



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE TREATMENTS

- JIVANIYA** Invigorate ( 120 mins )
- SHUDHIKARĀ** Detoxifying ( 120 mins )
- PEHLWĀN MĀLISH** Warrior Massage ( 90 mins )
- ANNĀSI** Sri Lankan Skin Polish ( 45 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 )
- ŌRJA DĀYAKĀ** Energizing 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 )
- MOCHA PATRĀ** Plantain Leaf Wrap ( 45 mins )



## BEAUTY

- PĀDA SNĀNĀ** Spa Pedicure ( 75 mins )
- HAST SNĀNĀ** Spa Manicure ( 60 mins )
- ĀNANA LEPĀ** Facial ( 60 mins )



\* Yoga available on request.

## 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

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.

### **SHUDHIKARĀ** Detoxifying

A unique combination of therapies used to purify the system. A lymphatic drainage massage, a wholesome cleansing scrub and a plantain leaf wrap will leave you with a feeling of lightness.

### **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.

### **ANNĀSI** Sri Lankan Skin Polish

Traditionally Sri Lankan women used the soft pulp of Pineapple to cleanse, moisturize and lighten the skin. Our signature skin polish will leave you refreshed and rejuvenated.

## INDIAN THERAPIES

JIVA 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 a 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 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

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.

### **ORJA 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 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, SEA SALTS AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE 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 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 luxuriant treatments mentioned below:

### **NARIKELĀ** House Favourite

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

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

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.

### **MOCHA PATRĀ** Plantain Leaf Wrap

This unique treatment uses the healing properties of the plantain leaf to purify the skin. It eliminates toxins by opening the pores and inducing sweating, thereby restoring the skin's natural vitality. It is completed with the application of a skin nourisher to leave you renewed.

## 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

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 mask application. 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

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 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.

### ĀNANA LEPĀ Facial

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.





# AYURVEDA

**CONSULTATION** ( 30 mins )

**ABHYANGA** Including Snānā ( 90 mins )

**SNĀNĀ** Medicated Traditional Bath Experience

**UDVARTANĀ** Including Snānā ( 75 mins )

**MUKHALEPĀ** Traditional Herbal Facial ( 60 mins )

**DINACHARYA** Including Snānā ( 120 mins )

**KATI BASTI / PRUSHTHA BASTI** ( 45 mins )

**PICHU** ( 30 mins )



AYURVEDA, THE KNOWLEDGE OF LIFE AND LONGEVITY IS PERHAPS THE OLDEST EXISTING BODY OF KNOWLEDGE ON THE HEALING PROCESS. A HOLISTIC KNOWLEDGE SYSTEM, AYURVEDA DEALS WITH NOT JUST THE PHYSICAL, BUT ALSO THE MENTAL, THE EMOTIONAL, THE SPIRITUAL AND THE ENVIRONMENTAL ASPECTS OF WELL BEING. IT IS THIS MULTI-DIMENSIONAL PERSPECTIVE THAT MAKES AYURVEDA TRULY UNIQUE.

Ayurveda further defines health as happiness and disease as sorrow. It has a two fold objective - to attain 'Sukha' - happiness and more importantly to prolong this state of bliss.

### **(M) CONSULTATION**

Ayurveda believes that every one of us is unique; there are no standard prescriptions or programs. We respect the individual in you and hence after a consultation with our Ayurveda physician, a course of treatment is prescribed. This is based on a careful scrutiny of your lifestyle, your medical history, your needs and in true royal mode, your likes and dislikes as well. The prescribed plan includes treatments that are administered by our trained therapists with the appropriate blend of oils and herbs. This consultation is extremely important for deciding the ideal Ayurveda program for you. For long term benefits, the physician will also offer a lifestyle consultation to benefit your health requirements.

### **(M) ABHYANGA** Including Snānā

The medicated herbal oil application, Abhyangam is not only a massage; it is a program where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis yields wide ranging benefits such as good appetite, alertness during the day, good sleep at night and reduced stress levels. It removes fatigue and daily aches and pains, gives a glowing skin and most importantly helps to build your immunity.

### **(M) SNĀNĀ** Medicated Traditional Bath Experience

Ayurveda desires that you continue to remain in the state of 'gentle ease and calmness' which you have drifted into during our various body treatments. You will be bathed by our therapist using a soothing combination of herbal paste and medicated water.

### **(M) UDVARTANĀ** Including Snānā

A body toning program, Udvartana is the application of a combination of herbal powder and oil on the entire body, excluding the face. When this treatment is taken as part of a program including an appropriate diet, regular exercise and internal herbal medication, as prescribed by the Ayurveda physician, it helps to reduce weight and gives you a well-toned body. The blend of powder and oil also acts as a scrub to improve the texture and rejuvenate your skin.

## **MUKHALEPĀ** Traditional Herbal Facial

A traditional beauty regimen, this Ayurveda facial gently cleanses and tones delicate skin. A medicated face pack enriched with natural herbs followed by application of exotic Saffron oil, enhances the texture of the skin, leaving it blemish-free. A relaxing foot massage adds a soothing touch during the treatment.

## **DINACHARYA** Including Snānā

A gateway to the world, our senses connect to the mind and the consciousness, completing the circle of perception. This program gives you an experience of the physical cleansing process in the dinacharya or daily routine program, wherein each of your senses is carefully looked after. The perception of the sense of smell, taste, form, touch and sound is dependant on the proper functioning of the nose, the tongue, the eyes, the skin and the ears. Using oils/herbs based on the physician's recommendation, the therapist will proceed to gently work with each of your senses using the following treatments:

ANJANĀ – The gentle application of a medicated liniment to the inner skin of your lower eyelids. This treatment removes impurities, accentuates the natural beauty of your eyes and improves eyesight, when practiced regularly.

NASYĀ – Two drops of medicated oil are instilled in each nostril, which is then inhaled deeply. This enables removal of phlegm from the respiratory channels thus permitting easy breathing and better perception of the sense of smell.

GANDUSHĀ – A medicated therapy that gently improves oral hygiene by holding natural fluids like milk, honey, oil, etc., (as recommended by the physician) for 3-8 minutes in the mouth. This treatment will strengthen your teeth and gums, and more importantly, improve sensitivity of your taste-buds and freshness in your mouth.

DHUMAPANĀ – A therapy that requires inhaling medicated fumes through each nostril to experience an enhanced sense of smell. It removes excess phlegm and also opens up the sinuses.

KARNAPOORANĀ - A few drops of medicated oil are instilled into each ear canal to experience more clarity in your sense of hearing. Also prevents build-up of earwax with this medicated oil.

ABHYANGA – as described above.

## KATI BASTI / PRUSHTHA BASTI

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back.

Katibasti is a therapeutic application in which warm signature oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fomentation of the oil radiates through the muscles releasing tension and stiffness. A light massage with the spa's therapeutic oil enhances the benefits of this treatment, leading to deep relaxation and comfort.

At least three treatments of Kati Basti are recommended for maximum benefit.

## PICHU

An authentic traditional treatment for relieving stress and stiffness in your joints or back.

Cotton and linen pads 'Pichu', soaked in hot medicated oils are gently placed on sore joints or back to offer immediate relief from pain and discomfort. The warmth of the soaked pads seeps into the body and induces a deep sense of relief.

Short, gentle and rhythmic massage strokes followed by a medicated herbal pack further alleviate stress and enhance the healing process. Emerge from this treatment with renewed agility and comfort.

At least three treatments of Pichu are recommended for maximum benefit. .

Note:

- It is mandatory that every guest has a consultation with the Ayurveda physician before commencing any treatment.
- Some of the benefits described above can be achieved when programs are done on a regular basis and the advice given by the physician is adhered to.
- For long-staying guests, more customized programs can be created based on their needs and availability of requisite facilities.
- Consultations are complimentary with treatments.



## SPA INDULGENCE

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

### **(M)** **SOUNDARYA** A Day of Beauty    **Duration- 5 Hrs**

To 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 Ānana 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

### **(M)** **SUKHA** Bliss    **Duration-3.5Hrs**

To 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 Mālish
- End with an Ānana Lepā facial

## FOR TWO

### **(M)** **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. After this indulgent massage, you can immerse yourself in the Jacuzzi and enjoy some exclusive time alone with a bottle of champagne.



## SPA INFORMATION

### SPA FACILITIES

Includes men and women changing rooms with lockers, shower facilities, robes, slippers, towels and personal amenities. Our communal wet area encompasses a mixed Laconium and outside Jacuzzis.

### SPA TIMINGS

The spa is open daily from 9.00 am to 8.00 pm

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

### 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 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.

Entire charge will also be levied for cancellation of a 30 minute treatment.

## 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. Guest under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas 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.





VIVANTA  
BENTOTA SRI LANKA  
BY TAJ

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# PRICES



## THERAPIES

### SIGNATURE TREATMENTS

Jivaniya	120 Minutes	Rs. 13500
Shudhikara	120 Minutes	Rs. 13500
Pehlwān Mālīsh	90 Minutes	Rs. 11000
Annāsi	45 Minutes	Rs. 6000

### INDIAN THERAPIES

Sammardanā	60 Minutes	Rs. 9500
Pāda Mardanā	60 Minutes	Rs. 7000
Prishta Mardanā	60 Minutes	Rs. 7000
Champi	45 Minutes	Rs. 6000

### INDIAN AROMATHERAPY

Vishrām	60 Minutes	Rs. 9500
Ōrja Dāyakā	60 Minutes	Rs. 9500
Pavithri	60 Minutes	Rs. 9500

### SCRUBS & WRAPS

Narikelā	45 Minutes	Rs. 7000
Masālā	45 Minutes	Rs. 7000
Prithvi Mrit	45 Minutes	Rs. 7000
Mocha Patra	45 Minutes	Rs. 7000

### BEAUTY

Pāda Snānā	75 Minutes	Rs. 5500
Hast Snānā	60 Minutes	Rs. 4500
Ānana Lepā	60 Minutes	Rs. 5500

# PRICES



## AYURVEDA

Consultation	30 Minutes	Rs. 2000
Abhyanga Including Snānā Snānā	90 Minutes	Rs. 9500
Udvertanā Including Snānā	75 Minutes	Rs. 11500
Mukhalepā	60 Minutes	Rs. 5500
Dinacharya Including Snānā	120 Minutes	Rs. 13500
Kati Basti / Prushtha Basti	45 Minutes	Rs. 5500
Pichu	30 Minutes	Rs. 4500



## SPA INDULGENCE

Soundarya	5.00 Hours	Rs. 28000
Sukha	3.50 Hours	Rs. 20000
Soma	2.00 Hours	Rs. 26000

- Prices are in SLR, inclusive of government taxes & service charges.
- Yoga available on request.