

THE LODHI
NEW DELHI

A MEMBER OF
THE LEADING HOTELS
OF THE WORLD

THE LODHI SPA



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Welcome to an oasis of tranquillity at The Lodhi Spa—the ultimate sanctuary to restore harmony and rebalance your mind, body, and senses.

Revitalize with a collection of traditional Indian therapies as well as modern rejuvenation treatments blended with thoughtful amenities, or unwind at our Hammam, equipped with temperature-controlled chambers.

We believe that everyone is unique, and so are the wellness programs and experiences we offer. It is the path to holistic well-being through the stages we follow at the serene oasis—The Lodhi Spa.

Our experts will assist you in consulting, understanding your needs, and executing advice to achieve your wellness goals with a bespoke transformative experience.



01 WELLNESS CONSULTATION

LIFESTYLE AND NUTRITION CONSULTATION

The goal of this consultation is to assess an individual's dimensions and understand their current lifestyle as well as their physical, physiological, and psychological propositions through Prakriti analysis. Following that, our wellness expert gives you recommendations on lifestyle and dietary changes that will help you achieve balance in day-to-day activities, enabling you to maintain your commitment to well-being and embrace a healthy way of life.

30 minutes - 3,500

ACUPUNCTURE

This therapy has its roots in Traditional Chinese Medicine which plays a vital role in natural healing methods. It starts with palpation, history evaluation, and determining the disease's underlying cause. Subsequently, the treatment is administered to reduce blockages, stimulate energy flow, also known as "chi" or "qi", and restore the balance of the body, mind, and soul. The modality has been proven to treat aches and pains, stress, insomnia, and chronic dysfunction.

45 minutes - 6,000

BHUTANESE MASSAGE

Combining deep tissue and Indian stretches, acupressure, and reflexology, this treatment promotes the flow of blood, oxygen, and "qi" (energy) throughout your body. The deeply relaxing and healing massage helps you de-stress and relieve tension.

75 / 105 minutes - 8,500 / 11,500



02 WELLNESS JOURNEYS

THE LODHI SIGNATURE COLLECTION

A combination of Asian-inspired techniques, this signature wellness experience starts with a holistic massage followed by a hot bundle poultice for the back and legs and oriental stretches. The treatment improves muscle endurance, relieves pain and aches, and increases body flexibility through stretching.

90 / 120 minutes - 11,500 / 13,500

THE LODHI DETOX DELIGHT

Begin with a full-body exfoliation that combines the purifying and soothing effects of a scrub or wrap for devitalized skin. The intensive detox intensely nourishes and rejuvenates the whole body. A detox cellulite massage completes the purifying journey, leaving you with a sense of lightness and clarity.

90 / 120 minutes - 10,500 / 12,500

HEALING JOURNEY - CUPPING THERAPY

Combining deep tissue and Indian stretches, acupressure, and reflexology, this treatment promotes the flow of blood, oxygen, and "qi" (energy) throughout your body. The deeply relaxing and healing massage helps you de-stress and relieve tension.

60 minutes - 7,500

RELAX AND RECOVER JOURNEY

Leg compression technology uses inflatable sleeves that pump muscles and prevent blood clots. This treatment reduces muscle soreness and enhances blood circulation through a range of cyclic massage combinations for your thighs, calves, ankles, and feet.

60 minutes - 7,500



03 WELLNESS MASSAGES

THE LODHI EXPERIENCE

Start your wellness time at The Lodhi Spa with a variety of calming techniques that help combat the effects of a stressful life. Using different movements of customized pressure techniques, this unique, holistic massage releases stress-related tension and allows you to reconnect with yourself.

60 / 90 / 120 minutes - 7,500 / 9,500 / 11,500

DEEP TISSUE

In this technique, the masseur uses mainly the thumbs and the elbow, reaching deep down the layers of muscles. Deep tissue massage increases blood circulation in unused muscles, relieves muscle tension throughout the body, and breaks down tissue and "knots" deep in the muscles.

60 / 90 / 120 minutes - 7,500 / 9,500 / 11,500

SOLE AND PALM MASSAGE

Pamper your tired feet and legs with a comforting blend of lemon and ginger. Start with a sea salt foot scrub followed by a focused pressure point massage to harness your body's internal energy.

60 / 90 minutes - 7,500 / 9,500

HEAD, NECK, AND SHOULDER MASSAGE

This treatment involves applying medium to firm pressure to specific areas of the neck and shoulders to relieve the stress brought on by busy modern lifestyles. The massage not only eases tension in your head, neck, and shoulders but also enhances blood flow, promotes deep relaxation, and eases muscular aches and pains.

45 minutes - 6,000

FOUR-HAND MASSAGE

A synchronized treatment conducted by two therapists working in unison at the same time, this rejuvenating therapy is a combination of Swedish and deep tissue massage along with reflexology.

60 / 90 minutes - 12,000 / 14,000

SPORTS MASSAGE

An enhancing body massage designed to transport you into a state of deep relaxation. The essential therapy uses a gun massager that penetrates through deep layers of muscle to untangle knots and ease tension.

60 / 90 minutes - 7,500 / 9,500

POWER BACK MASSAGE

With firm pressure and slow strokes, this treatment targets deep layers of muscles or knots to facilitate relief, aid recovery, and improve flexibility.

30 minutes - 4,000

FOOT MASSAGE

Activating all the pressure points on your feet encourages the body to work naturally to restore its balance. This massage stimulates reflex points to restore the body's vital energy flow, which is necessary for good health.

30 minutes - 4,000

HEAD MASSAGE - CHAMPI

This Indian head massage uses different strokes and pressure to eliminate tension headaches and provide relief from fatigue, insomnia, stress, and migraines, increasing one's mental clarity.

30 minutes - 4,000

STRETCH MASSAGE

This deep-stretching, oil-free treatment originates from the practice of Hatha Yoga. Taking place on a floor mat in loose, comfortable garments, the massage improves flexibility and allows blocked energy to flow freely through your body by opening the main meridian lines and pressure points, leaving you feeling much more in balance than when you arrived.

60 / 90 minutes - 7,500 / 9,500

HEALING HOT STONE

A traditional therapy that has been practiced for thousands of years, this massage form uses hot basalt lava stones with different types of ancient and modern techniques to work on the deepest layers of muscles. This process relieves stress and clears blocked energy centers within the body.

60 / 90 minutes - 7,500 / 9,500



04 AYURVEDA

ABHYANGA

A traditional full-body massage using herb-infused oil, Abhyanga improves physical consistency and allows toxins to be released from the body and nourishment to be absorbed by the tissues. The treatment also promotes longevity and enhances skin complexion.

60 minutes - 7,500

UDWARTHANAM

This is special cellulite scrubbing massage that uses herbal oils and herbal powders to stimulate hair follicles to generate heat through scrubbing which results in excess fat loss and mobilize toxins.

45 minutes - 6,000

SHIRODHARA

Shirodhara is made up of two words: "Shiro" (head) and "Dhara" (pouring of the oil). It is an age-old therapy of pouring warm oil on the "third eye" (center of the forehead) to help relax, improve sleep disorders, and eliminate stress.

45 / 60 minutes - 6,000 / 7,500

ABHYANGA AND SHIRODHARA

Abhyanga pacifies the three doshas, or bio-energies, within the body, whereas Shirodhara balances the effect on the brain while stimulating the nervous system. Combining these treatments helps connect the body and mind at a deeper level, removes toxins, increases circulation, and relaxes the muscles.

90 minutes - 12,000

CHURNAKIZHI - HERBAL POTLI MASSAGE

Potli massage uses the heat from an herbal compress and Ayurveda oil to penetrate the muscles. It is therapeutic sweating induced to increase circulation, speed up the elimination of toxins, and relieve muscle pain and stiffness.

60 minutes - 7,500

ABHYANGA AND POTLI

The traditional Abhyanga helps cleanse the body, improves circulation, and induces a genuine state of peace and calm, while potli massage deeply relaxes you with the application of warm oil decoctions and powdered herbs in potli form.

90 minutes - 12,000



05 TRADITIONAL HAMMAM

Our Hammam has two varying temperature-controlled chambers, warm and cold plunge pools, a marble massage plinth for an exfoliating rub, and a private lounge to relax afterward.

TRADITIONAL PEEL

Rejuvenate by resting on the heated plinth for exfoliation with a Kese glove. This treatment is a traditional one, passed down from generation to generation.

45 minutes - 7,000

TRADITIONAL HAMMAM (POSHA)

Begin with hot and cold plunges to soften the skin and then be escorted to the treatment plinth, where a therapist will exfoliate the entire body with a Kese glove. A massage with olive oil soap lather follows. You can relax with a fruit platter and herbal tea before returning to the world outside.

90 minutes - 11,000

06 LYMPHATIC DRAINAGE

LYMPHATIC DRAINAGE MASSAGE

An energizing massage with an aromatherapy blend that activates and alerts the nervous system, leaving you completely refreshed. The therapist uses dry brushing and simple strokes to relax external muscles and stimulate the body's natural ability to cleanse.

90 / 120 minutes - 11,000 / 13,000

FACIAL LYMPHATIC DRAINAGE

Helps eliminate toxins from the face, clears lymph node blockage, and retains the health and beauty of the facial skin.

60 / 90 minutes - 8,000 / 10,000

07 LODHI FACIAL

LODHI SIGNATURE FACIAL

Our signature beauty ritual combines the brilliance and essence of Indian herbs; this balancing and uplifting experience instantly polishes, brightens, and renews the skin.

60 minutes - 8,000

EXPRESS FACIAL

An instant facial with cleanup, scrub, mask, and massaging techniques that bring your skin to an optimal state of hydration.

30 minutes - 5,000



08 BODY THERAPIES

KASHMIRI NARGIS FOR HER - SCRUB OR WRAP/SCRUB AND WRAP

Made with Nargis flowers that grace Kashmir, this body exfoliation transports you to the snow-clad Indian valley, where the flower's delicate fragrance diffuses with the winter breeze to foretell the arrival of spring. The treatment combines sugarcane and essential oils to leave your skin soft, smooth, and supple and is completed with a wrap that adds nourishment and draws out impurities.

30 / 60 minutes - 4,500 / 9,000

OUDH AND GREEN TEA SKIN BUFFING POLISH - SCRUB OR WRAP/SCRUB AND WRAP

In this technique, the masseur uses mainly the thumbs and the elbow, reaching deep down the layers of muscles. Deep tissue massage increases blood circulation in unused muscles, relieves muscle tension throughout the body, and breaks down tissue and "knots" deep in the muscles.

30 / 60 minutes - 4,500 / 9,000

RAJASTHAN RED EARTH BODY WRAP

This treatment includes a scalp and face massage, which is done while the body draws benefits from the wrap. These blends of active ingredients restore skin balance, suppleness, and elasticity.

45 Minutes - 6,000



09 SPA INDULGENCE

ROMANTIC GETAWAY

Spend quality time together in our double treatment suite, equipped with a private Jacuzzi and a fresh herbal steam room. Begin with a footbath, purifying eucalyptus steam, and a specially created rain shower, followed by a signature massage and a royal bath indulgence as you enjoy champagne or mocktails and fresh fruit.

2.5 hours - Couple - 22,500

PRIDE OF INDIA

The integral element of Ayurveda helps achieve maximum relaxation. This treatment focuses on rebalancing and harmonizing the mind and body, both physically and emotionally. The experience begins with a full-body exfoliation to remove dead skin cells and a wrap to rehydrate and nourish. Abhyanga helps restore, heal, and detoxify the body. The journey concludes with an express Ayurvedic facial, leaving your skin radiant and supple.

2.5 hours - Couple - 27,500
Available for Single - 18,500

RAJKUMARI AND RAJKUMAR PACKAGE

Indulge in royal luxury with your loved one in our couple spa suite. Treatments include a footbath, body scrub with Assam tea or ultimate rose, eucalyptus steam, sandalwood pomegranate, Rajasthan red earth body wrap with a head massage, followed by our signature massage, signature facial, and ending with an aromatic bath.

Couple - 42,000
Available for Single - 27,500

SPA ETIQUETTES

The Spa is located on the lower ground floor, and you may take the elevator from your floor to LG1.

TIMINGS: 8 AM TO 10 PM

CANCELLATIONS

Please give at least six hours' notice to cancel an appointment to avoid a 50% charge. For cancellations received with less than one hours' notice, the full cost of the treatment will apply.

SPECIAL CONSULTATIONS

Please contact us for any queries, and advise us of any medical or health concerns before the treatment.

HAMMAM CHAMBERS

Separate male and female Hammam chambers and change facilities are available from 7 AM to 9 PM daily on a complimentary basis for guests and club members.

It is mandatory that all guests shower before entering the Hammam. Please do not use any hair or body oil, and face packs are not allowed in any chamber.

TREATMENT PREPARATION

You are advised not to eat heavy meals for at least 90 minutes prior to a massage or body treatment.

Please arrive 15 minutes prior to your appointment.

NO SMOKING AND PLEASE REFRAIN FROM USING MOBILE PHONES

Smoking is not permitted in all public areas of our hotel.

The Spa is a quiet zone, and mobile phones should not be used. Please avoid carrying your cell phone.