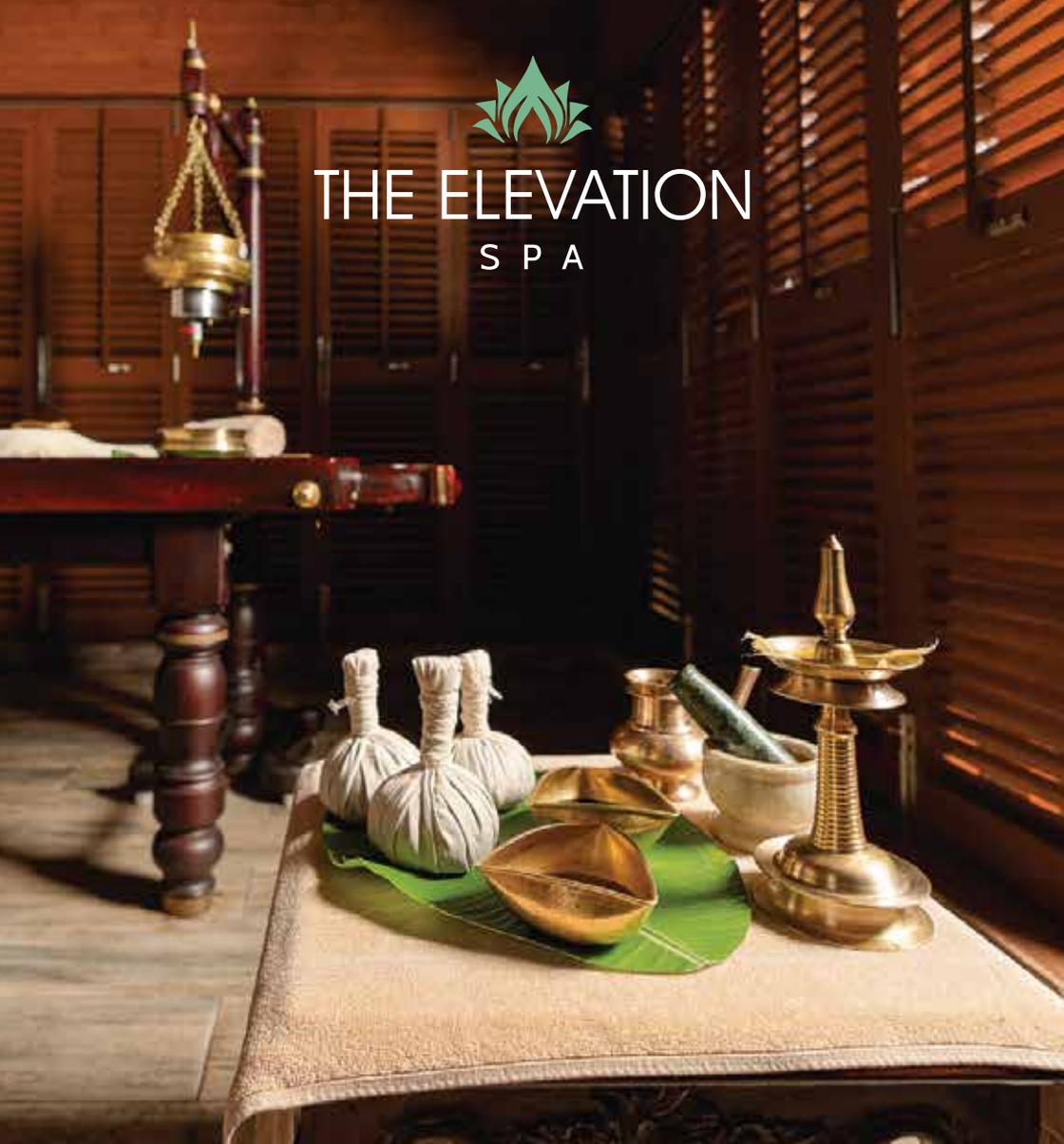




THE ELEVATION SPA





Welcome to The Elevation Spa at The Tamara Coorg, a place where time stands still and the temporal world fades away. Here, you will discover an oasis of tranquillity where your inner silence is revitalised and your outer gleam restored.

The Elevation Spa introduces a new concept of wellness called Antar Mauna, which means inner silence. During your stay, we invite you to embark on a holistic journey with us to discover the tranquillity within you.

Our line of spa products complements our range of treatments and therapies perfectly. All our ingredients are organic and natural, and our products offer the ultimate in relaxation, revitalisation, detoxification and inner strength.

“When the mind is silent and peaceful it becomes very powerful. It can become a receptor of bliss and wisdom enabling life to become a spontaneous flow and expression of joy and harmony.”

A woman is lying face down on a massage table, receiving a massage from a therapist. The therapist is wearing a dark uniform and is focused on the client. The setting is a spa with lush green plants in the background. In the foreground, there is a tray with various spa items including bottles of oil, a small basket, and a red flower.

ANUBHAVA

Aranya Shalee Anubhava (120 Minutes)

Wild rice is auspicious and is a representation of prosperity. The remarkable power of longevity of wild rice has inspired this exceptional body treatment.

This body scrub effectively battles cellulite, stress and exhaustion. It strengthens your bio-energy fields, uplifting your body and soul. A deep muscular massage is performed on the body with aromatic oil that leaves you in a balanced and relaxed state.

Panigraha Anubhava (120 Minutes)

This exquisite experience with pomegranates and wild oranges reawakens the body and spirit and creates a feeling of intense calm. A full body scrub is followed by a gentle massage with pomegranate oil which stimulates the higher energy centres of your body.

This experience gently restores and relaxes the nervous system leaving behind glowing skin and a sense of enhanced well-being.



Kalpa Anubhava (120 Minutes)

This sensual and decadent experience begins with a coconut sugar body scrub, followed by a full body massage with the finest cold-pressed oil, coconut, cucumber body massage oil. This ritual stimulates the nerves and blood vessels beneath the skin while calming muscle tension. Designed to stimulate circulation and flow of energy, it concludes with warm herbal coconut oil being poured onto your hair to restore energy and calm your body and mind.

Signature Coffee Therapy (120 Minutes)

Experience the journey of coffee from Blossom to Brew in an enticing and unique spa experience. Feel your skin feel refreshed in a coffee cocoon as antioxidants work their magic and restore the vitality of your body.



Bahu Rakshanam (90 Minutes)

A perfect retreat for your tense muscles, this experience starts with a gentle back massage with herbal oil to relieve stress. It is followed by an application of herbal poultice made of local herbs and a full body deep tissue massage which leaves you feeling tranquil.

Abhyadhara (90 Minutes)

This is a unique combination of holistic Ayurveda rituals, where a traditional Ayurveda massage is followed by a continuous stream of lukewarm herbal oil poured evenly over the forehead. It provides pleasant and effective relief from circulatory, blood pressure, stress, anxiety and insomnia-related ailments.





BODY RITUALS

Aromatherapy (60/90 Minutes)

This deeply relaxing massage has long, slow strokes using aromatic fragrances. Allow our unique and finest vitamin-rich oil blends to awaken your senses to the healing power of nature, while leaving your skin pampered.

Swedish (60/90 Minutes)

This massage involves the use of kneading, stroking, friction, tapping and vibration, and provides relief from muscle tension, aches and pains. Our signature massage oil used in this treatment contains natural anti-inflammatory properties that provide instant relief to the body and help to deeply calm and soothe it.



Balinese (60/90 Minutes)

This is an Oriental massage that combines the traditional techniques of stretching the body and stimulating pressure points. It is an energising massage that uses penetrating oils and botanical essences to enhance the massage and improve energy while helping the body to relax and your senses harmonise.

Deep Tissue (60/90 Minutes)

This one-of-a-kind massage will ease muscles, relax them and also restore energy. With rhythmic deep strokes, your therapist will combine techniques from various massage styles to personalise your treatment and meet your unique needs at that moment in time.



A close-up photograph of a person's feet being massaged. The feet are resting on a light-colored, textured surface. A hand is visible, applying pressure to the foot. To the left, a small glass jar contains a golden liquid, likely massage oil. The scene is lit with warm, soft light, creating a relaxing atmosphere.

OTHER SERVICES

Head and Shoulder Massage | Neck and Back Massage (45/60 Minutes)

Strong strokes and kneading movements characterise this massage. You will feel your stiffness gently ebbing away as you step into a universe of relaxation. This massage uses hot oil to restore energy and calm the nerves and is a perfect stress-buster.

Foot and Leg (45/60 Minutes)

By stimulating reflexology points on the feet, this massage relieves fatigue and strain on leg muscles. It is a unique relaxing procedure that benefits the entire body. Indulge yourself in this lovely treatment and let relaxing vibes wash over your body.



A person's feet are shown from the knees down, resting in a shallow brass bowl filled with red rose petals. The bowl sits on a light-colored, textured towel on a wooden floor. To the left of the bowl is a decorative brass lotus flower. The scene is softly lit, creating a warm and relaxing atmosphere. The text "NATURAL BEAUTY" is centered over the image, flanked by decorative green vine graphics.

NATURAL BEAUTY

Panigraha Signature Facial (90 minutes)

This is a luxurious 90-minute session starting with a 30-minute back massage. Experience our luxurious and comprehensive facial treatment, combining gentle cleansing, invigorating exfoliation, a rejuvenating mask, soothing toning, and a relaxing massage to revitalise your skin and leave you with a radiant glow.

Anti-Ageing (60 minutes)

Combat the signs of ageing with our targeted facial designed to reduce fine lines, firm skin texture, and restore vitality, using specialised techniques and natural ingredients to promote a rejuvenated and more youthful appearance.

Cleansing (30 minutes)

Refresh and purify your skin with our quick yet effective facial, focusing on deep cleansing, gentle exfoliation, and revitalising hydration, leaving your skin feeling renewed and nourished in just half an hour.



A close-up photograph of a person's arm and hand. A thick, dark, granular scrub is being applied to the forearm by the other hand. In the background, a white bowl contains more of the scrub. The scene is set on a light-colored, textured surface, possibly a towel or cloth.

BODY SCRUBS & BODY MASKS

Signature Coffee Scrub (60 Minutes)

Experience the journey of coffee from Blossom to Brew in an enticing and unique spa experience. Feel your skin feel refreshed in the coffee cocoon as the antioxidants work their magic and restore the vitality of your body.

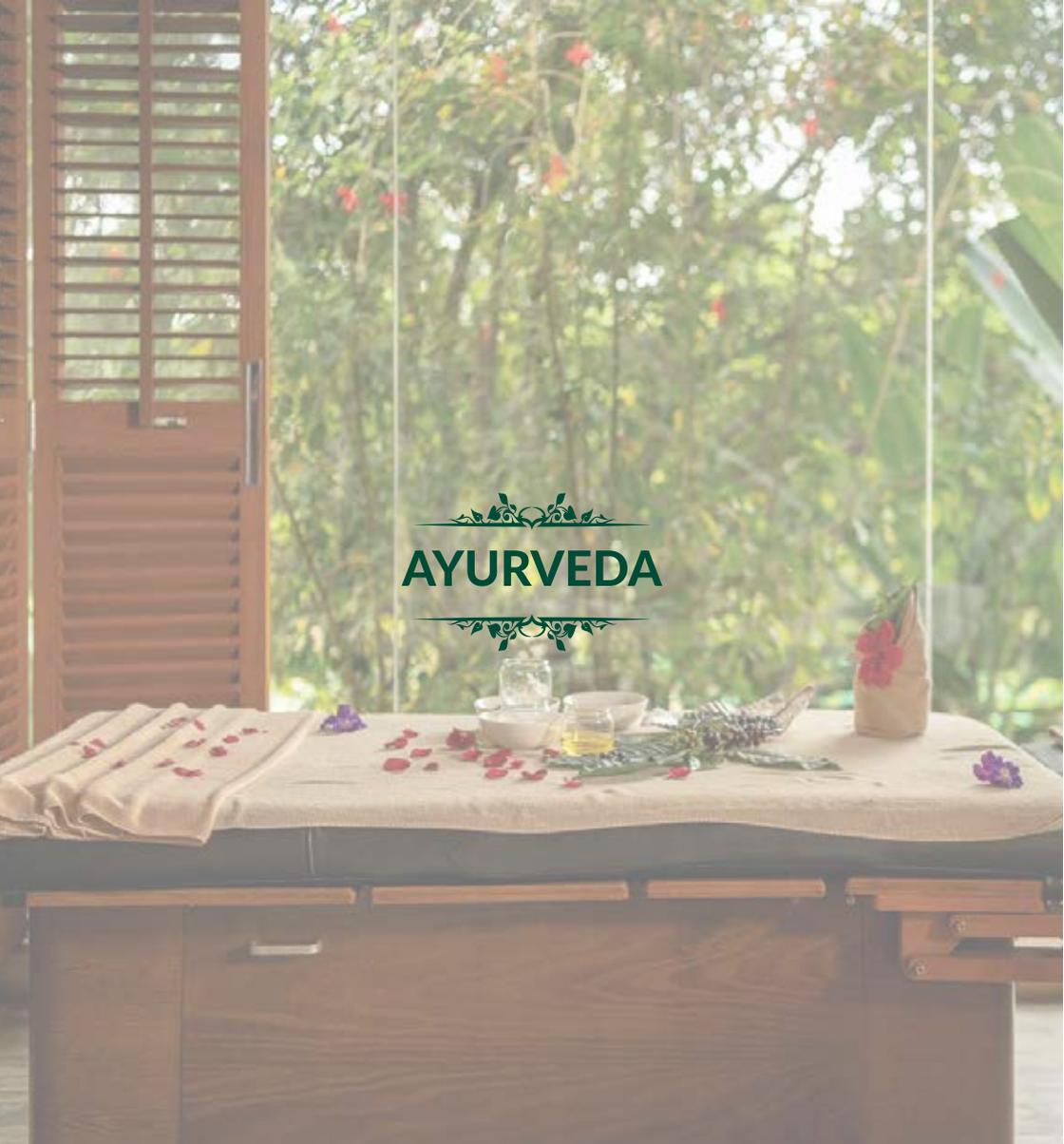
Tender Touch (60 Minutes)

This is a remarkably tender scrub for mild body exfoliation, enhanced by soothing and comforting botanical extracts and essences. Earthy, exotic Himalayan pink salt is used in this natural scrub, allowing even the most sensitive skin to enjoy a healthy glow.

Replenish (60 Minutes)

This mask combines ultra-nourishing and smoothening Chandanam and Keshara for dry skin. This is a super-rich specialty mask that protects skin, especially from exposure to the sun and is filled with antioxidants.



A wooden massage table is set up in a room with a large window overlooking a lush green landscape. The table is covered with a light-colored cloth and holds several items: a glass of water, a small bowl of white cream, a small bowl of yellow oil, a bundle of dried lavender, a small brown paper bag with a red flower, and scattered red rose petals and purple flowers. The word "AYURVEDA" is written in a dark green, serif font, centered on the table, with decorative flourishes above and below it.

AYURVEDA



We invite guests to experience the Ayurvedic way of life and embark on a holistic journey with us. Ayurveda, the knowledge of life and longevity, deals with physical, mental, emotional, spiritual and environmental aspects of well-being.

The Ayurveda system of medicine has been trusted for over 5,000 years as a safe and effective method to attain total rejuvenation and relief from chronic aches and pains. Ayurveda therapies focus on bringing a balance among body, mind, soul and sense organs, eliminating toxins from the body and mind. Ayurveda therapies offer lasting relief from chronic aches and pains like backache, joint pains, stiff neck, migraine, rheumatic pains, insomnia, anxiety, stress, digestive disorders, obesity and neurological disorders.

Ayurveda consultation explores your mental, physical and emotional energy levels to help you understand the dynamic combination that your body type uniquely is. The Ayurveda physician then prepares a sequence of treatment programmes and wellness diets to suit your body type that will help to bring more balance and energy to your entire being.

Abhyanga with Swedan (75 Minutes)

A masterpiece of Kerala Ayurveda discovered from the classics and improvised for the modern generation - this full body massage is done with medicated herbal oils for 75 minutes. The number of strokes and pressure vary with the condition of the individual. According to classical texts, this massage is indicated daily to prevent ageing and degeneration process. Ayurveda has pioneered this therapy as per the ancient Ayurveda classics and standardised the procedure with a specific number of strokes. This therapy will treat the whole body physically, mentally and emotionally while balancing the doshas or physical energies. Its rhythmic motion helps to relieve stiffness from joints and muscles and frees body movements. This stimulating treatment increases blood circulation, which, in turn, encourages the quick removal of metabolic wastes, while providing relief to diseases such as anxiety, fatigue, circulatory disorders, rheumatic and arthritic problems, backaches and injuries. A synchronised massage is also beneficial in preventing wrinkles and scales, curing sleep disorders, improving physical consistency and increasing a general sense of well-being and life span. It improves the complexion and texture of the skin.

Shirodhara (60 Minutes)

In Shirodhara, a calm-inducing stream of warm herbal oil is rhythmically poured over the forehead, which streams also through the scalp and hair; this is followed by a gentle massage of the head and shoulders. Shirodhara is a holistic treatment and a relaxing one.

It is unique for its employment of a special Ayurveda massaging rhythm that can be described as 'swaying'. The sensation in Shirodhara is akin to that of being caressed; this becomes more apparent when one considers the liquids we use, which range from simple oils and herbal oil concoctions. Shirodhara is a powerful experience, which puts the patient at ease and often invokes tranquil feelings from within. It is also one of the most important treatments in Ayurveda, as it is used to change a person's body condition (Prakriti). This therapy relieves stress and strain-related problems, slows the ageing process, improves memory and is known to have a curative effect on insomnia and depression.



Podikizhi (75 Minutes)

This is a relaxing massage performed with a herbal powder made from a potent mixture of rejuvenating herbs. Here, different herbs are powders tied in a woollen cloth (kizhi) and made warm with the help of medicated oils. A general massage is done while the guest lies down on a dhroni (medicated wooden table), and the bolus is gently massaged on different parts of the body. Podikizhi is effective in the treatment of many diseases like rheumatic disorder, arthritis, spondylosis and paralysis. Muscular sprain and stiffness can also be prevented. It revives the cells of the skin and offers glow and vitality.

Paadabhyangam (60 Minutes)

Feet are the most important part of our body that are often neglected. Many nerves from many organs terminate in the feet; hence, this vigorous foot massage helps to strengthen these nerves with individually selected medicated oils. By circulating energy flow, it also restores health and vitality to many other parts of the body. During Paadabhyangam, the marma (vital) points are massaged, which gives balance to your dosha. It is particularly helpful for people with insomnia, fatigue and cramps. This therapy is significantly prominent in the area of preventative medicine.

Shiro Abhyangam (60 Minutes)

This is a traditional Indian head massage with prescribed oils performed with a medium to moderate pressure. Massage will be done in the sitting position, which covers the shoulders and upper back and leaves you feeling relaxed.



Reservations and Treatments:

Booking for spa treatments is highly recommended. In case you are late for your scheduled appointment, we will endeavour to accommodate you to the best of our abilities.

Timings:

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

Valuables:

While we endeavour to look after your belongings, the spa will not be liable for 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 request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to maintain a soft and quiet indoor voice while at the same.

Elevation Spa 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.



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 removing hearing aids, spectacles or contact lenses.
- Please note that certain oils used during some treatments may stain the skin or clothing.
- 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 any medical complications and guests who are pregnant are advised to consult their doctors before signing up for any spa treatments/ services. Please inform your spa therapist of any medical conditions.
- Entry to the spa is at your own risk and although strict policies and procedures are implemented to maximise safety. The Elevation Spa, its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.
- Cancellation policy:
 - Cancelling over 12 hours in advance incurs no retention fee.
 - Cancelling within 12 hours results in a 50% retention fee.
 - No-shows are subject to a 100% retention fee.



Pricing

TREATMENT	DURATION	PRICE
Aranya Shalee Anubhava	120 Min	₹8,700
Panigraha Anubhava	120 Min	₹8,700
Kalpanubhava	120 Min	₹8,700
Signature Coffee Therapy	120 Min	₹8,700
Bahu Rakshanam	90 Min	₹8,500
Abhyadhara	90 Min	₹9,900

BODY RITUALS	DURATION	PRICE
Aroma Therapy	60 Min	₹6,500
Aroma Therapy	90 Min	₹8,300
Swedish	60 Min	₹6,500
Swedish	90 Min	₹8,300
Balinese	60 Min	₹6,500
Balinese	90 Min	₹8,300
Deep Tissue	60 Min	₹6,500
Deep Tissue	90 Min	₹8,300

Prices include all applicable taxes.

Pricing

SPECIFICS

DURATION

PRICE

Head and Shoulder/Neck and Back	45 Min	₹4,500
Head and Shoulder/Neck and Back	60 Min	₹5,000
Foot and Leg	45 Min	₹4,500
Foot and Leg	60 Min	₹5,000

BODY SCRUBS/BODY MASKS DURATION

PRICE

Coffee Scrub	60 Min	₹4,900
Tender Touch	60 Min	₹4,900
Replenish	60 Min	₹4,900

NATURAL BEAUTY

DURATION

PRICE

Panigraha Signature Facial	90 Min	₹7,200
Anti-Ageing	60 Min	₹5,600
Cleansing	30 Min	₹3,700
Manicure	60 Min	₹2,100
Pedicure	60 Min	₹2,400

Prices include all applicable taxes.

Pricing

AYURVEDA

DURATION

PRICE

Abhyanga with Swedan

75 Min

₹6,800

Shirodhara

60 Min

₹8,100

Podikizhi

75 Min

₹7,800

Paadabhyangam

60 Min

₹5,100

Shiro Abhyangam

60 Min

₹5,100

EXCLUSIVE EXPERIENCES

DURATION

PRICE

Outdoor Massage

60 Min

₹8,000

Forest Bathing

60 Min

₹2,500

Prices include all applicable taxes.