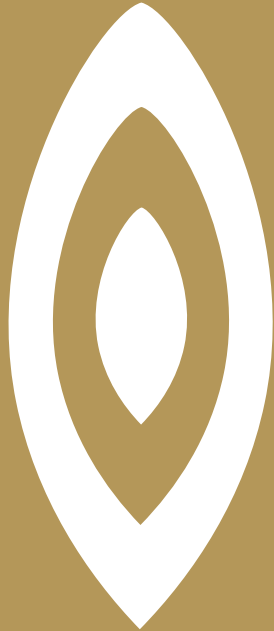





JIVA
SPA SERVICES







THERAPIES



SIGNATURE TREATMENTS

- JIVANIYA** Invigorate (120 mins)
- PEHLWĀN MĀLISH** Warrior Massage (90 mins)
- MEWĀR KHAS** Speciality of Mewar (90 mins)



INDIAN THERAPIES

- SAMMARDANĀ** Indian Deep Tissue Massage (60 mins)
- PĀDA MARDANĀ** Indian Foot Massage (60 mins)
- PRISHTA MARDANĀ** Back Treatment (60 mins)
- CHAMPI** Indian Head Massage (45 mins)



INDIAN AROMATHERAPY

- VISHRĀM** Relaxation Massage (60 mins)
- ĪRJA DĀYAKĀ** Energising Massage (60 mins)
- PAVITHRI** Lymphatic Drainage (60 mins)



SCRUBS AND WRAPS

- NARIKELĀ** House Favourite (45 mins)
- MASĀLĀ** Spice Scrub (45 mins)
- PRITHVI MRIT** Earth's Nectar (45 mins)



BEAUTY

- PĀDA SNĀNĀ** Spa Pedicure (75/30 mins)
- HAST SNĀNĀ** Spa Manicure (60/30 mins)
- HAIR SPA** (90 mins)
- ĀNANA LEPĀ** Facial (60 mins)
- JIVA** Signature Facial (90 mins)
- JAMAROSA ROOT** Deep Cleansing Facial (60 mins)
- TULSI** Nourishing Facial (60 mins)
- CHAMPAK** Soothing Facial (60 mins)
- SPA** Energising Facial (30 mins)



SIGNATURE TREATMENTS

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

JIVANIYA Invigorate Duration - 120 Mins

An energizing treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub, a heat-stimulating wrap of exotic spices and herbs from the hills of India, followed by a revitalizing massage.

PEHLWĀN MĀLISH Warrior Massage Duration - 90 Mins

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.

MEWĀR KHĀS Speciality of the region of Mewar Duration - 90 Mins

A pre-bathing ritual practiced by Royalty in preparation for their wedding day. This treatment begins with a scrub made from fresh natural ingredients like sandalwood and mild turmeric mixed with auspicious rice grains and other secret herbs. The exfoliation process helps to remove dead skin cells and rediscovers your beautiful soft skin. A relaxing massage using our signature oil completes this exclusive experience.

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 Duration - 60 Mins

A customised 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 Duration - 60 Mins

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 Duration - 60 Mins

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 Duration - 45 Mins

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 PHARMACOPOEIAS HAVE BEEN CAREFULLY CHOSEN FOR THESE TREATMENTS, 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 Duration - 60 Mins

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 tranquillity to your entire system.

ĪRJA DĀYAKĀ Energising Massage Duration - 60 Mins

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 Aswagandha, 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 Duration - 60 Mins

A unique blend of oils with the goodness of Tulsi, Ginger and Lime, combined with the lymphatic drainage technique, 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 AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

Initiate this experience with our luxurious bath to relax (wherever applicable) 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 the massage oil. Body wraps are best taken after a scrub to encourage better results from the nourishing effects of the mask.

Choose from the three luxuriant treatments mentioned below :

NARIKELĀ House Favourite Duration - 45 Mins

Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. We will gently exfoliate and moisturise your body with a mix of ingredients. This all-over treatment has a cooling effect on the body.

MASĀLĀ Spice Scrub Duration - 45 Mins

For this invigorating treatment, a traditional mixture of Indian spices is used to promote deep cleansing, relieve muscular soreness and improve blood circulation, leaving you refreshed and recharged.

PRITHVI MRIT Earth's Nectar Duration - 45 Mins

This rich detoxifying and firming wrap is made from 22 exotic Indian herbs and clay. Its therapeutic properties tighten the skin and leave it with a radiant, youthful glow. Excellent for all skin types.

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.

PĀDA SNĀNĀ Spa Pedicure Duration - 75 Mins*

Our revitalizing pedicure commences with cleansing and nail grooming. Your feet are immersed in a warm aromatherapy footbath to soften any calluses, followed by an exfoliation. A pampering foot and calf massage leads you to a state of relaxation followed by a nourishing or paraffin mask application, to restore the youthful appearance. The treatment ends with the application of our all-natural “Rasa” foot balm made from a special blend of Spearmint, Peppermint, Eucalyptus enriched with moisturizing Patchouli, Neem and Clove oil, which revives and deeply moisturizes your feet. The ultimate extravagance for weary soles.

HAST SNĀNĀ Spa Manicure Duration - 60 Mins*

Our manicure begins with cleansing and nail grooming followed by an aromatherapy soak to soften hands and cuticles. This is followed with an exfoliation and a pampering massage to rejuvenate the hands, leaving them radiant and glowing. A nourishing or paraffin mask is then applied to restore its youthful appearance. The treatment is wrapped up with the application of our signature all-natural “Rasa” hand balm made from extracts of Papaya, Orange blossom, Vitamin E and Cardamom, which revives and deeply moisturizes your hands.

HAIR SPA Duration - 90 Mins

Our luxury hair care spa treatment is inspired by spa rituals and traditions; taking the stress off your shoulders whilst cleansing and nourishing your hair. This tailored care of hair bath, masque and wrap, enriched with indulging ingredients, is customized to suit your specific hair and scalp conditions, taking you to a feeling of absolute bliss.

ĀNANA LEPĀ Facial Duration - 60 Mins

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.

JIVA Signature Facial Duration - 90 Mins
(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 Duration - 60 Mins
(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 Duration - 60 Mins
(For dry/dehydrated skin)

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

CHAMPAK Soothing Facial Duration - 60 Mins
(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 Duration - 30 Mins
(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.

* These treatments can also be availed for a shorter duration of 30 minutes. The express pedicure and manicure treatments will include cleansing and nail grooming only.

Note:

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



SPA INDULGENCE

WE RECOMMEND CONTACTING OUR SPA MANAGER, WHO CAN GUIDE YOU TO YOUR INDIVIDUAL PROGRAM. AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS YOU LIKE.

SOUNDARYA Beauty Duration – 5.00 Hrs

Draw out your inner radiance

- Begin with a deeply nourishing scrub and wrap of your choice
- Invigorate your senses with an indulgent Aromatherapy Massage
- Then give your skin a natural glow with a nourishing Ānanā Lepā Facial
- As a final touch, give in to a Spa Manicure and Pedicure, coupled with a cup of green tea and a fresh fruit

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 Indian powerful oil massage – Pehlwān Mālīsh
- End with a relaxing luxury spa facial

AJINV Refreshing Boost Duration – 90 Mins

For those short of time but in need of a quick pick-me-up.

- Enjoy a 30 minute ‘Pada Mardana’
- Follow it up with a half-hour ‘Champi’, our Indian head massage
- End with a Hair Wash and Blow Dry

FOR TWO

SOMĀ Nectar Of The Gods Duration – 2 Hrs

Two therapists will perform romantic candle-lit, Indian Aromatherapy Massage using evocative oils to set the mood. Later, you can enjoy a rose petal bath and time alone with a bottle of champagne.



SPA INFORMATION

SPA FACILITIES

Three couple treatment suites, two single treatment rooms, a unisex gym, change and shower facilities. Our wet area encompasses a pool, steam bath, a hot & cold jacuzzi with a panoramic view of the lake. We provide robes, slippers, towels and personal amenities.

The Palace boasts of the world's first ever Royal Spa Boat with a spacious couple spa suite, steam bath, rain shower, regal soak bath, traditional loungers and a dining nook.

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 8am to 9 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 maximise 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.



Taj Lake Palace, Udaipur

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jivaspa.lakepalace@tajhotels.com

www.tajhotels.com

PRICES



BEAUTY SALON

Skin Glow

A delicate combination of cleansing, toning, scrubs & face massage with mask to gently clean & smooth your skin, at the same time making it suppler. Your skin will feel completely regenerated and refined.

Spa Energising Facial	Rs. 1600
Luxury Facial	Rs. 2800
Jiva Signature Facial	Rs. 4625

Hair [For Men & Women] o

Cuts & Style

Beautiful hair needs an expert, who creates a current yet individual hairstyle that suits you and your lifestyle.

Shampoo & Conditioner	Rs 300 / 375 / 450
Shampoo & Hair Cut	
• Men	Rs 700
• Women	Rs, 900
• Hair Styling / Blow Dry	Rs, 700
• Hair Ironing	Rs, 800
• Roller – Set	Rs, 900

Hair Colour

Roots Touch-Up	Rs 1000 onwards
Global	Rs 1200 onwards
High Lights	Rs 1500 onwards

Permanent Hair Solutions

Hair Rebonding	Rs 6000 / 8000 / 9000
Hair Relaxing	Rs 3000 / 4000 / 5000
Perms	Rs 3000 / 4000 / 5000

PRICES



THERAPIES

SIGNATURE TREATMENTS

Jivaniya	120 Minutes	Rs. 6545
Pehlwān Mālīsh	90 Minutes	Rs. 5970
Mehwar Khas	90 Minutes	Rs. 5820

INDIAN THERAPIES

Sammardanā	60 Minutes	Rs. 4000
Pāda Mardanā	60 Minutes	Rs. 3270
Prishta Mardanā	60 Minutes	Rs. 3270
Champi	45 Minutes	Rs. 2990

INDIAN AROMATHERAPY

Vishrām	60 Minutes	Rs. 4000
Ōrja Dāyakā	60 Minutes	Rs. 4000
Pavithri	60 Minutes	Rs. 4000

SCRUBS & WRAPS

Narikelā	45 Minutes	Rs. 2545
Masālā	45 Minutes	Rs. 2545
Prithvi Mrit	45 Minutes	Rs. 2545

SPA BEAUTY

Pāda Snānā	75/30 Minutes	Rs. 1965/790
Hast Snānā	60/30 Minutes	Rs. 1670/835
Ānana Lepā	60 Minutes	Rs. 3270
Jiva Signature Facial	90 Minutes	Rs. 4625
Jamarosa Root Facial	60 Minutes	Rs. 2800
Tulsi Facial	60 Minutes	Rs. 2800
Champak Facial	60 Minutes	Rs. 2800
Spa Energising Facial	30 Minutes	Rs. 1600

SPA EXPERIENCE

Soundarya	5 Hours	Rs. 11565
Sukha	3.5 Hours	Rs. 9200
Ajinv	90 Minutes	Rs. 3680
Somā (For Two)	2 Hours	Rs. 11000

- Prices are in Indian Rupees, subject to applicable government taxes

