



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE TREATMENTS

<b>SAMĀ</b>	( 100 mins )
<b>PEHLWĀN MĀLISH</b>	( 90 mins )
<b>VENTOZ</b>	( 90 mins )



## INDIAN THERAPIES

<b>SAMMARDANĀ</b>	( 60 mins )
<b>PĀDA MARDANĀ</b>	( 60 mins )
<b>PRISHTA MARDANĀ</b>	( 60 mins )
<b>CHAMPI</b>	( 45 mins )



## INDIAN AROMATHERAPY

<b>VISHRĀM</b>	( 60 mins )
<b>ORJA DĀYAKĀ</b>	( 60 mins )
<b>PAVITHRI</b>	( 60 mins )



## SCRUBS AND WRAPS

<b>VISHUDDI</b>	( 30/70 mins )
<b>POSHA</b>	( 30/70 mins )
<b>AKSHA</b>	( 30/70 mins )



## BEAUTY

<b>JIVA SIGNATURE FACIAL</b>	( 90 mins )
<b>JAMAROSA ROOT FACIAL</b>	( 60 mins )
<b>TULSI FACIAL</b>	( 60 mins )
<b>CHAMPAK FACIAL</b>	( 60 mins )
<b>SPA ENERGISING FACIAL</b>	( 30 mins )



## SIGNATURE TREATMENTS

THESE TREATMENTS ARE EXCLUSIVE TO JIVA AND HAVE BEEN CAREFULLY RECREATED FROM THE FABLED LIFESTYLE AND CULTURE OF INDIAN ROYALTY AND THE HEALING THERAPIES THAT EMBRACE INDIAN SPIRITUALITY.

### **SAMĀ** Balance

A special Yoga experience to help you attain poise and equilibrium in mind and body.

A sequence of Āsanās (mind and body postures) gently stretch and relax your muscles, while Prānāyāma (controlled breathing techniques) make you aware of your breath and help clear your thoughts. This is followed by Trātaka (focused gazing at a steady flame) for enhanced concentration. End the session with Yoga Nidrā (a state of conscious deep sleep) which unfolds an exquisitely calm state of mind and body. You emerge from the experience refreshed, balanced and with a heightened sense of well-being.

### **PEHLWĀN MĀLISH** Warrior Massage

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature Aromatherapy spa oil or mustard oil, which is extremely good for the skin and relieves aching, sore and tense muscles.

### **VENTOZ** Indian Cupping

An ancient Indian treatment where heat in a glass is used to create vacuum and ease knots and sore points of the body. This is followed by a leisurely deep massage where our signature spa oil is readily absorbed by the skin. While cupping may cause mild bruising (part of the therapeutic process), often guests report immediate relief from long-term chronic ailments.

## INDIAN THERAPIES

JIVA SPA PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

### **SAMMARDANĀ** Indian Deep Tissue Massage

A customized technique of muscle massage performed by specially-trained hands, which works on your deep-seated stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

### **PĀDA MARDANĀ** Indian Foot Massage

A sublime massage treatment performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

### **PRISHTA MARDANĀ** Back Treatment

The first casualty of a stressful life is the shoulder and back, resulting in pain and tension. This treatment has been created to eliminate stress and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation steam and the application of an herbal mask. Ideal for sore back muscles.

### **CHAMPI** Indian Head Massage

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves and Neem, are known to propagate long lasting and enriching benefits. This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation and joy as well as clarity of thought.



## INDIAN AROMATHERAPY

AROMATIC OIL BLENDS FROM AYURVEDA PHARMACOPEIAS HAVE BEEN CAREFULLY CHOSEN FOR THIS TREATMENT, WHICH HAVE POWERFUL HEALING PROPERTIES. ALL INGREDIENTS USED FOR THESE TREATMENTS ARE NATIVE TO INDIA.

Choose from our selection of specially prepared signature oil blends to meet your need of the day.

### **VISHRĀM** Relaxation Massage

A full-body relaxing massage to melt away your stress.

Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant signature oil blends with the richness of Kewda, Frankincense and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquility to your entire system.

### **ĀRJA DĀYAKĀ** Energising Massage

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Patchouli, Tulsi and Ashwagandha, will work on your deep-seated aches, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle and sinew will pulse with new-found vigour.

### **PAVITHRI** Lymphatic Drainage

A unique blend of oils with the goodness of Tulsi, Ginger and Lime, combined with the lymphatic drainage techniques, works from within, eliminating toxins and refining the whole system. Cleansed anew, you will face the world again revived and re-energised.



## SCRUBS AND WRAPS

INDULGE IN THE RELAXING, EXFOLIATING AND NOURISHING PROPERTIES OF OUR SCRUBS AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS, SEA SALTS AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURIZE AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

An exfoliating and cleansing scrub is applied and the treatment is completed with a wrap, which nourishes your skin and draws out impurities.

Scrubs can be taken individually and are highly recommended as an additional spa treatment before a body massage for better absorption of massage oils. Body wraps are best taken after a scrub to encourage better results from the nourishing effects of the mask.

Each treatment takes approximately 30 minutes.

Choose from the three luxuriant treatments mentioned below:

### **VISHUDDI** Detox

Cleanses and refreshes your body, and eliminates all toxins for complete purification

Vishuddi Scrub

Vishuddi Wrap

### **POSHA** Nourishing

To make your skin soft and supple

Posha Scrub

Posha Wrap

### **AKSHA** Sensual

To relax and indulge in bliss

Aksha Scrub

Aksha Wrap

## BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT JIVA. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

Our facials and other beauty rituals will pamper your senses to the fullest.

### **JIVA** Signature Facial (For all skin types)

Using our exclusive range of 100% natural and rare hand-blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged and moisturized. A therapeutic mask completes this wonderfully relaxing treatment. Your hands and feet will be gently massaged during the facemask. Immerse yourself in this luxurious experience for a balanced and radiant glow. Your treatment is complimented with a full back massage and a fresh juice.

### **JAMAROSA ROOT** Deep Cleansing Facial (For oily and acne prone skin)

This treatment focuses on deep cleansing using our natural hand-made products. The key ingredients of Green Tea, Jamarosa Root and Ginger lend properties that offer a visible difference and a clearer complexion.

### **TULSI** Nourishing Facial (For dry/dehydrated skin)

Using our exclusive products of Neem, Tulsi and Rose, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

### **CHAMPAK** Soothing Facial (For normal/sensitive skin)

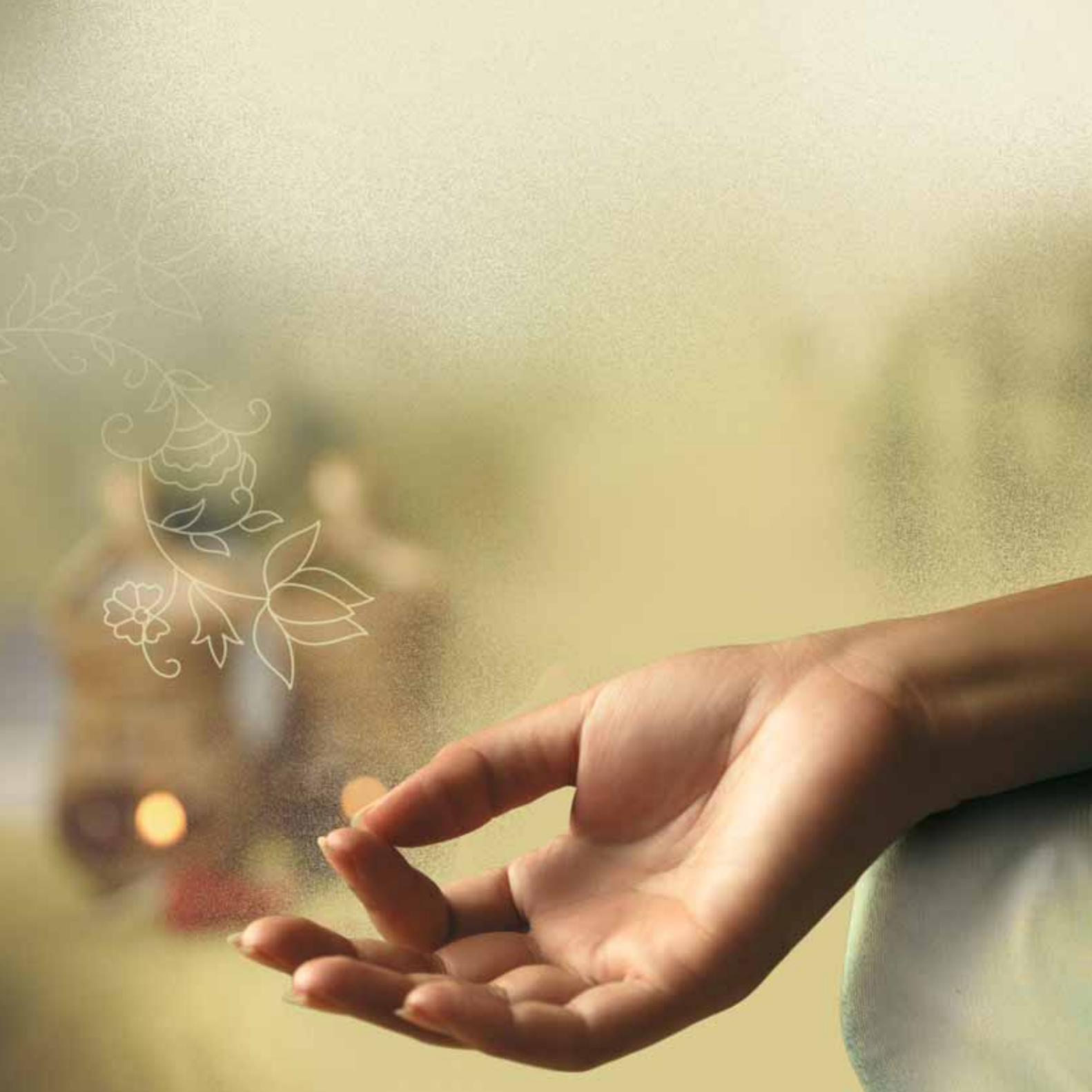
A balancing facial using Magnolia, Lavender and Jasmine to soothe, calm and restore the skin's natural texture and radiance.

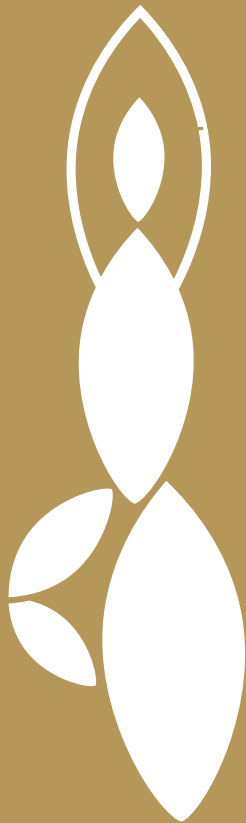
### **SPA** Energising Facial (For all skin types)

This cleansing express mini-facial is designed to stimulate and tighten skin. A quick pick-me-up for men and women who want to look brighter and feel younger.

Note:

All the above facials include our eye wrap and lymphatic drainage massage. For facials for gentlemen, we use the Jiva Men's Range





YOGA



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

**BALANCED** ( 90 mins )

**ADVANCED** ( 90 mins )

**ADVANCED SURYA NAMASKAR** Sun Salutation ( 60 mins )

**GENTLE** ( 60 mins )

**DYNAMIC** ( 60 mins )

**PRĀNĀYĀMĀ** with Mudrās and Bandhās ( 60 mins )



SHATKARMA

**LAGHOO SHANKHAPRAKSHĀLANA** ( 90 mins )

**KUNJAL KRIYA** ( 55 mins )

**JALA NETI** ( 45 mins )



MEDITATION

**YOGA NIDRĀ** Yogic Relaxation ( 25 mins )

**YOGA NIDRĀ ADVANCED** ( 50 mins )

**HRIDAYĀKASHA DHĀRANA** with Trātaka ( 50 mins )

**ĀJAPA JAPA** ( 50 mins )

**ANTAR MOUNA** Inner Silence ( 40 mins )



YOGA IS AN ETERNAL SCIENCE REPRESENTING THE UNIVERSAL NEED TO EVOLVE AND TRANSCEND ALL LIMITATIONS. ANCIENT MYSTICS AND SEERS DISCOVERED A WAY OF CONNECTING TO THE SOURCE OF LIFE WITHIN US. JIVA SPA CONTINUES THIS TIME-HONOURED TRADITION BY ABIDING BY THE RULES AND PRACTICES OF THE BIHAR SCHOOL OF YOGA – A HOLISTIC FORM OF YOGA THAT INTEGRATES PHYSICAL, PSYCHOLOGICAL AND SPIRITUAL DIMENSIONS EQUALLY.

Group classes as well as individual sessions are offered. The individual session will be specially designed to suit your personal requirements and level of prior yoga practice. A consultation with our Yoga teacher to assist you in choosing the appropriate program.

## ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

### **BALANCED**

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Āsanas), Breath (Prānāyāmās), Gestures of Energy Flow (Mudrās) and Awareness of Mind (Meditation). The basic intention is to bring about a harmony in the Physical, Mental, Psychic and Spiritual aspects of the practitioner.

### **ADVANCED**

Static, classic Postures (Āsanas) will be performed to have a profound influence on your well-being. With the appropriate guidance of our teachers, intermediate and advanced practitioners can feel an enhanced level of awareness through the exploration of various Breath Control (Prānāyāmā), Gestures of Energy Flow (Mudrā) and Psychic Lock (Bandhā) practices. The session comes to a close with a short relaxation practice.

### **ADVANCED SURYA NAMASKAR** Sun Salutations

For a complete energisation of the body.

Bring out your inner radiance with this, ancient sequential practice of Yoga that pays tribute to the Sun, a symbol of radiance and spiritual consciousness.

An effective way to loosen up, stretch, massage and tone all joints, muscles and internal organs of the body. Done with advanced Awareness of Movements, Breath and special Sound Vibrations (Mantras), which activate the energy centers (Chakras) thereby energising the body-mind system. A group of 12 dynamic Āsanas form the physical matrix around which the practice is woven. Wrap up this invigorating session with a short relaxation practice.

## GENTLE

As the name suggests, this group of Āsanas is extremely gentle, but works hard at loosening all the major joints of the body. In this practice, you will experience the benefits of a series of anti-rheumatic exercises. An exclusive of the Bihar School of Yoga, these practices are recommended if vigorous physical exercise is not possible. End the session with a short relaxation or meditation practice.

## DYNAMIC

Dynamic practices primarily involve energetic movements of the body. These are intended to increase flexibility, stimulate circulation and release energy blocks from different parts of your body. Feel a renewed energy infusing vitality into your being. Bring your energised body to a state of calm with Prānāyāmā (controlled breathing) and a short relaxation session.

## PRĀNĀYĀMĀ with Mudrās & Bandhās

Balancing vital energy – through Breath, Gestures and Psychic Locks

Prānāyāmā is a Yogic technique to control the intake and outflow of breath and in the process expand the vital energy within us. Prānāyāmās when used with Mudrās (Psychic, Emotional, and Aesthetic Gestures) and Bandhās (Psychic Locks) creates an intense flow of conscious energy in a specific region. Feel your breathing improve with this practice and also bring your nervous and Pranic system into equilibrium. End the session with a short meditation or relaxation practice.



## SHATKARMA

THESE ARE PRACTICES OF PURIFICATION GIVEN IN HATHA YOGA TO PURIFY AND PREPARE THE BODY FOR MORE ADVANCED FORM OF YOGA PRACTICES. SHATKARMA PRACTICES ARE EXCELLENT IN ALLEVIATING DISEASES AND SEVERAL CHRONIC RESPIRATORY AND DIGESTIVE AILMENTS. THEY ALSO WORK ON A PSYCHOLOGICAL LEVEL TO IMPART AN INNER FEELING OF LIGHTNESS AND WELL-BEING.

## LAGHOO SHANKHAPRAKSHĀLANA

Cleansing and rejuvenation of the alimentary canal

An early morning practice of cleansing the intestine, by drinking saline water and performing a series of Postures (Āsanas). The combination of the saline water and the peristaltic movement, stimulated by the Āsanas, work to wash and clear the intestines of underlying impurities. An extremely rejuvenating practice.

## **KUNJAL KRIYA**

Cleansing of the stomach and throat: Decongesting the chest and lungs

A practice of cleansing the digestive tract, chest and stomach with saline water. On a physical level, this practice is exceptionally beneficial in alleviating chronic respiratory and digestive problems, such as asthma and acidity. On a more subtle level, it works to release suppressed emotional and mental disturbances. The session ends with a meditation practice.

## **JALA NETI**

Cleansing of the nasal passage: Activating the energy centers in the facial region

An ancient Indian Yoga technique of cleansing and purifying the nasal passages with saline water. Using a special Neti pot, this process flushes the nostrils and clears the nasal passages. This practice ends with a short Prānāyāmā session, leaving you with a feeling of lightness and clarity. It is a panacea against colds and sinusitis. It also brings about a complete activation of the five senses.



## **MEDITATION**

MEDITATION REFERS TO THE STATE OF MIND WHERE THE BODY IS CONSCIOUSLY SOOTHED AND RELAXED, WHILE THE MIND IS MADE CALM AND COMPOSED. SINCE ANCIENT TIMES, IT IS BELIEVED THAT MEDITATION RESTORES HARMONY, AND REJUVENATES AND HEALS THE MIND, ALLOWING IT TO RELEASE STRESS AND FATIGUE. MEDITATION HELPS TO REMOVE THE SUBTLE MENTAL BARRIERS WITHIN OURSELVES AND PRESENTS A BETTER UNDERSTANDING OF OUR PERSONALITY, THOUGHT PROCESSES AND OUR SURROUNDINGS.

## **YOGA NIDRA** Yogic relaxation

Psychic sleep for relaxation of the body and mind

Yoga Nidra is a state of consciousness where one flits between sleep and wakefulness. It is a state of inner awareness, wherein, one communicates with the subconscious and the higher conscious. This practice relaxes the mind and the entire body through the awakening of the sense of hearing and feeling.

## **YOGA NIDRA ADVANCED**

Psychic sleep for the evolution of the dormant potential within

The advanced level of Yoga Nidra (Psychic Sleep) brings about a complete relaxation of the internal organs, synchronisation in the flow of breath and energy, resulting in a balanced state of mind. Through creative visualisations, you explore the dormant potential within, and you sow a seed of resolve (Sankalpa) in the subconscious level of the mind to bring a positive change in you.

### **HRIDAYĀKASHA DHĀRANA** With Trātaka

Experience balance and develop the emotional aspects of the personality

In this practice, one can be guided to become aware of the heart space. One observes the heart space with the attitude of a witness watching one's prevailing and changing emotions. This practice allows us to communicate with our emotions and provides a detached space to view and express one's emotional being. This practice is combined with Trātaka (candle-flame gazing), a powerful technique to alleviate mental tension, anxiety, insomnia and depression.

### **ĀJAPA JAPA** With Mantras

For awakening of the energy centers

An advanced practice in which you become aware of your breath and the psychic passages of energy (Prānās), followed by visualisation of the movement of breath and repetition of the spontaneous mantra – soham. This is an extraordinarily calming and therapeutic practice that brings about an awakening in your energy centers, leading to a higher level of awareness.

### **ANTAR MOUNA** Inner Silence

Management of thoughts

In this practice, one remains a silent witness of every thought that is traversing the mind. One focuses on what the mind is thinking, how it is reacting and what images are appearing from the subconscious. Antar Mouna teaches one to observe the process of the mind and to find ways to bring it under control.



## SPA INDULGENCE

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY MONITORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS - AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

### **(M) SUKHA** Bliss    Duration- 3.30 Hrs

Soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice.
- Relieve sore muscles with our powerful Indian Oil Massage – Pehlwan Malish
- End with a one-hour facial of your choice.

### **(M) SVASHAKTI** Find The Power Within    Duration- 3.00 Hrs

Encounter spirituality, balance and inner peace

- Commence with our Indian head massage - Champi
- Detox with our Indian Aromatherapy massage – Pavithri
- Relax with a one-hour Yoga session of your choice
- End with a refreshing, wholesome fresh fruit juice

## FOR TWO

### **(M) DEV NIDRĀ** Sleep Of The Gods    Duration- 90 Mins

Upon booking this treatment we will send to your room relaxing bath salts and oils for you to enjoy a tranquil bath before your treatment. Our therapists will then administer a soothing aromatherapy massage in the spa, after which an infusion of relaxing tea will be served.



## SPA INFORMATION

### SPA FACILITIES

Four treatment rooms, a unisex gym, separate change areas for men and women with a relaxation area, lockers, change and shower facilities. Our wet area encompasses a steam and hot and cold showers. In addition, the men's area has a sauna. We provide robes, towels, slippers and personal amenities

### RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five minute pre-therapy and post-therapy ritual.

### TIMINGS

The Spa is open daily from 8.00 am to 9.00 pm. The wet area is operational from 6.00 am to 11.00 pm.

Swimming Pool.: 6.00 am to 10.00 pm

Gymnasium.: 6.00 am to 11.00 pm

### VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for loss of your valuables. We urge you to leave your valuables in the safe located in your room.

### CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above.



## SPA INFORMATION

### SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa facilities
- Jiva is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility.
- Appropriate swim wear is to be worn in the wet areas. Underwear / disposable underwear (which is provided by the spa), must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non – adherence to the spa etiquette.

### SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, who are pregnant or have any medical complications, are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- Entry to Jiva is at guests' own risk and although strict policies and procedures are implemented to maximize safety, Jiva, its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.





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# PRICES



## THERAPIES

### SIGNATURE TREATMENTS

Samā	100 Minutes	Rs. 3000
Pehlwān Mālīsh	90 Minutes	Rs. 4850
Ventoz	90 Minutes	Rs. 4360

### INDIAN THERAPIES

Sammardanā	60 Minutes	Rs. 3500
Pāda Mardanā	60 Minutes	Rs. 2700
Prishta Mardanā	60 Minutes	Rs. 2700
Champi	45 Minutes	Rs. 2200

### INDIAN AROMATHERAPY

Vishrām	60 Minutes	Rs. 3500
Orja Dāyakā	60 Minutes	Rs. 3500
Pavithri	60 Minutes	Rs. 3500

### SCRUBS & WRAPS

Vishuddi	30/70 Minutes	Rs. 1900/Rs.4350
Posha	30/70 Minutes	Rs. 1900/Rs.4350
Aksha	30/70 Minutes	Rs. 1900/Rs.4350

### BEAUTY

Jiva Signature Facial	90 Minutes	Rs. 4000
Jamarosa Root Facial	60 Minutes	Rs. 3000
Tulsi Facial	60 Minutes	Rs. 3000
Champak Facial	60 Minutes	Rs. 3000
Spa Energising Facial	30 Minutes	Rs. 2000

# PRICES



## SPA INDULGENCE

Sukha	3.30 Hours	Rs. 10370
Svashakti	3 Hours	Rs. 5995
Dev Nidrā	90 Minutes	Rs. 8400



## YOGA & MEDITATION

Balanced	90 Minutes	Rs. 1500
Advanced	90 Minutes	Rs. 1500
Advanced Surya Namaskār	60 Minutes	Rs. 1500
Gentle	60 Minutes	Rs. 1200
Dynamic	60 Minutes	Rs. 1200
Prānāyāmā with Mudrās & Bandhās	60 Minutes	Rs. 1200
Laghoo Shankhaprakshālana	90 Minutes	Rs. 2000
Kunjāl Kriya	55 Minutes	Rs. 1200
Jala Neti	45 Minutes	Rs. 1000
Yoga Nidrā	25 Minutes	Rs. 500
Yoga Nidrā Advanced	50 Minutes	Rs. 1200
Hridayākasha Dhārana	50 Minutes	Rs. 1200
Ājapa Japa	50 Minutes	Rs. 1200
Antar Mouna	40 Minutes	Rs. 1000

- Prices are in Indian Rupees (INR), exclusive of taxes
- Appointments can also be offered beyond the spa's operational hours with prior intimation as mentioned below, at an additional charge of Rs. 1000 per treatment.
- For early morning appointments i.e. before 8 a.m, intimation is required by 6 pm the prior evening.  
For late evening appointments i.e. after 8 p.m. intimation is required by 6 pm the same day.
- Spa massages can be offered in-room, at an additional charge of Rs. 2000/-. However, no cross-gender treatment will be offered in-room.