



FAIRMONT SPA  
& LONGEVITY



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# A NEW ERA IN WELLNESS AND VITALITY

For the first time in India, experience a transformative approach to wellness, where rejuvenation meets vitality in an environment designed to nurture total well-being. Our philosophy intertwines modern wellness practices with timeless traditions of relaxation, creating a sanctuary where balance, vibrancy, and tranquility converge. This is a space where your mind, body, and soul reconnect and thrive.

At the heart of our wellness philosophy is Blu Xone, a pioneering space designed to enhance vitality, decelerate the ageing process, and support holistic well-being – unlocking a new realm of self-renewal. Here, every element is crafted to bring you closer to optimal wellness, offering a journey that is as transformative as it is nourishing.

Each therapy is thoughtfully tailored to activate your body's self-healing capabilities, enveloped in a peaceful, luxurious environment that magnifies your well-being. Explore the future of wellness, exclusively at Fairmont Spa & Longevity – a journey to lasting rejuvenation.

# BLU XONE

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## THE FUTURE OF LONGEVITY & RECOVERY

Advanced non-invasive therapies designed to enhance vitality,  
accelerate healing, and extend health span.





## **CRYOTHERAPY**

Extreme Cold. Extreme Benefits.

Short bursts of ultra-low temperatures (-85°C) trigger rapid recovery, inflammation control, and metabolic activation.

### **BENEFITS:**

- Reduces pain and muscle soreness
- Boosts metabolism and fat burning
- Enhances mood and mental clarity
- Accelerates recovery and tissue repair

Can be helpful for: Chronic pain, injuries, inflammation, mood enhancement, skin health.

Recommended Frequency: 2 - 3 times per week

**3 Minutes | INR 6,500**

Government taxes and charges as applicable. We levy 5% discretionary service charge.



**HYPERBARIC OXYGEN THERAPY (HBOT)**  
**2 Atmospheric Pressure (~33 feet under water)**

Supercharged Oxygen for Cellular Repair. HBOT delivers high-pressure oxygen, flooding tissues with healing oxygen to accelerate recovery, reduce inflammation, boost energy.

**BENEFITS:**

- Speeds up healing and tissue regeneration
- Reduces inflammation and oxidative stress
- Enhances brain function and mental clarity
- Strengthens immunity and anti-aging

Can be helpful for: Injury recovery, chronic fatigue, brain health, autoimmune conditions, post-surgical healing.

Recommended Frequency: 3 - 5 times per week  
**60 Minutes | INR 6,500**

Government taxes and charges as applicable. We levy 5% discretionary service charge.



## **INTERMITTENT VACUUM THERAPY (IVT)**

Next-Level Circulation and Detox

IVT cycles between vacuum and compression to boost circulation, lymphatic drainage, and metabolic efficiency.

### **BENEFITS:**

- Improves blood flow and tissue oxygenation
- Enhances detox and lymphatic function
- Accelerates post-injury and post-surgical healing
- Reduces swelling and water retention

Can be helpful for: Poor circulation, lymphedema, post-surgery recovery, metabolic health, detoxification, erectile dysfunction.

Recommended Frequency: 3 - 5 times per week  
**25 Minutes | INR 6,500**

Government taxes and charges as applicable. We levy 5% discretionary service charge.



## **INTERMITTENT HYPOXIC TRAINING (IHT)**

Simulated High-Altitude Training for Peak Performance

IHT alternates oxygen levels to enhance endurance, optimize metabolism, and train cells to use oxygen more efficiently.

### **BENEFITS:**

- Boosts stamina and cardiovascular health
- Enhances fat metabolism and energy production
- Improves brain function and cognitive resilience
- Strengthens immunity and oxygen utilization

Can be helpful for: Fatigue, metabolic disorders, respiratory health, athletic performance, sleep improvement.

Recommended Frequency: 2 - 3 times per week

**Duration as per physician's recommendation | INR 6,500**

Government taxes and charges as applicable. We levy 5% discretionary service charge.



## **RED LIGHT THERAPY (RLT)**

Healing Light for Cellular Renewal

Near infrared and red light penetrate deep into tissues, energizing cells, reducing inflammation, and stimulating repair.

### **BENEFITS:**

- Promotes skin rejuvenation and collagen production
- Speeds up wound and muscle recovery
- Reduces inflammation and oxidative stress
- Boosts sleep quality

Can be helpful for: Skin repair, joint pain, muscle recovery, sleep enhancement.

Recommended Frequency: 3 - 5 times per week

**25 Minutes | INR 6,500**

Government taxes and charges as applicable. We levy 5% discretionary service charge.



# BODY ENHANCEMENT

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Experience a profound sense of renewal with our tailored Body Enhancement therapies, each designed to elevate your well-being, rejuvenate your skin, and leave you feeling deeply refreshed. From exfoliation to hydration, and detoxification to muscle relaxation, these therapies fuse the finest natural ingredients with expert techniques, promising a transformative experience for body and soul.



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## BODY SCRUB

### **CHAMOMILE SCRUB**

Kerstin Florian

A calming, creamy scrub enriched with chamomile and delicate buffing salts to exfoliate and reveal radiant skin.

A stimulating loofah massage enhances blood circulation, invigorating the sense while deeply hydrating the skin, leaving it velvety smooth and refreshed.

30 Minutes | INR 4,999

### **REVIVE ANTI-CELLULITE COFFEE and COCONUT BODY POLISH**

RAS Luxury

The Revive Anti-Cellulite Coffee and Coconut Body Polish is a rejuvenating scrub that combines coffee and coconut oil to exfoliate, hydrate, and smooth your skin. The caffeine helps stimulate circulation and reduce the appearance of cellulite, while coconut oil nourishes and leaves your skin soft and refreshed. It's the perfect treat to help your skin feel revitalized and glowing.

30 Minutes | INR 4,999

### **BOTANICAL CRUSH SCRUB**

Kerstin Florian

A bespoke, full-body renewal therapy combining mineral-rich salts and organic aromatherapy oils like lavender, ginger, neroli, or juniper, tailored to your unique needs. This calming experience hydrates and revitalises, offering deep relaxation for both body and mind.

30 Minutes | INR 4,999

### **24K GOLD RADIANCE RENEWAL SCRUB**

RAS Luxury

The 24K Gold Radiance Renewal Scrub is a luxurious exfoliating treatment that combines the power of 24K gold with nourishing ingredients to renew your skin. This gentle scrub helps to remove dead skin cells, promoting a smoother, brighter complexion. As it exfoliates, the gold particles work to enhance radiance and provide a youthful glow, while hydrating your skin for a soft, refreshed feel. Perfect for anyone looking to indulge in a rejuvenating, luminous complexion.

30 Minutes | INR 4,999



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## BODY WRAP

### **MOOR MUD DETOX WRAP**

Kerstin Florian

A detoxifying wrap harnessing the benefits of mineral-rich Moor Mud, drawing out impurities, stimulating circulation, and deeply nourishing the skin. Rich in organic minerals and herbal extracts, this wrap leaves your skin smooth, radiant, and replenished.

45 Minutes | INR 6,499

### **REVIVE ANTI-CELLULITE COFFEE and COCONUT BODY WRAP**

RAS Luxury

The Revive Anti-Cellulite Coffee and Coconut Body Wrap is a rejuvenating treatment that combines the invigorating benefits of coffee with the nourishing power of coconut oil. This wrap helps to stimulate circulation, reduce the appearance of cellulite, and smooth the skin's texture. As the coffee works to energize and tone, the coconut oil deeply hydrates, leaving your skin feeling soft, refreshed, and revitalized. Ideal for those looking to enhance skin firmness and achieve a glowing, toned appearance. Treat yourself to this luxurious wrap for a truly revitalizing experience.

45 Minutes | INR 6,499

### **24K GOLD RADIANCE RENEWAL WRAP**

RAS Luxury

The 24K Gold Radiance Renewal Wrap is a luxurious treatment designed to enhance your skin's natural glow. Infused with the rich benefits of 24K gold, this wrap helps to rejuvenate, brighten, and smooth your skin while promoting a youthful, radiant complexion. The gold particles work to improve skin texture and tone, while nourishing ingredients hydrate and replenish. Perfect for those seeking a glowing, refreshed appearance, this wrap offers a truly indulgent experience that leaves your skin feeling soft, luminous, and renewed.

45 Minutes | INR 6,499

### **SPIRULINA SEAWEED WRAP**

Kerstin Florian

Experience the rejuvenating effects of Spirulina, packed with essential vitamins and minerals. This wrap tones, firms, and hydrates, promoting collagen production and enhancing skin elasticity for a youthful, glowing complexion.

45 Minutes | INR 6,499



## BODY MASSAGE

### AROMATHERAPY

A holistic therapy blending essential oils with expert massage techniques to relieve tension, improve circulation, and promote deep relaxation. Experience a therapeutic journey that enhances blood oxygenation and flexibility, leaving you revived and at peace.

60 Minutes | INR 7,499 / 90 Minutes | INR 9,499

### SWEDISH

Let go of stress with a timeless Swedish Massage. Flowing strokes and soothing pressure melt away muscle tension, enhance circulation, and promote relaxation. You will leave feeling renewed, with improved flexibility and a deep sense of calm.

60 Minutes | INR 6,999 / 90 Minutes | INR 8,999

### DEEP TISSUE

Relieve chronic tension and discomfort with a Deep Tissue massage. This intensive therapy targets deeper muscle layers, easing pain and inflammation while improving circulation. Tailored to your needs, it offers profound relaxation and renewed energy.

60 Minutes | INR 7,999 / 90 Minutes | INR 9,999 / 120 Minutes | INR 12,499

### BALINESE MASSAGE

A soothing full-body ritual inspired by Balinese healing traditions. Flowing strokes, acupressure, and gentle stretches with warm aromatic oils ease tension, boost circulation, and restore balance—leaving you relaxed and revitalised.

60 Minutes | INR 7,999 / 90 Minutes | INR 9,999 / 120 Minutes | INR 12,499



### **BACK TO CALM**

Target stress points with our back, neck, and shoulder massage. This focused therapy relieves muscle knots, improves circulation, and promotes relaxation, leaving you light, centred, and at ease.

45 Minutes | INR 4,999

### **SOLE RELIEF**

Indulge in a blissful foot reflexology Massage, targeting pressure points to soothe the body and mind. This ancient technique releases tension, improves circulation, promotes overall well-being, leaving you feeling grounded and rejuvenated.

30 Minutes | INR 4,999 / 45 Minutes | INR 5,499

### **GUA SHA SCALP RELAXATION**

Relax and restore balance with Gua Sha Scalp Relaxation. This therapy combines warm oil and traditional Gua Sha techniques to relieve stress, nourish the scalp, and stimulate circulation, enhancing your overall well-being.

30 Minutes | INR 4,999

### **EXPRESS BACK MASSAGE**

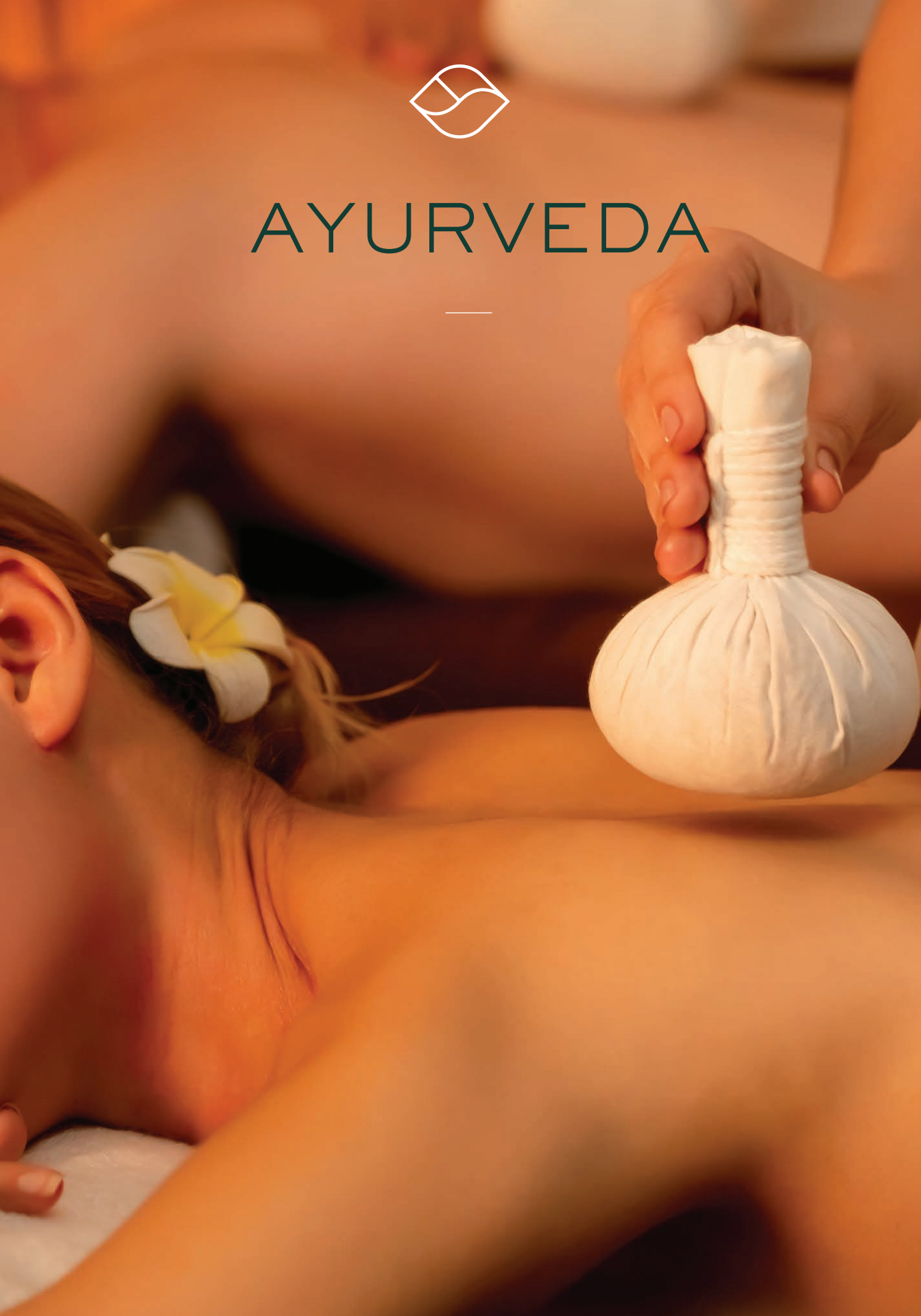
A quick, revitalising chair massage for busy days. Focused on the back, shoulders, and neck, it uses acupressure and rhythmic techniques to release tension—leaving you refreshed and re-energised.

30 Minutes | INR 3,999



# AYURVEDA

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## ABHYANGA

Indulge in the ancient Ayurvedic art of Abhyanga massage, a holistic therapy designed to harmonise body, mind, and spirit. This traditional therapy uses warm, herb-infused oils and synchronised strokes to rejuvenate the skin, muscles, and joints. It soothes stress and tension, improves circulation, enhances flexibility, boosts immune function, and encourages profound relaxation. The result is soft, radiant skin and a renewed sense of well-being.

60 Minutes | INR 7,999

## HERBAL POULTICE

Embrace serenity with our Herbal Poultice Massage, blending the wisdom of ancient therapies with modern relaxation techniques. Steamed herbal pouches, infused with aromatic spices and botanicals, work to ease muscle tension, soothe sore joints, and calm the mind. This deeply therapeutic experience reduces inflammation, improves circulation, and leaves you feeling light, refreshed, and balanced.

60 Minutes | INR 8,499

## SHIRODHARA

Discover the restorative benefits of Shirodhara, an Ayurvedic ritual of warm herbal oil flowing across the forehead and scalp, inducing deep relaxation and mental clarity. This nurturing therapy eases mental fatigue, alleviates tension headaches, enhances sleep and promotes healthy hair growth. Balancing your body's energies, Shirodhara fosters rejuvenating sleep and leaves you centered, refreshed, and at peace.

60 Minutes | INR 9,999

## CHAMPI RITUAL

Originating from 5,000 years of tradition, Champi is an Indian head massage that blends circular strokes and precise pressure with Ayurvedic herbal oils. It revitalises the scalp and hair, stimulating your body's natural healing abilities while nurturing your overall well-being.

30 Minutes | INR 4,999

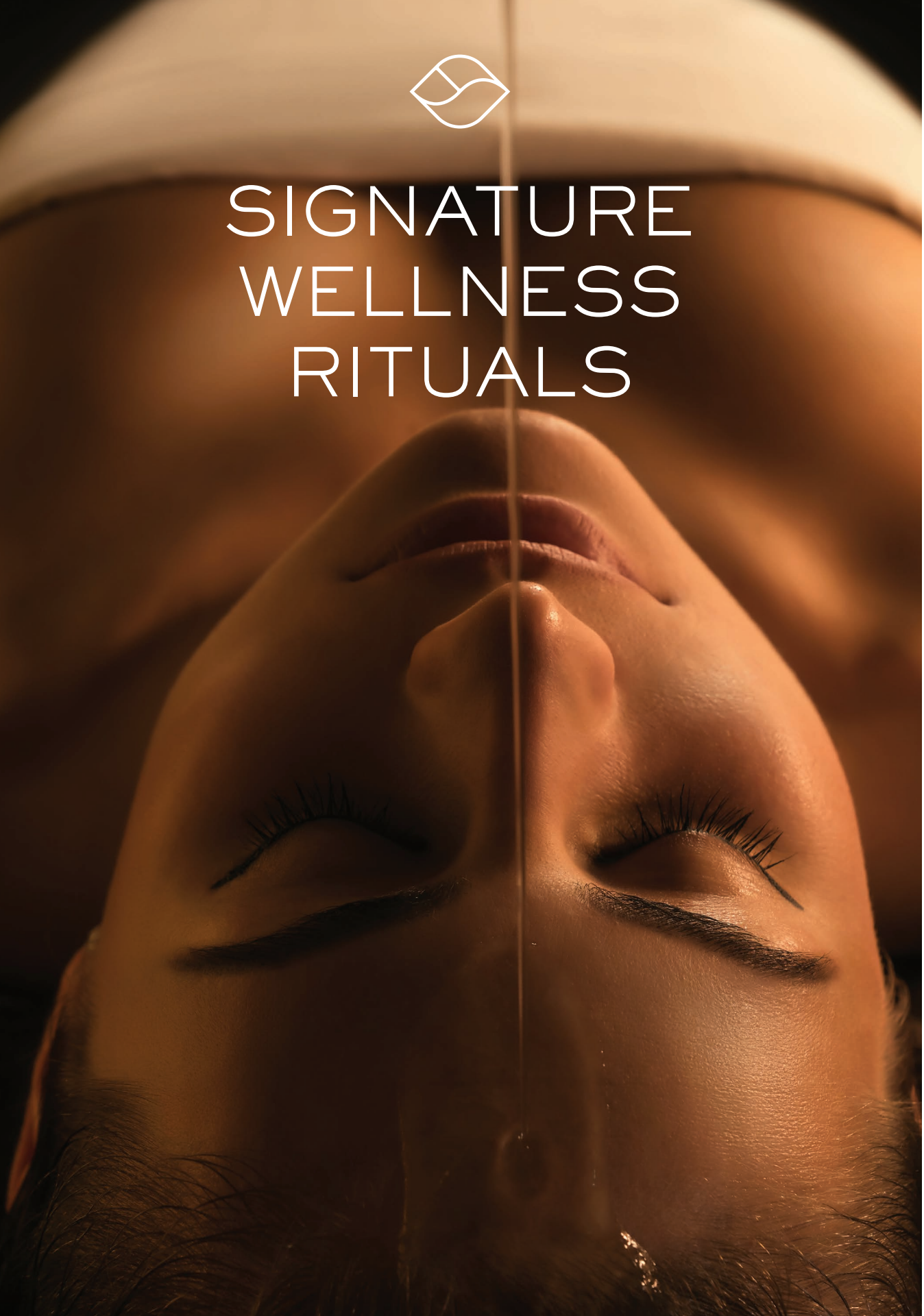
## UDHWARTHANAM

Reinvigorate your body with Udhwarthanam, an Ayurvedic therapy using herbal powders to promote circulation, detoxify, and stimulate lymphatic drainage. This invigorating massage reduces cellulite, improves skin tone, and revitalises the body, leaving the skin smooth, energised, and rejuvenated. Ideal for detoxification and enhancing longevity.

45 Minutes | INR 7,999



SIGNATURE  
WELLNESS  
RITUALS



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**FAIRMONT SIGNATURE SPA:  
A RETREAT FOR TIMELESS VITALITY**

Step into a sanctuary of renewal with our Signature Spa experience. This transformative therapy focuses on vitality, inner balance, and timeless beauty, leaving you deeply rejuvenated and aligned with your body's natural rhythm. Experience true tranquillity, enhanced vitality, and holistic wellness.

**THERAPY HIGHLIGHTS:**  
Full-body dry brushing - 10 Minutes  
Hot stones and signature oil blends massage - 80 Minutes  
Facial Gua Sha - 10 Minutes  
Face mask and scalp massage - 20 Minutes

120 Minutes | INR 14,999

**RELAXATION RETREAT**

Surrender to tranquillity with our Relaxation Retreat. Begin with a Chamomile Scrub, followed by a Aromatherapy Massage designed to calm the mind and restore your sense of well-being. This revitalising journey leaves you deeply relaxed and recharged, ready to face the world with renewed energy.

**THERAPY HIGHLIGHTS:**  
Chamomile Scrub - 30 Minutes  
Aromatherapy Massage - 60 Minutes

90 Minutes | INR 9,999

**COUPLE'S REVIVAL**

Revel in the shared experience of our Couple's Revival retreat, where you and your loved one are treated to a luxurious full-body therapy with mineral-rich salts and aromatic oils. Followed by a soothing Swedish Massage, this session culminates with a Moor Mud Wrap to detoxify and nourish your skin, leaving you both rejuvenated.

**THERAPY HIGHLIGHTS:**  
Botanical Crush Scrub - 30 minutes  
Swedish Massage - 60 minutes  
Moor Mud Wrap - 30 minutes

120 Minutes | INR 29,999

**VITAL RECOVERY RITUAL**

A results-driven ritual combining a 60-minute deep tissue massage with advanced IVT intermittent vacuum therapy. Expert techniques release deep-seated tension while boosting circulation and supporting muscle recovery. This powerful synergy promotes detoxification and renewed energy-leaving you revitalised, restored, and ready to perform at your best.

**THERAPY HIGHLIGHTS:**  
Deep tissue massage - 60 Minutes  
Intermittent Vacuum Therapy - 25 Minutes

INR 11,999



# MEN'S ESSENTIALS



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## **TENSION TAMER**

Release tension and stress with our Tension Tamer massage, using the healing potential of the Kansa wand to target key pressure points on the head, neck, and shoulders. This soothing therapy improves circulation, eases tight muscles, and relieves discomfort, helping to reduce headaches and neck stiffness. Ideal for those carrying stress in these areas, the Kansa wand restores comfort and helps you feel more at ease.

45 Minutes | INR 4,999

## **KANSA FOOT THERAPY**

Revitalise your feet with Kansa Foot Therapy, an Ayurvedic therapy using polished Kansa bowls to massage key pressure points. This therapy boosts circulation, reduces tension, and promotes overall balance, leaving your feet and body feeling refreshed and renewed. Ideal for easing foot fatigue and enhancing well-being.

45 Minutes | INR 5,499

## **STRETCH & RELEASE**

Unlock tension and boost flexibility with our Stretch & Release therapy. Combining targeted stretches and a revitalising dry massage, this therapy improves range of motion, eases muscle stiffness, and alleviates stress - no oils needed. Ideal for active individuals or anyone seeking relief from tight muscles and stress. Feel more limber and refreshed after each session.

60 Minutes | INR 7,499

## **REVIVING FACIAL**

Tailored to address the unique skin concerns of men, this deep-cleansing facial combines relaxation with refinement. Enjoy a soothing massage to ease tension, a purifying mask to detoxify, and targeted therapies to alleviate sensitivity and razor burn. Refine pores, calm irritation, and leave feeling refreshed and revitalised.

60 Minutes | INR 7,499



# HOLISTIC FACIAL WELLNESS



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## **BERRYPLUS ANTIOXIDANT INFUSION**

Ultra-oxygenating, anti-ageing therapy featuring vitamin-rich super berries, plant cell cultures, and nourishing oils. Enjoy soothing acupressure, face/neck massage, and an algae-rich masque for increased cellular renewal and a healthy radiance.

Suitable for all skin types.

60 Minutes | INR 7,499

## **BIO-MINERAL FACIAL**

Reset your complexion with this all-natural facial designed to return the skin's microbiome to its ideal, most functional state. Combining pre/probiotics, fruit enzymes, and minerals, this therapy deep cleanses, refines pores, and relaxes skin. Completed with a soothing massage, purifying masque and infusion of our exclusive probiotic serum using a Jade roller.

Suitable for oily and combination skin.

90 Minutes | INR 9,999

## **BRIGHTENING**

Reset your complexion with this all-natural facial designed to return the skin's microbiome to its ideal, most functional state. Combining pre/probiotics, fruit enzymes, and minerals, this therapy deep cleanses, refines pores, and relaxes skin. Completed with a soothing massage, purifying masque, and infusion of our exclusive probiotic serum using a Jade roller.

Suitable for: All skin types, especially dull, pigmented, dehydrated skin.

90 Minutes | INR 9,999

## **CORRECTING**

### **ADVANCED REPAIR**

Tailored to address your specific skin concerns, from congestion and sensitivity to fine lines and premature ageing. This comprehensive experience begins with a gentle yet effective exfoliation, expertly applied to the face, neck, décolleté, and hands to reveal radiant, refined skin. A deep-cleansing massage follows, stimulating circulation and promoting a healthy glow. A nourishing masque is then applied to balance and replenish the skin, leaving it feeling soft, smooth, and revitalised. To complete your relaxation journey, unwind with a soothing hand and nail therapy, melting away tension, leaving you feeling pampered and renewed.

Suitable for: All skin types, particularly sensitive, dehydrated, post-sun and skin with blemish marks.

90 Minutes | INR 9,999

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# ORGANIC LUXURY

## **AGE-DEFYING INFINITY FACIAL**

The Age-Defying Infinity Facial is a luxurious treatment designed to combat the visible sign of aging and restore youthful vitality to your skin. This facial combines advanced techniques and powerful ingredients to reduce fine lines, improve skin elasticity, and promote a smoother, firmer complexion. With deep hydration and rejuvenating care, it helps to revive tired skin, leaving you with a radiant, more youthful appearance. Ideal for those looking to maintain a timeless glow and restore skin's natural firmness.

Suitable for all skin types.

60 Minutes | INR 7,499 / 90 Minutes | INR 9,999

## **ILLUMINATING FACIAL**

The Illuminating Facial is a refreshing treatment designed to enhance your skin's natural glow. This facial target uneven skin tone and dark spots, helping to reveal a brighter, more radiant complexion. With a blend of nourishing ingredients, it gently exfoliates and hydrates, leaving your skin smooth, balanced, and visibly refreshed. Perfect for anyone looking to restore their skin's brightness and achieve a healthy, revitalized appearance.

Suitable for all skin types.

60 Minutes | INR 7,499 / 90 Minutes | INR 9,999



## SPECIALITY

### **TRADITIONAL, TAILORED AND TARGETED GUA SHA INSTANT LIFT**

Revitalise and tone your skin with our bespoke Gua Sha facial, blending ancient traditions with modern expertise. Using specialised Jade tools, our therapists perform an expert massage to stimulate lymphatic drainage, release toxins, and enhance hydration, firming and contouring the skin. Rich botanical essences are carefully selected to replenish and nourish the skin, enhancing elasticity and leaving you with a luminous, youthful glow. This therapy targets stress and tension, offering a complete facial experience that rejuvenates both body and mind.

Suitable for: All skin types, particularly dry, mature, combination, and stressed skin.

60 Minutes | INR 7,499

## EXPRESS

### **ENERGISING CLEAN-UP**

This introductory therapy is designed to refresh and revitalise your complexion, delivering an immediate burst of hydration and energy. A cleansing massage detoxifies the skin, while a nourishing mask provides essential hydration. Ideal for all skin types, this express facial ensures a refreshed, radiant appearance in a short time, perfect for those on the go or seeking a quick skin boost.

30 Minutes | INR 4,999



# LITTLE LUXURIES

(KIDS EXCLUSIVE)



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### **TINY SOLE'S BLISS**

Introduce your little ones to the calming benefits of foot massage with our specially designed kiddie therapy. Combining gentle Ayurvedic massage, reflexology, and acupressure techniques, this session promotes relaxation, well-being, and healthy foot habits. The therapy is comfortable and soothing, allowing your child to remain fully clothed, except for socks and shoes. It's the perfect introduction to holistic relaxation for your little ones, offering a peaceful experience that helps them unwind and relax.

20 Minutes | INR 1,999

### **TINY TRANQUILLITY**

Nurture your child's sense of well-being with this Ayurvedic-inspired Mini Body Massage, designed to promote relaxation and balance. Using natural herbal oils, the therapy hydrates the skin, improves circulation, and helps ease any tension or discomfort. Ideal for promoting flexibility and calmness, this gentle therapy is the perfect way to introduce your child to the world of wellness.

30 Minutes | INR 2,999

### **GENTLE SCALP MASSAGE**

This soothing scalp massage is designed to relieve tension, stress, and promote overall relaxation. Using calming oils, our therapists work on key pressure points to nourish the scalp and reduce stress, encouraging a sense of tranquility and peace. Ideal for children, this therapy promotes relaxation and helps ease your little one into a restful state.

20 Minutes | INR 1,999



# ADD-ONS



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### **CHITOSAN PEEL-OFF MASQUE**

Soothing, Anti-Inflammatory

Enhance your therapy with this calming peel-off masque, infused with chitosan to soothe and reduce inflammation. Ideal for stressed or sensitive skin, it helps restore balance and promote a calmer complexion.

15 Minutes | INR 1,999

### **BRIGHTENING PEEL-OFF MASQUE**

Illuminating, Hydrating

Revitalise your skin with this brightening peel-off masque, formulated to illuminate and hydrate. Rich in antioxidants, it helps even out skin tone and enhances your natural radiance.

15 Minutes | INR 1,999

### **GUA SHA FACE RITUAL**

A delicate facial massage using Gua Sha to enhance circulation, promote lymphatic flow, and lift and sculpt facial contours, leaving the skin luminous, revitalised, and effortlessly radiant.

30 Minutes | INR 3,999

### **EYE RESCUE**

Soothing, Brightening

Target tired eyes with this intensive therapy that soothes, hydrates, and brightens the delicate eye area. A blend of nourishing ingredients works to reduce puffiness and dark circles, revealing refreshed and vibrant eyes.

15 Minutes | INR 1,999

### **PURE VITAMIN-C AMPOULE**

Protective, Repairing

Boost your skin's defences with this concentrated Vitamin C ampoule, designed to protect, repair, and brighten your complexion. Ideal for dull, stressed skin, it helps to restore radiance and strengthen the skin's natural barrier.

15 Minutes | INR 3,999

Add to any facial.

### **HOT STONE THERAPY**

Enhance your massage with warm, polished stones placed on key energy points. The soothing heat melts tension, improves circulation, and deepens relaxation - an indulgent add-on to any full-body massage.

30 Minutes | INR 3,499



# FAIRMONT FIT



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## STRONG BODY. CLEAR MIND. FULL SPIRIT.

At Fairmont Fit, wellness is more than a routine—it's a way of life. From heart-pumping workouts to moments of serenity, we offer an inspiring selection of fitness experiences to align your body and mind.

### THE ULTIMATE FITNESS EXPERIENCE

- A cutting-edge Technogym-powered fitness centre with AI-assisted training.
- Personalised coaching and performance assessments.
- Recovery therapies, including cryotherapy and deep-tissue rejuvenation.

## CURATED WELLNESS & FITNESS EXPERIENCES

Elevate your wellness journey with our bespoke fitness offerings, designed to enhance performance, restore balance, and rejuvenate both body and mind. Each session is tailored for you and available by advance reservation, ensuring a truly personalised experience.

### BODY COMPOSITION ANALYSIS

A precision assessment using Technogym technology to evaluate **muscle, fat, and metabolism**, offering clear insights to guide your fitness journey.

INR 799

### COMPREHENSIVE WELLNESS & FITNESS CHECK-UP

An advanced evaluation of physical and cognitive fitness, measuring muscle, fat, metabolism, and mental agility, providing a complete picture of your wellness profile.

INR 1,999

### PERSONAL TRAINING (PER SESSION)

One-on-one coaching with our certified trainer, fully customised to your goals, abilities, and lifestyle, ensuring focused guidance and effective results.

INR 1,499

### TECHNOGYM EXPERT-LED RECORDED FITNESS CLASS

Access to a wide range of expertly guided workouts, from strength and cardio to flexibility and mindfulness, at your own pace.

INR 799

### STRETCH & RELEASE

Targeted exercises to release tension, improve mobility, and support recovery, leaving you feeling refreshed and revitalised.

30 Minutes | INR 999

### EXTERNAL TRAINER ACCESS

Guests may bring their own certified trainers to conduct private sessions within our premium fitness facility.

INR 2,499

Prior reservation required

Available between 8:00 AM - 11:00 PM

**Note:** All sessions are individually priced and available by advance reservation to ensure a fully tailored well-being experience.



# THE INFINITY POOL EXPERIENCE

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## SERENITY BY THE WATER

Escape to a tranquil retreat where the water meets the sky. The Infinity pool at Fairmont Mumbai offers a breathtaking oasis designed for both leisure and fitness.

### EXPERIENCE THE FLOW

- A Infinity pool designed for uninterrupted relaxation.
- Exclusive private cabanas and plush loungers for moments of repose.

With panoramic views and a serene atmosphere, the Fairmont Mumbai Infinity Pool is your haven of calm in the heart of the city.

## POOL MENU

Indulge in effortless luxury without leaving the poolside. Let our skilled attendants pamper you with soothing massages, while the sun and gentle water create the perfect sanctuary for the mind and body.

### FOOT REVIVAL MASSAGE

Soothe tired feet with gentle kneading and pressure techniques that improve circulation and release tension. Perfect for a refreshing post-swim treat or midday indulgence.

30 Minutes | INR 2,999 / 45 Minutes | INR 3,499

### HAND & ARM REJUVENATION

Hydrate and relax your hands and arms with targeted massage strokes, leaving your skin soft and your muscles light and tension-free.

30 Minutes | INR 2,999 / 45 Minutes | INR 3,499

### HEAD, NECK & SHOULDER REVIVAL

Release stress and ease muscular tension with a soothing massage focused on the head, neck, and shoulders. Ideal for relaxation under the sun or a tranquil evening by the pool.

30 Minutes | INR 2,999 / 45 Minutes | INR 3,499

## CABANA EXCLUSIVE (BY THE POOL)

### THAI DRY MASSAGE

Experience the art of Thai massage in the privacy of your cabana. Gentle stretches and expert rhythmic pressure release tension, restore energy, and leave your body and mind in perfect harmony.

60 Minutes | INR 5,999

Available from 9:00 AM - 5:00 PM

\*Prior reservation is required.



# THE HEALTH BAR



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# NOURISHMENT FOR THE BODY & SOUL

Indulge in a curated selection of wellness-driven refreshments at the Health Bar, where nutrition meets indulgence in a menu designed to restore, energise, and elevate.

## **CURATED WELLNESS BEVERAGES**

- Freshly pressed juices and cold-pressed elixirs rich in antioxidants.
- Adaptogenic lattes infused with superfoods and botanical extracts.
- Handcrafted herbal infusions tailored to enhance digestion, relaxation, and immunity.

## **WHOLESONE & ENERGISING BITES**

- Protein-packed smoothie bowls and plant-based superfood snacks.
- Nutrient-dense salads crafted with organic, locally sourced ingredients.

Savour the art of mindful nourishment at Fairmont Mumbai's Health Bar - a sanctuary where taste and well-being harmonise.



# MEMBERSHIP PACKAGES AND BENEFITS

MEMBERSHIP NAME	ABYSS		INFINITE	
MEMBERSHIP TYPE	INDIVIDUAL WITH POOL	COUPLE WITH POOL	INDIVIDUAL	COUPLE
DURATION	1 Year	1 Year	1 Year	1 Year
<b>WELLNESS &amp; FITNESS ACCESS</b>				
Access to Fairmont Fit, wet areas (steam, IR sauna, chilled shower)	✓	✓	✓	✓
Tiny Town	✓	✓	✓	✓
<b>TAILORED WELLNESS SERVICE</b>				
Personalised consultation	✓	✓	✓	✓
<b>BLU XONE</b>				
Cryotherapy / Red Light Therapy	5	10	5	10
<b>FAIRMONT SPA &amp; LONGEVITY INCLUDING SALON</b>				
Therapies and Salon (discount)	15%	15%	15%	15%
<b>EXCLUSIVE ROOM STAY</b>				
Complimentary signature room with breakfast	1	1	1	1
<b>EXCLUSIVE DINING EXPERIENCES</b>				
Food and beverage including alcohol (discount)	15%	15%	15%	15%
<b>PRICING (INR)</b>	3,40,000	5,50,000	2,40,000	4,00,000

## Terms and Conditions

- Member benefits are non-transferable, non-refundable and non-redeemable against cash.
- Member discounts are not applicable with any other promotions, offers or on blackout dates.
- All room reservations are subject to prior availability.
- Personal training sessions are available at an additional charge.
- Additional fee applicable for external personal trainer.
- Membership cancellations are non-refundable.
- The rates are exclusive of taxes and subject to change without prior notice.
- Membership fee must be paid in full upon enrollment.
- Management reserves the right to modify the terms and conditions at their discretion.

Whether you seek total transformation or curated indulgence, our membership packages are designed to offer the very best in self-care, fitness and longevity.

## MEMBERSHIP PACKAGES AND BENEFITS

MEMBERSHIP NAME	ABYSS				INFINITE			
MEMBERSHIP TYPE	INDIVIDUAL WITH POOL		COUPLE WITH POOL		INDIVIDUAL		COUPLE	
DURATION	3 Months	1 Month	3 Months	1 Month	3 Months	1 Month	3 Months	1 Month
<b>WELLNESS &amp; FITNESS ACCESS</b>								
Access to Fairmont Fit, wet areas (steam, IR sauna, chilled shower)	✓	✓	✓	✓	✓	✓	✓	✓
Tiny Town	✓		✓					
<b>TAILORED WELLNESS SERVICE</b>								
Personalised consultation	✓	✓	✓	✓	✓	✓	✓	✓
<b>BLU XONE</b>								
Cryotherapy / Red Light Therapy	1		2		1		2	
<b>FAIRMONT SPA &amp; LONGEVITY INCLUDING SALON</b>								
Therapies and Salon (discount)	15%	15%	15%	15%	15%	15%	15%	15%
<b>EXCLUSIVE DINING EXPERIENCES</b>								
Food and beverage including alcohol (discount)	15%	15%	15%	15%	15%	15%	15%	15%
<b>PRICING (INR)</b>	1,00,000	45,000	1,50,000	65,000	75,000	35,000	1,25,000	50,000

### Terms and Conditions

- Member benefits are non-transferable, non-refundable and non-redeemable against cash.
- Member discounts are not applicable with any other promotions, offers or on blackout dates.
- All room reservations are subject to prior availability.
- Personal training sessions are available at an additional charge.
- Additional fee applicable for external personal trainer.
- Membership cancellations are non-refundable.
- The rates are exclusive of taxes and subject to change without prior notice.
- Membership fee must be paid in full upon enrollment.
- Management reserves the right to modify the terms and conditions at their discretion.

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# SPA ETIQUETTES & DISCLAIMERS

## RESERVATION

To make reservation at Fairmont Spa & Longevity, please contact +91 809 755 5288 or dial extension 6060 from within the hotel.

You may make an online reservation:

[spa.mumbai@fairmont.com](mailto:spa.mumbai@fairmont.com)

or

visit: [fairmont.com/mumbai](http://fairmont.com/mumbai).

## PRE-ARRIVAL

We kindly request that you arrive 30 minutes prior to your appointment to fully enjoy all our facilities. Appointments will begin promptly at the scheduled time. In the event of a late arrival, your appointment may need to be shortened to ensure that the next guest's therapy begins on time.

## HEALTH CONSIDERATION

Please inform us at the time of booking about any allergies, ailments, or disabilities, especially if you have high blood pressure or are pregnant, as certain services may not be suitable for you.

## SPA POLICY

For your tranquillity and to preserve the peaceful atmosphere, kindly keep your mobile phone on silent mode. We also request to leave valuables in your room safe or deposit in your spa locker, Fairmont Spa & Longevity shall not be held responsible for any loss of personal items.

## CANCELLATION

We require a minimum of 4 hours' notice to change or cancel a therapy without incurring a 50% penalty of the therapy cost. For packages, 6 hours' notice is required. Any cancellations made outside of this window will incur the respective charges.

## GIFT CERTIFICATE

Gift the experience of relaxation with our spa gift certificates. Please visit [fairmont.com/mumbai](http://fairmont.com/mumbai) or contact the spa reception desk for more information.

## AGE RESTRICTION

Spa facilities are only available to guests aged 16 years and older. However, certain therapies may be available to children with prior parental consent and supervision.

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# BLU XONE DISCLAIMERS

## **CONSULTATION PROVIDED**

A consultation with our healthcare professional will be provided before undergoing any Blu Xone therapies to ensure the therapy is suitable for your individual health needs.

## **NOT A SUBSTITUTE FOR MEDICAL THERAPY**

These therapies are not intended to diagnose, treat, cure, or prevent any medical conditions. Always consult your physician for any health concerns.

## **INDIVIDUAL RESULTS MAY VARY**

Results from these therapies may vary from person to person. Factors such as health, lifestyle, and adherence to protocols can influence the outcome.

## **CONTRAINDICATIONS**

Certain medical conditions or circumstances may prevent you from using these therapies. Please inform us of any pre-existing conditions, medications or allergies prior to your therapy.

## **AGE RESTRICTION**

These therapies are only available to guests aged 18 years and older.

## **LIMITED LIABILITY**

By participating in these therapies, guests acknowledge and accept that they are participating at their own risk and agree to release the spa from any liability related to the therapies.

## **CANCELLATION**

We require a minimum of 4 hours' notice to change or cancel a therapy without incurring a 50% penalty of the therapy cost. For packages, 6 hours' notice is required. Any cancellations made outside of this window will incur the respective charges.

*Fairmont*  
MUMBAI

ROSWYN  
A MORGANS ORIGINALS HOTEL

TO KNOW MORE



FAIRMONT SPA  
& LONGEVITY

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