





An urban sanctuary designed to restore, replenish, and renew. The Wellness Club is a haven for modern biohackers, offering state-of-the-art facilities, advanced air purification systems and a 100% plastic-free eco-conscious environment.

Whether you seek movement or mindfulness, every detail is curated for your longevity and well-being.



THE ART OF HEALING

Step into the world of serenity, where ancient Asian traditions meet modern wellness. From Ayurvedic rituals to globally inspired therapies, each experience is designed for deep restoration.

Our seven spacious treatment rooms, including single and couple suites, feature steam showers, bathtubs, and globally curated amenities, all designed for ultimate relaxation.

Spa | 9 a.m. to 9 p.m.

RELAXATION THERAPIES

A curated collection of time-honoured therapies and modern techniques, like Ku-Nye Traditional Tibetan Therapy and Heated Bamboo Massage, each designed to restore balance, release tension, and renew your sense of well-being. Let stillness find you in our rituals of repose.

SIGNATURE RITUALS

Thoughtfully crafted to elevate the senses, rituals like Royal Signature and Taste of India Retreat are immersive journeys of indulgence that combine wisdom with holistic treatments designed to nourish, pamper, and restore from head to soul.

TRADITIONAL AYURVEDIC THERAPIES

Rooted in the age-old science of Ayurveda, therapies like Udwarthanam and Valooka Swedan restore harmony between body, mind, and spirit honouring the rhythms of nature and wisdom of our ancestors, to bring you back to balance.

BODY THERAPIES

Experience skin deep serenity with restorative treatments like Organic Body Polish, Coconut Scrub and our Organic Body Wrap, that polish, nourish, and purify leaving your skin renewed, radiant, and infused with the essence of well-being.



BESPOKE BEAUTY

Our premium salon offers an array of skin and haircare solutions, along with dedicated men's grooming services, blending advanced techniques with indulgent care.

Experience expert-led radiant and refined beauty, tailored just for you.

Salon | 8 a.m. to 9 p.m.



Indulge in our comprehensive range of haircare treatments, from the deeply relaxing Yume Head Spa to advanced keratir therapies that restore strength and shine.

Rejuvenate with our signature facials, including the Radiance Renewal Facial and the hydrating Hydra Facial, designed to refresh and brighten your skin.

To complete the experience, our expert grooming services offer precision care tailored to enhance your style and confidence, completing your journey to refined self-care.



GYM Strength, Stamina and Synergy

Designed for all fitness levels, our 4054 sq.ft. gym offers cutting-edge equipment and advanced training zones. From strength and cardio by Technogym to functional training areas, every detail is crafted for peak performance.

Discover comprehensive fitness facilities designed to elevate every aspect of your wellness journey. From Technogym Visio's guided workouts and personal training support to a dedicated weight library and functional training zones for all age groups, each space is crafted for optimal performance.

Unwind at the outdoor gym and state-of-the-art recovery room after a rewarding session. Embrace innovation with cutting-edge equipment like Jacob's Ladder for low-impact, high-intensity training, Hyperice Normatec 3 for advanced muscle recovery, Technogym Hypervolt 2 Pro for deep tissue therapy, and Skill Run Parachute and Half Tire Flip to boost speed, strength, and endurance.

24/7 ACCESSIBILITY Whether it's sunrise stretches, or midnight cardio, the gym is open round-the-clock.



RECOVERY THERAPIES

A tranquil space designed for healing, our recovery therapies feature specialized hydrothermal, heated, and cold therapy zones for deep relaxation.

Whether unwinding post-workout or prioritizing holistic well-being, enchance your wellness journey with advanced recovery techniques tailored for total rejuvenation.

IMMERSIVE WELLNESS

A tranquil escape for both men and women, the wet zone is designed for deep rejuvenation with specialized hydrothermal therapies, showers, and heated treatments.

From a cold plunge to an infrared sauna, finnish sauna with Himalayan salt walls, whirlpool, and steam room, every element is crafted to restore balance and elevate your wellness experience.



TRAINING AND EXPERT GUIDANCE

Led by certified trainers, each session begins with a full body composition scan, functional movement and strength assessment, followed by personalized workouts and tailored recovery therapies.

Guests benefit from nutritional guidance integrated into their personal training journey, as well as access to a diverse range of sessions including boxing, Pilates, Hatha Yoga, sound healing, water workouts and TRX-based functional training.

The program also includes a nutrition consultation, ongoing mentoring with regular follow-ups, and progress tracking through periodic reassessments.



DIVE INTO SERENITY

Stretching 100 feet in serene elegance, our temperature-controlled lap pool is a haven of calm – the perfect escape for mind, body, and soul.

Unwind on plush wooden sunbeds or semi-immersed loungers designed for pure relaxation. Paired with a curated culinary offering, every moment by the pool invites you to unwind in effortless luxury.

Pool | 7 a.m. to 8 p.m.

MEANINGFUL MEMBERSHIP

Elevate your well-being with the Wellness Club at Shangri-La. As a member, enjoy access to state-of-the-art fitness facilities, personalized health assessments, and exclusive privileges across the hotel.

Memberships are available for individuals, couples, and families.

For details, please contact

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