



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE TREATMENTS

- MANGAL SNĀN** Auspicious Bath ( 180 mins )
- JIVANIYA** Invigorate ( 120 mins )
- SHUDHIKARĀ** Detoxifying ( 120 mins )
- PEHLWĀN MĀLISH** Warrior Massage ( 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 )



## BODY RITUALS

- NARIKELĀ** House Favourite ( 45 mins )
- MASĀLĀ** Spice Scrub ( 45 mins )
- PRITHVI MRIT** Earth's Nectar ( 45 mins )
- MOCHA PATRA** Plantain Leaf Wrap ( 45 mins )



## BEAUTY

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

### **MANGAL SNĀN** Auspicious Bath    Duration - 180 Mins

From the house of Gwalior - Our signature treatment.

Experienced only by the royalty of India in days of yore, and now recreated especially for you. Luxuriate in the only spa in the world where you will be serenaded by live musicians, as your body is pampered with a deep cleansing, exfoliating and calming massage using age-old spices, herbs and oils. This is followed by an imperial saffron bath, using the rarest of all Indian spices and ending with an auspicious henna hand design for women.

### **JIVANIYA** Invigorate    Duration - 120 Mins

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

### **SHUDHIKARĀ** Detoxifying    Duration - 120 Mins

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    Duration - 90 Mins

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



## 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    **Duration - 60 Mins**

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    **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 shoulders 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    **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 tranquility to your entire system.

### **ĀRJA DĀYAKĀ** Energizing 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 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    Duration - 60 Mins

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.

## BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING AND NOURISHING PROPERTIES OF OUR SCRUBS AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES AND INDIAN HERBS. 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 aids in nourishing your skin and drawing out impurities.

Scrubs & Wraps are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil.

Choose from the 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 - 45Mins

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    Duration - 45 Mins

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 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 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 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 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.

## 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.

### **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 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

## FOR TWO

### **SOMĀ** Nectar of the Gods    Duration – 120 Mins

Two therapists will perform a candle-lit, Indian Aromatherapy massage, using evocative oils to set the mood for romance. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of champagne.

### **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 indulge your senses in a tranquil bath before this 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

Includes a changing room, shower facilities, robes, slippers, towels and personal amenities. Our wet area encompasses a steam and a chill shower.

### TIMINGS

The Spa is open daily from 8am to 8 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 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/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.

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 Spa 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.







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# PRICES



## THERAPIES

### SIGNATURE TREATMENTS

Mangal Snān	180 Minutes	Rs. 4700/9500 (pc)
Jivaniya	120 Minutes	Rs. 3400
Shudhikarā	120 Minutes	Rs. 3400
Pehlwān Mālīsh	90 Minutes	Rs. 3200

### INDIAN THERAPIES

Sammardanā	60 Minutes	Rs. 2050
Pāda Mardanā	60 Minutes	Rs. 1750
Prishṭa Mardanā	60 Minutes	Rs. 1750
Champi	45 Minutes	Rs. 1500

### INDIAN AROMATHERAPY

Vishrām	60 Minutes	Rs. 2050
Orja Dāyakā	60 Minutes	Rs. 2050
Pavithri	60 Minutes	Rs. 2050

### BEAUTY

Pāda Snānā	75 Minutes	Rs. 950
Hast Snānā	60 Minutes	Rs. 750
Ānana Lepā	60 Minutes	Rs. 1750

### BODY RITUALS

Narikelā	45 Minutes	Rs. 1350
Masālā	45 Minutes	Rs. 1350
Prīthvi Mrit	45 Minutes	Rs. 1350
Mocha Patrā	45 Minutes	Rs. 1350



## SPA INDULGENCE

Soundarya	5 Hours	Rs. 5950
Somā	2 Hours	Rs. 6700
Dev Nidrā	90 Minutes	Rs. 5100

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