

TAF Svasti Spa at Cheetagarh Resorts

TAF Svasti Spa at Cheetagarh resorts is a tranquil space where a spa experience creates harmony (samanjasya) within your body that brings you in the state of Wellbeing (Svasti).

Understanding that Well being is a dynamic equilibrium between your body mind and inner consciousness the experience is always customized for you, Where the ultimate goal is to attain a state of sustained balance of all elements. The therapies are an amalgamation of the science of Ancient Ayurveda healing and the sensory calm of aroma therapy transcending you to the state of wellbeing (Svasti).

Unlocking the harmony experience for you TAF svasti spa offers

Body therapies- abhyanga choorna gharshan pratyujeevamam sabhyanga & navikri (scrub)

Head and foot therapy- padmabyanga and sheershabhayanga

Facials- Udeti Jaiveti and Yauvna



Body Therapies

Abhyangam (Oil Massage)

This massage is the application of healing ayurvedic oil on the body with long gliding strokes in the direction of blood returning to heart. It is extremely beneficial for increasing the level of oxygen in the blood reducing muscle toxins and enhancing the blood circulation while giving a deep sense of relaxation to the body.

A complete rejuvenating experience.

(This massage has an option of being performed by two hands or four hands by two therapists in synchronized manner)

Duration – 60 minutes

Two hands – Price 4500

Four hands – price 6000

Choorna Gharshan (Powder Massage)

A massage with the application of a combination of healing Ayurvedic powder (Choorna) and oil (tel) on the entire body.

The therapy is unique in terms of synchronized action performed by two therapists using friction technique where exfoliation fat de stabilization and detoxification happens simultaneously still ensuring relaxation.

A totally blissful experience.

Mamsabhayanga (Deep Tissue Oil Massage)

A deep tissue massage with slow strokes and deep finger pressure to relieve tension from the deepest layer of your muscles and connective tissue. It relieves tight muscles chronic muscle pain and reduces anxiety by flushing out lactic acid from the muscles You can ask your therapist to give attention to certain painful trouble spots in the body. Increased fluid intake is recommended after this massage to ensure elimination of toxins.

A complete healing experience

Pratyujeeva (Aroma Massage)

This is an aroma massage with the goodness of fennel or clove essential oils. The inhaled aroma from these oils stimulates brain function and relieves the body from oxidative stress. Getting through the skin these oils reduce the free radical damage thereby promoting instant wellbeing to each cell.

An experience of tranquil state of mind and sense of revival like a new being.

Duration : 60 min – 90 min

Price : 4500 – 6000



Navikri (Full Body Scrub)

This is a body polishing therapy in which a scrub made of natural ingredients like oats almonds milk honey our own Svasti formulation exfoliates the skin gently peels away the dead skin and impurities bringing the skin to its cleanest form which is followed by gentle massaging of the body with baby oil giving you perfect skin appearance soft to the touch and radiant to look at.

A supple skin and light feather like body is what you experience after this therapy.

Shirshabyanga (Head Massage)

A warm oil massage of scalp followed by neck and back to relieve stress and tension with added benefit of nourishment to hair roots promoting hair growth. The therapist makes you sit on a comfortable chair putting a towel around your neck applying light to medium pressure on your head using their fingers. Choice of oil between coconut mustard and olive oil.

A shampoo and dry is optional after this tranquil experience.

Duration-45 min Price- 1500

Padabhayanga (Foot Massage)

Pause and restore with a foot massage. A rub down with healing oil and stimulation of pressure points of the feet improves blood circulation stimulates muscles and eases pain. A feet and calf massage followed by a hot towel wrap takes away all the fatigue and brings you to the energized state.

Duration -45 min Price- 1500

Facials

The Facials at TAF spa uses internationally acclaimed Phytomo USA products. Which essentially work on your skin wellbeing in three ways - Rejuvenating it by stimulating the micro circulation of skin cells. Repairing it by absorption of nourishing serums to the skin cells and renewing it by bringing the cells in harmony and eventually a state of wellbeing.

A facial is done by a trained therapist involving cleansing toning exfoliating massaging and finally applying a pack in an aesthetically pleasing ambiance.

Duration – 60 min Price – 4500

There are three types of facials to choose from:

Udeti (radiate)

A skin transforming formula deeply cleanses and reduces epidermal pigmentation giving your complexion a more clearer and radiant look by regenerating the hydro lipid layer.

Jaiveti (Nourish)

This facial ensures deeper penetration of oxygen to cellular level for nourishment. Deep moisturizing enhances the skin regenerative powers protecting it from photo aging skin looks fairer plump and fresh.

Yauvna (Restoring youthfulness)

Highly potent ingredients in nano format laden with Vitamin C reduces fine lines and wrinkles. Strengthens the skin structure and brightens it skin becomes more elastic and starts regenerating the collagen layer.



He who lives in harmony with himself lives in harmony with the universe.

--Marcus Aurelius

All the therapies offered at TAF Svasti Spa are an endeavour to promote wellbeing by the way of restoring harmony in your body and doesn't promise any treatment.

May The harmony (samanjasya) and Wellbeing (Svasti) remains with you forever....

