that involves three powerful cleansing treatments, using marine gel wrap that removes toxins from the body and softens the skin.

Cardio and functional training with personal trainer - Hand pounded organic fruit scrub copy correction - Marine gel wrap - Lymph massage
Wellness food at the poolside or designated restaurant





BESPOKE EXPRESS SERVICE

20Mn | INR 1500

For Beautiful Eyes

Eye treatment consisting of an enzyme scrub of the eye contour plus "anti-bags" and "anti-rings" treatment with ice cubes resulting in immediate firming, brightening and hydrating effect. Recommended for difficult mornings or evenings after a hard day in front of the computer screen

Head Massage

Seated Shiroabhyanga scalp and shoulders massage to enhance active memory, perception and to rebalance the nervous system eliminates stress and relieves headaches. When practiced regularly this technique improves memory, concentration, sight, and sleep quality.

Foot Massage

Relax and enjoy the foot massage to improve your general health. It is good for stimulating the activity of internal organs and to improve blood and lymph circulation.

Back Relief

A unique massage experience to induce a profound state of physical and mental relaxation.



W O O W E L L N E S S & S P A

Reservations

To make your reservation at Woo- Wellness and Spa,
please call : +91 011 46080808
or log on to pullmanhotels.com/aero-city
or dial extension 8205 from within the hotel;

A valid credit card is required to hold your reservation.
Prices are subject to change without prior notification.

Pre-arrival

Please arrive 20 – 30 minutes prior to appointment to take full advantage of our facilities. Appointments begin at the time scheduled. If you arrive late, your appointment will have to be shortened so that the therapist will be on time for the next appointment. You are welcome to wear your robe in the spa or change in our changing area.

Health Considerations

Please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant, as some services may not be appropriate for you at this time. You are advised to consult your doctor before signing up for a spa service.

Spa Policy

We respectfully ask that you leave cell phones turned off so that the tranquility of the Woo Wellness and Spa experience may be preserved and kindly leave all valuables at home or deposit in your room safe. Woo Wellness and Spa will not be responsible for loss of personal items.

Cancellation

Cancellations and changes of scheduled treatments are accepted up to 4 hours prior to appointment time without incurring a charge. For cancellations within 4 hours or no show, you will be charged full amount applicable.

Gift Certificate

To buy our spa gift certificates please contact our reception desk and gift your loved ones a relaxing experience.

Age Limitation

Children under the age of 16 are not permitted to use the spa facilities. However, some treatments may be available with parental supervision. Please inquire with the Spa Concierge.

SPA / FITNESS CENTER OPERATING HOURS

SPA: 8:00 AM TO 10:00 PM

FITNESS CENTRE: OPERATIONAL 24 HOURS

SALON : 9:00 AM TO 9:00P.M

Taxes as applicable

W O O W E L L N E S S & S P A



NEW DELHI AEROCITY

Caddie Hotels Private Limited (Unit: Pullman and Novotel)
Asset Area No 2, Hospitality District, Near IGI Airport, New Delhi-110037
email: H7559-TH@accor.com Phone: +91 11 46 08 08 08