

TREATMENT MENU



JW MARRIOTT
TASHKENT

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LA VALLÉE SPA SWITZERLAND AT JW MARRIOTT TASHKENT

A CELESTIAL SANCTUARY IN THE HEART OF UZBEKISTAN

Gracefully located in the vibrant heart of Tashkent, La Vallée SPA Switzerland at JW Marriott Hotel Tashkent offers a serene sanctuary where contemporary elegance meets quiet sophistication. Within this refined retreat, guests discover a haven of balance and well-being, complete with three treatment rooms, a tranquil infinity pool, first infinity pool in the region and a state-of-the-art fitness space. Here, the city's dynamic rhythm softens into calm, inviting every visitor to pause, breathe, and reconnect with inner peace.

Rooted in Swiss excellence, La Vallée represents the finest traditions of precision, purity, and innovation. Each treatment is designed with scientific expertise and delivered with refined care, offering visible, lasting results. From advanced facial rituals to restorative body therapies, every experience embodies the performance and elegance that define the La Vallée name where Swiss heritage meets the artistry of modern wellbeing.

Inspired by the harmony of the Cosmos, La Vallée embraces the connection between earth and the universe to restore balance and luminosity from within. Guided by celestial calm and natural rhythm, our therapies invite alignment of body, mind, and spirit. It is an experience that transcends ordinary relaxation, offering a sense of renewal and timeless beauty, a moment of pure harmony beneath the stars.

More than a destination, La Vallée SPA Switzerland at JW Marriott Hotel Tashkent is an experience of pure refinement, defining excellence and mastering timeless beauty.





TRAVEL TO ANOTHER DIMENSION OF WELLNESS

Experience transcendent face and body rituals inspired by the cosmos universe and the strength of the earth, designed to nourish our bodies and carry each guest through a truly calming transformation.

A personalized wellness journey focusing on individual needs, using precious and rich formulations to enhance each unique renewal process.

Embrace the art of transformation and elevate spirit through our celestial Wellness Rituals.





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STAR GAZING

150 minutes - 3 250 000 UZS

Drift into calm through a celestial foot ritual that grounds the body and awakens inner harmony. A renewing Perfect Body Smoother ritual leaves the skin soft and radiant, followed by a 60-minute Energy & Vitality Massage using La Vallée SPA Boost Vitality Oil to reawaken energy from within.

STELLAR RADIANCE RITUAL

120 minutes - 6 400 000 UZS

Indulge in a luxurious journey of skin rejuvenation with our Deluxe Full Body Ritual, designed to replenish, revitalise and maintain optimal moisture. Experience gentle exfoliation with a hydrating Pink Clay Body Mask, complemented by a rich Nourishing Balm application. This opulent treatment features a luxurious Caviar collagen-boosting facial, specialised face care to plump and renew your skin, enhanced by our exquisite 24kt Pure Gold Eye Mask application for a radiant and golden finish. Immerse yourself in an experience that embodies grace and the essence of stellar beauty, leaving you radiant and renewed.

CELESTIAL CONNECTION TIME FOR TWO

150 minutes - 7 200 000 UZS

Designed to make shared moments truly extraordinary, this experience begins with the La Vallée SPA Signature Foot Ritual, combining warm aromatic water, gentle exfoliation, and a nourishing foot massage to restore balance and serenity. Continue with a soothing 90-minute hot stone massage to release tension, and conclude with a 30-minute Caviar Collagen Facial for radiant, renewed skin, leaving you both refreshed and deeply connected.



MASSAGE RITUALS

Take a moment for yourself and ease into a feeling of well-being as you unwind and feel your tension melt away with one of our transcending body massage rituals. Tailored to your desires and needs, our rituals will revitalise, invigorate, detoxify, de-stress, rejuvenate, relax and balance both body and mind.

THE SLEEP ENHANCING SERENITY MESSAGE

60/90 minutes - 1 400 000 UZS / 1 850 000 UZS

The Sleep Enhancing Serenity Massage allows optimal relaxation of the body and mind. It has been specially designed to promote sleep and renew your energy.

THE ENERGY & VITALITY MESSAGE

60/90 minutes - 1 400 000 UZS / 1 850 000 UZS

Combining Swiss natural plant extracts and essential oils with the ultimate invigorating massage, tailored to your specific needs, this massage aims to rejuvenate and improve the physical and emotional health of your body and lift your spirits.

THE DEEP TISSUE MESSAGE *60/90*

minutes - 1 500 000 UZS / 1 950 000 UZS

Specifically designed to support and enhance the performance, recovery and relaxation of those who are engaging in regular or new activities, to ensure the impact has a positive effect on the body.

BALINESE CANDLE FUSION MESSAGE

60/90 minutes - 1 250 000 UZS / 1 500 000 UZS

A deeply relaxing ritual inspired by Balinese healing traditions. Warm aromatic oils and candle fusion melt into the skin, combining flowing strokes, acupressure, and gentle stretching to release tension and restore harmony to body and mind.

THERMAL BLISS WARM VOLCANIC STONES

60/90/120 minutes - 1 600 000 UZS / 2 000 000 UZS

An indulgent ritual using the grounding power of warm volcanic stones to dissolve deep tension and restore energetic balance. The soothing heat melts stress away, enhancing circulation and promoting profound relaxation of body and mind.

MANUAL LYMPHATIC DRAINAGE MESSAGE

60/90 minutes - 1 400 000 UZS

A slow, light, and rhythmic ritual that gently activates the body's natural detox process. Through delicate, flowing movements, it stimulates lymphatic circulation, reduces water retention, and restores a feeling of lightness, balance, and renewed vitality.



FACIAL RITUALS

La Vallée SPA's rejuvenating facial rituals are inspired by the pristine beauty of Swiss nature, where the valley serves as a sanctuary for renewal, enriched by glacial waters that nourish the soil, allowing botanical wonders to flourish like no other. Each facial ritual begins with a comprehensive skin analysis, ensuring a bespoke treatment tailored to your unique needs and desired outcome. Our innovative rituals seamlessly combine exceptional products with La Vallée's advanced techniques, delivering results-oriented treatments that rejuvenate and transform the skin, offering timeless beauty and a radiant glow.

GRACE & GLOW

90 minutes - **3 100 000 UZS**

A sublime facial ceremony uniting advanced massage artistry with deep relaxation to dissolve tension, awaken the fascia, and revitalise fibroblasts for timeless radiance. Enriched with soothing décolleté, neck, and scalp work, this ritual restores vitality, luminosity, and an exquisite sense of renewal. The experience is elevated with the application of a 24K Gold Mask, infusing the skin with precious minerals to revitalise, firm, and illuminate the complexion with a golden glow.

SUPREME ANTI-AGING R-STX

90 minutes - **2 600 000 UZS**

An exquisite treatment designed to elevate your skin's vitality, this facial harnesses the youth-enhancing power of natural retinol and stem cells to refine texture, lift, and restore. Your complexion is left flawlessly radiant, firm, and rejuvenated. The results are further enhanced with a luxurious double-masking ritual. A soothing alginate mask deeply hydrates and calms the skin, sealing in nourishment and ensuring a supreme, luminous glow.

PRESTIGE CAVIAR COLLAGEN

90 minutes - **2 700 000 UZS**

A luxurious facial treatment designed to repair and rejuvenate sun- and wind-damaged skin, this revitalising experience restores vitality while lifting and redefining facial contours. Infused with the regenerative power of lab-grown caviar and collagen, it firms the complexion and promotes a smoother, more youthful appearance. The ritual is elevated with a double-masking technique, featuring an alginate mask that deeply hydrates and nourishes, delivering an exquisite boost of radiance, suppleness, and lasting vitality.

CELESTIAL GLOW BRIGHTENING RITUAL

90 minutes - **2 300 000 UZS**

An exquisite brightening facial, designed to unveil a luminous and unified complexion. This indulgent treatment evens skin tone while enhancing radiance, featuring a double masking ritual with a deeply hydrating alginate mask. The result is a flawless, unified glow, leaving the skin immersed in a luxurious glow and youthful complexion.

REPAIR - ULTRA CALMING HYDRATION RITUAL

60 minutes - **1 900 000 UZS**

This ultra-calming facial treatment is expertly designed to soothe and restore skin compromised by environmental stressors. Enriched with powerful calming ingredients, it deeply hydrates and nourishes, making it also an ideal choice for post-aesthetic procedures. This luxurious facial not only soothes irritation and redness but also restores the skin's natural barrier, ensuring a rejuvenated appearance. Experience a gentle touch that envelops your skin in tranquillity, leaving your skin refreshed and radiant.



RENEWING BODY RITUALS

Our targeted body rituals are entirely tailored to the individual needs using exceptional products and advanced techniques. Designed to firm, tone and sculpt the body to achieve a harmonious silhouette.

SUPREME BODY MASK SMOOTHER

90 minutes - 2 300 000 UZS

The Supreme Body Mask Smoother ritual remineralises and rejuvenates, helping to eliminate toxins and stimulate cell renewal. A specific drainage massage is performed to promote circulation and prepare the skin for optimal absorption. La Vallée SPA's Pink Clay Body Mask is then applied, nourishing the skin while its rejuvenating properties take effect. A renewing exfoliation, enriched with pumice extract and apricot powder, will smooth the skin's surface. Finally, enjoy a 30-minute massage with the Body Nourishing Balm, leaving your skin looking and feeling nourished, revitalised, and smooth.

LA VALLÉE SPA REGENERATING & FIRMING EXPERIENCE

90 minutes - 1 650 000 UZS

The La Vallée SPA Regenerating and Firming Experience has been designed to target cell regeneration and enhance skin firmness. This treatment combines specialised drainage techniques, lifting and toning movements, and firming methods to improve overall skin quality. The powerful combination of techniques stimulates deep tissue renewal, boosting firmness and elasticity while promoting effective cell regeneration. The result is smoother, more toned skin that feels revitalised and deeply firmed, correcting any loss of vitality and restoring a youthful, sculpted appearance.

CELLULITE & MIDLINE SMOOTHER

60 minutes - 1 700 000 UZS

The Cellulite and Mid-Line Smoother ritual concentrates on the stomach and legs. An exfoliation will renew the skin, before a detoxifying massage boosts the lymphatic system, helping to eliminate stored toxins. This ritual will help to drain, firm, refine and re-sculpt, improving the appearance of the skin.

LIGHT & SLIM LEGS

60 minutes - 1 500 000 UZS

A luxurious sculpting ritual designed to decongest, tone, and refine the legs while restoring lightness and comfort. Stimulating drainage movements, activates circulation, reduces swelling, and enhances skin tone.



EXPRESS RITUALS

If you are tight for time, why not try one of our concentrated Express Rituals.

STRESS RELIEF

30 minutes - **700 000 UZS**

Back, neck and shoulder massage.

FOOT REFLEXOLOGY

30 minutes - **600 000 UZS**

Specific reflex pressure points are massaged to stimulate the body's healing process and bring about homeostasis.

GLOW & GO FACIAL

30 minutes - **1 500 000 UZS**

A tight for time illuminating facial, tailored to your skin's requirements.

BODY SMOOTHER

30 minutes - **1 800 000 UZS**

Exfoliation of the body using Pink Clay Body Mask.



DELIGHT IN EXTENDED PAMPERING

Upgrade your ritual with extra time and care. Available only as an addition to a booked service

MORE MASSAGE

30 minutes - **650 000 UZS**

Add 30 minutes to your massage session. Available exclusively with 60- or 90-minute rituals.

SEA ESSENCE EYE REVITALIZER

15 minutes - **850 000 UZS**

Experience the rejuvenating power of sea minerals with this revitalising mask, designed to restore radiance and nourish your complexion for a luminous, refreshed glow.

SEA ESSENCE FACE MASK

25 minutes - **1 300 000 UZS**

Experience the rejuvenating power of sea minerals with this revitalising mask, designed to restore radiance and nourish your complexion for a luminous, refreshed glow.

SEA ESSENCE NECK & DECOLLETE MASK

25 minutes - **1 100 000 UZS**

Enhance the elegance of your neckline and décolletage with a luxurious treatment enriched with sea minerals, deeply nourishing and rejuvenating for a beautifully radiant finish.



TREATMENT ENHANCEMENTS

Elevate your transformational experience by adding one or more of our carefully curated service enhancements to your face or body ritual without extending the duration of your treatment. All enhancements must be booked and enjoyed alongside a ritual.

FOR THE BODY

THERMAL BLISS

500 000 UZS

The perfect addition to any massage; indulge in the soothing embrace of warm volcanic stones to help melt away tension.

NOURISHING BALM MASSAGE UPGRADE

500 000 UZS

Elevate your experience by substituting your massage oil for La Vallée SPA's Nourishing Balm.

VELVET TOUCH EXFOLIATION

Hands or Feet - **500 000 UZS**

Treat yourself to either a hand or foot renewing enhancement, where the traditional massage gives way to a luxurious exfoliation, helping to banish dryness, refine skin texture and leave your hands or feet silky smooth. No extra time is added to the length of the treatment.

FOR THE FACE

REGENERATING COLLAGEN FACE MASK

500 000 UZS

Revitalise your skin with our Regenerating Collagen Face Mask, delivering a surge of hydration, plumping out wrinkles and evening skin tone. Elevate your treatment experience with this transformative enhancement for a radiant, youthful complexion.

REGENERATING COLLAGEN EYE MASK

500 000 UZS

The Regenerating Collagen Eye Mask works to diminish fine lines and revitalise the delicate eye area, leaving you with a refreshed and ageless glow.

24KT GOLD LEAF FACE MASK

1 650 000 UZS

An opulent 24kt Gold Mask, immersing your skin in luxury and unveiling a radiant, rejuvenated glow.

24KT GOLD LEAF EYE OR LIP MASK

1 300 000 UZS

Experience the ultimate in luxury with our 24K Gold Deluxe Lip or Eye Mask, a precious treatment designed to pamper and transform. Choose the Lip Mask for plump, intensely hydrated, and soft, enhanced lips, or the Eye Mask for a refreshed, luminous, and revitalised eye area.



GENTLEMEN'S GROOMING

Meticulous attention to detail is at the forefront of our range of Gentlemen's services, ensuring a polished and well-groomed appearance from head to toe.

GLOW AND GO GENTLEMAN'S EXPRESS FACIAL

30 minutes - **1 500 000 UZS**

Revitalise your skin with the Glow and Go Gentleman's Express Facial for refreshed and energised skin.

BACK REVIVE

45 minutes - **1 800 000 UZS**

Experience the ultimate in relaxation and skin rejuvenation with Back Revive, our specialised facial treatment for men. This comprehensive service cleanses, exfoliates and nourishes the back, addressing issues like acne and dry skin while promoting a smoother, healthier complexion. It will leave your skin feeling and looking refreshed and rejuvenated.

MENS – TIME OUT

60 minutes - **1 900 000 UZS**

A revitalising treatment crafted exclusively for men's skin, this tailored facial deeply cleanses, restores and refreshes. Expertly designed to soothe, hydrate and nourish, it leaves the complexion balanced, calm and impeccably renewed.



LA VALLÉE SPA AT JW MARRIOTT TASHKENT GUEST GUIDELINES

SPA GUIDELINES

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. Use of mobile phones and cameras is not permitted within the spa. Externally purchased food and beverages cannot be brought in and consumed in the spa.

RESERVATIONS

To schedule your preferred time and treatment, please contact the Spa Reception for availability. Your contact details are required in order to secure your reservation. In-house guests may press the Spa button on the guest room telephone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservation. Heat and water facilities are not recommended for pregnant women. Guests who appear to be under the influence of alcohol will be declined access to treatments and the spa facilities.

CANCELLATION POLICY

For cancellations or changes in appointments, a minimum of 24 hours advance notice is required to avoid being charged in full.

ATTIRE

Disposable underwear is available upon request. Swimwear is required if you wish to use the water facilities.

AGE REQUIREMENT

Facial treatments are available for young adults aged 16 and over with parental signature. Massages are only available for Adults aged 18 and over. Young adults aged below 16 are not permitted to use the gym or Spa facilities.

SPA RETAIL

We retail a complete range of skincare and body products for you to recreate the spa routine at home.

REFUND POLICY

Products sold are not refundable or exchangeable.

LOSS OR DAMAGE

We will not be held liable for any loss or damages to personal belongings during your visit.

ACCIDENTS OR INJURIES

We will not be held liable for any accidents or injuries sustained during your visit.

PRICES

All prices are in Uzbek Sum with all taxes included.

OPENING HOURS

Spa treatments and wet facilities: From 7am to 10pm.



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