



Zaazen Pre & Postnatal Spa

A Warm Welcome to Zaazen Pre & Postnatal Spa.

A quiet, nurturing space designed for you to slow down, feel supported, and gently restore during pregnancy.

Every treatment is thoughtfully created to meet you where you are adapting to your body's changing needs with care, comfort, and expertise.

Our curated prenatal therapies focus on easing tension, reducing swelling, and supporting overall wellbeing, in a calm, refined setting where you can truly relax and feel held.

For Enquiries - 9911150457, 9811024233



Massage Menu

Prenatal Relaxation Massage

(1st trimester till the end)

A nurturing massage tailored for expectant mothers. Gentle techniques ease muscle tension, reduce swelling, and encourage deep relaxation. Our specially designed massage bed features a supportive cavity, allowing you to lie comfortably and safely throughout your session.

60 Minutes

INR 4600

90 Minutes

INR 5600

Prenatal Lymphatic Drainage Massage

(1st trimester till the end)

A gentle, nurturing bodywork experience designed to support the body's natural flow and ease common discomforts during pregnancy.

- Helps reduce fluid retention and puffiness
- Eases heaviness and inflammation
- Supports circulation and overall comfort
- Promotes a lighter, more balanced feeling

Performed using pregnancy-safe techniques, this treatment is thoughtfully adapted to ensure complete comfort and safety for both you and your baby.



Massage Menu

Labour Induction Massage

(37th week onwards)

A specialised massage designed to gently support the body as it prepares for labour. Using focused pressure points and calming techniques, it encourages relaxation, improves circulation, and helps the body feel balanced and ready.

Postnatal Relaxation Massage

A full body massage to rejuvenate the body, relieve muscle tension, stress, and fatigue. Our special prenatal massage bed is designed to allow you to lie on your tummy without any pressure or discomfort to you or the baby. This allows our therapist to target all the possible sore spots on your back, to provide you the most relief and deepest relaxation.



Pregnancy Safe Facials

Glow On-the-Go Oxygen Facial

An instant infusion of vitality for skin that needs radiance in a hurry.

This targeted oxygen therapy delivers a surge of pure oxygen and active serums deep beneath the surface, awakening dull, dehydrated skin from below.

The result: a complexion that feels plump, dewy, and lit from within -your effortless glow, anytime you need it most.



Pregnancy Safe Facials

Lymphatic Face Sculpt Ritual

A refined facial experience designed to visibly sculpt, de-puff, and illuminate the skin. The Lymphatic Sculpt Ritual works in harmony with your body's natural detox pathways, encouraging fluid drainage, easing inflammation, and restoring a beautifully defined, rested appearance.

Slow, feather-light yet precise movements are used to stimulate key lymphatic points across the face and neck, releasing built-up tension while enhancing circulation and clarity. The skin appears clearer, the contours more pronounced, and the overall expression softer and lifted.

The Ritual Includes:

- Intuitive hands-on massage to melt facial tension and awaken circulation
- Oxygen Therapy to open pores and promote blood circulation
- Gua Sha sculpting to refine contours and enhance definition
- Chilled ice globes to tighten pores, reduce puffiness, and impart a luminous finish

Ideal before an event or whenever your skin feels heavy, dull, or fatigued, this ritual leaves you looking effortlessly sculpted and fresh!



Pregnancy Safe Facials

The Sculpt & Hydrate Ritual

A Zaazen favourite - this deeply hydrating, sculpting facial is designed to restore glow and redefine the contours of your face. This treatment focuses on infusing the skin with potent, moisture-rich serums while working with techniques that naturally lift, tone, and depuff.

Layered hydration helps replenish and plump the skin from within, while slow, intentional massage releases tension, improves circulation, and enhances facial definition. The result is skin that feels firmer, looks more lifted, and carries a fresh, healthy glow.

Expect a visibly smoother texture, subtle contouring, and that well-hydrated, tightened finish that lasts beyond the treatment.