



  
**COUNTRY**  
INN & SUITES  
BY CARLSON®

Country Inn & Suites By Carlson, Gurgaon Sector 12  
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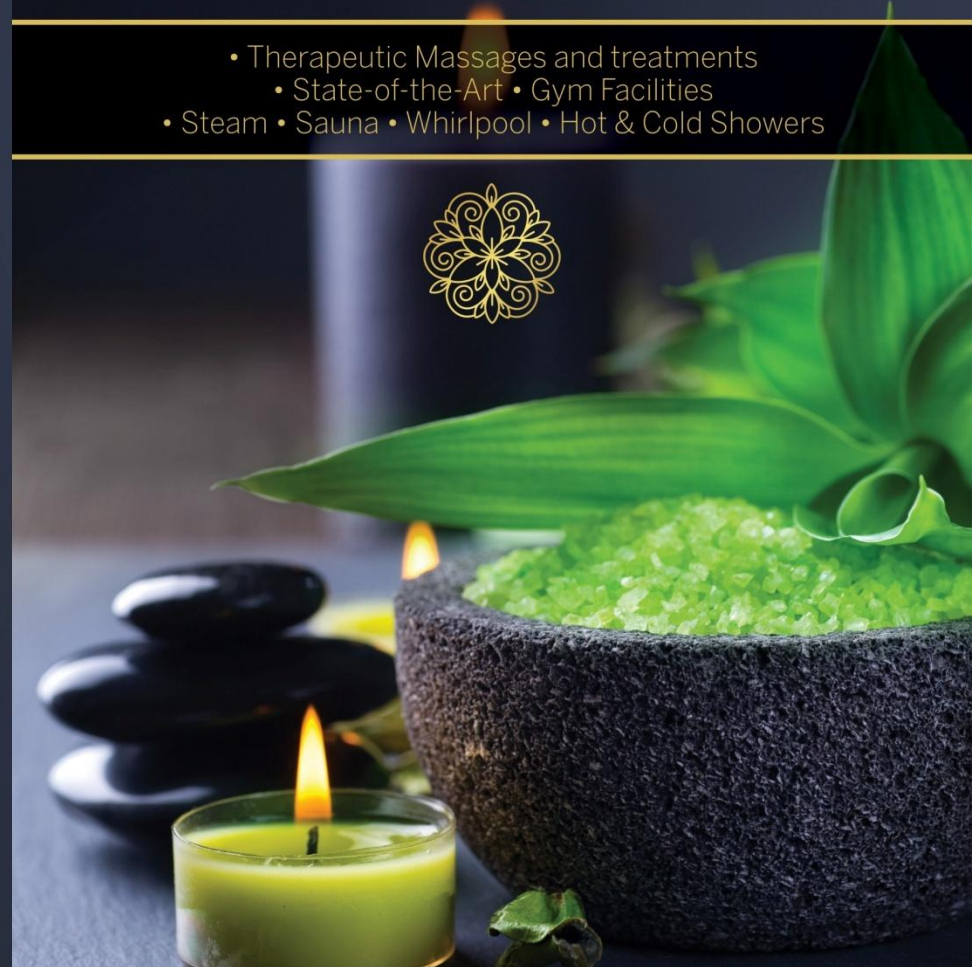


## YOUR ESSENCE

*Revive - Spa and Gym*

Located on 5th Floor

- Therapeutic Massages and treatments
- State-of-the-Art • Gym Facilities
- Steam • Sauna • Whirlpool • Hot & Cold Showers





## ORIENTAL VEDIC



### *Ayurveda Special Packaging*

|       |                                |                                    |       |
|-------|--------------------------------|------------------------------------|-------|
| 30min | Shoulder & Neck & Back         | Abhyangam + Stone Therapy          | ₹1500 |
| 45min | Shoulder & Neck & Back & Head  | Abhyangam + Stone Therapy          | ₹2000 |
| 45min | Shoulder & Spine & Legs & Head | Abhyangam + Stone & Pottli (Kizhi) | ₹2500 |
| 60min | Full Body & Head Foot          | Abhyangam + Stone & Pottli (Kizhi) | ₹3500 |
| 90min | Full Body & Head Foot          | Abhyangam + Stone & Pottli (Kizhi) | ₹4500 |



### *Japanese Style SHIATSU*

ACCUPUNCTURE STORONG PRESSURE TREATMENT

|       |                                    |       |
|-------|------------------------------------|-------|
| 20min | Shoulder & Head Massage            | ₹1500 |
| 45min | Shoulder & Head Massage            | ₹2500 |
| 60min | Full Body                          | ₹3500 |
| 90min | Full Body, Head & Shoulder Massage | ₹4500 |

### *Aroma Therapy Treatment*

|             |                     |            |
|-------------|---------------------|------------|
| 20min/30min | Foot Reflexology    | ₹700/1000  |
| 20min       | Head Massage & Face | ₹700       |
| 30min/60min | Neck & Back & Head  | ₹1000/1800 |
| 15min       | Steam/Sauna Bath    | ₹500       |
| 15min       | Whirlpool Tub       | ₹500       |

Special Tariff Room Guests Only • All menus are excluded TAX

