



Rejuvenate yourself

MEETINGS and a stressful routine often makes you long for a rejuvenating spa treatment. And a spa that's spread over 11,000 sqft will no doubt come as a pleasant surprise. Rejuve-The Spa at The Grand Ashok promises to revitalise your senses with an unique variety in Indian, European and oriental healing treatments. The spa has been designed to restore balance through a holistic approach of blending the east and the west healing principles of energies. Rejuve has been enlisted by the



Conde Nast Traveler Hot List Spas 2007, as one of the world's top ten spas.

"Rejuve-The Spa is a place of holistic healing, self-discovery and relaxation. The Spa facility consists of seven therapy rooms and two beauty parlours; a hydrotherapy facility, fitness centre and swimming pool. It

offers a health cuisine of a low-fat, low sodium and high fibre diet. Rejuve provides a rejuvenation cuisine for guests according to their body composition and requirements so they can re-vitalise their body and soul," says Harinder Singh, general manager, The Grand Ashok.

This spa offers a selection of hydrotherapies, crystal-gem therapies and gentle steam rooms and sauna. The Rejuve has western and ayurveda massage therapists with years of experience in their chosen fields.

"Each and every member of the spa staff has undergone an extensive and vigorous training programme through our in house world-class training centre. Your health span is your measure of years of good health, vitality and activity. Our quest is to assist you in ensuring your health span is also close as possible to your lifespan through Rejuve," says Harinder.

Training is one of the most important aspect of the high quality of service that is provided here. Rejuve-The Spa has a unique approach of offering lifestyle assistance by understanding the concepts of natural healing, customised self-care techniques, nutrition concepts and fitness options to provide you optimal well-being.

For a total wellness experience you can join a yoga class at sunrise and meditation class at sunset. You could also try the Awareness Through Movement class or feel the benefits of aerobics (under a private instructor).

Bridal packages at Rejuve

Marriage is a way to celebrate life. Rejuve offers you a number of specialised bride and groom packages which will provides a holistic experience through a complete beauty programme. For further details please contact 080-30527777

