
HYATT
REGENCY
DEHRADUN
RESORT AND SPA
THE SPA



A serene blend of Indian traditions and western wellness, THE SPA offers personalized treatments in eco-conscious surroundings. Using our exclusive skincare range, each therapy, whether a massage, facial, wrap, scrub or ritual is tailored to relax, rejuvenate, and restore. Designed for both men and women, every experience begins with a bespoke consultation to address your unique needs, leaving you refreshed and radiant.

Therapies



Well-Being Relaxing Body Massage | 60/90 minutes

A deeply soothing full-body massage combining Swedish and Balinese strokes to ease tension, calm the nervous system, and restore circulation from the soles of your feet to the crown of your head.

Re-balance Deep Touch Massage | 60/90 minutes

Designed to release deep-seated tension, this massage uses firm strokes and targeted techniques to restore energy flow and relieve muscular stress.

Aroma Sensational Massage | 60/90 minutes

A rejuvenating full-body massage infused with custom-blended aromatic oils. Tailored pressure and the healing power of aromatherapy help relax the body and uplift the mind.

Therapies



Signature Mindfulness Nurturing Massage | 90 minutes

A bespoke sensory experience combining gentle, nurturing strokes to promote emotional balance, mindfulness, and inner harmony.

Hot Stone Enlightenment Massage | 90 minutes

Heated basalt stones are gently placed and massaged over the body to ease deep-seated tension, improve blood circulation, and relax tight muscles.

Holistic Body Massage (Abhyangam) | 75 minutes

Rooted in ancient Ayurvedic tradition, this rhythmic full-body massage uses warm herbal oils tailored to your dosha.

Facial Rituals for Radiance and Renewal



Moisture Boost Hydrating Facial | 60/75 minutes

Rich in hydration, this facial nourishes dry and sensitive skin, leaving it soft, supple, and resilient.

Visible Radiance Even Tone Facial | 60/75 minutes

A comprehensive treatment to smooth, sculpt, and restore skin radiance and plumpness.

Intense Lift Effect Anti-Ageing Facial | 60/75 minutes

Targets fine lines and contours the face and eyes for a firmer, lifted, and youthful appearance.

Scrubs and Wraps



Purifying Relax Nourishing Scrub | 60 minutes

A gentle exfoliation treatment that smooths and nourishes the skin. Fine granules remove dead cells, allowing better absorption of moisture, leaving your skin soft, luminous, and refreshed.

Body Delight Smoothing Scrub | 60 minutes

A revitalizing scrub that polishes away dullness and flakiness. Followed by a hydrating body lotion, it leaves the skin glowing, silky-smooth, and deeply conditioned.

Scrubs and Wraps



Ultra-Moisturizing Body Wrap | 60 minutes

This deeply hydrating wrap re-mineralizes and comforts the skin. Ideal for dry or sensitive skin, it restores moisture, leaving you soft, supple, and relaxed.

Super Restorative Body Wrap | 60 minutes

Designed to nourish and revive, this wrap enhances the skin's natural glow and immunity. A soothing head and foot massage during the wrap completes this deeply restorative ritual.

Focused Relief Therapies



Spot-On Ultra Relax Back Massage | 30 minutes

Targeted massage from lower back to neck using customized techniques to release tension and restore calm.

De-Stress Head Neck and Shoulder Massage | 30/45 minutes

Relieves stress and tension from upper body zones, inducing deep relaxation and restful sleep.

Focused Relief Therapies



Sole Delight Reviving Foot Massage | 30/45 minutes

A rejuvenating reflexology-inspired massage that eases fatigue, boosts circulation, and refreshes tired feet.

Express Back Massage / Foot Massage (Add-on) | 15 minutes

Quick yet effective add-ons to elevate your spa experience with focused relief for the back or feet.

General

What are the spa working hours?

The spa operates from 09:00 to 21:00 hrs (Monday to Thursday) and from 09:00 to 22:00 hrs (Friday to Sunday).

Is there an age requirement for spa treatments?

Guests must be 16 years or older to use the spa facilities. Guests under 16 must be accompanied by a parent or guardian and provide signed consent.

What should I not bring to the spa?

We recommend leaving valuables in your hotel room. Spa treatments require bare skin and freedom of movement, so guests are kindly requested to refrain from wearing jewellery. For the comfort of all guests, mobile phones, cameras, and other electronic devices must be switched off while inside the spa. 'THE SPA' cannot be held responsible for any lost or stolen items.

What if I arrive late for my treatment?

Arriving late will reduce the duration of your treatment, which may affect its effectiveness and overall experience. Your treatment will still end at the scheduled time to avoid delays for the next guest. The full treatment fee will apply.

What if I need to cancel my appointment?

If you wish to reschedule or cancel your appointment, please inform the spa at least 4 hours in advance. Late cancellations may incur a 50% service charge, while no-shows will be charged 100% of the treatment fee.

Can I smoke within the spa premises?

No. The spa is a smoke-free and alcohol-free environment. Guests under the influence of alcohol, recreational drugs, or certain medications may not be permitted to use the spa facilities or receive treatments.

Can I use my mobile phone inside the spa?

The spa is a quiet zone. To maintain a peaceful atmosphere, guests are kindly requested not to use mobile phones and to keep conversations to a minimum.

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