




JIVA
SPA SERVICES







THERAPIES



SIGNATURE TREATMENTS

CAPE FYNBOS Uplift	120 Minutes
VISHRAMĀ Deep Muscular	120 Minutes
SUSHUPTI Relax	120 Minutes
VISHUDDI Detox	120 Minutes



INDIAN THERAPIES

PEHLWĀN MĀLISH Warrior Massage	90 Minutes
VENTOZ Indian Cupping	90 Minutes
INDIAN AROMATHERAPY	60 Minutes
PĀDA MARDANĀ Indian Foot Massage	60 Minutes
CHAMPI Indian Head Massage	45 Minutes



BODY RITUALS

VISHUDDI Detox	30/70 Minutes
POSHĀ Nourishing	30/70 Minutes
AKSHA Sensual	30/70 Minutes



BEAUTY

PĀDA SNĀNĀ Spa Pedicure	75 Minutes
HAST SNĀNĀ Spa Manicure	60 Minutes
JIVA Signature Facial	90 Minutes
JAMAROSA ROOT Deep Cleansing Facial	60 Minutes
TULSI Nourishing Facial	60 Minutes
CHAMPAK Soothing Facial	60 Minutes
SPA Energising Facial	30 Minutes



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.

CAPE FYNBOS Uplift *Duration - 120 Mins*

Uplift your senses with this treatment exclusively primed from the botanical treasures of South Africa. Initiate your journey with a scrub and wrap, specially prepared from rhassoul clay, Atlantic sea salts and rooibos tea powder. This exfoliates, tones and enriches your skin, leaving it supple and smooth. Feel your anxieties and tension dissipate as our skilled therapist massages in our bespoke signature blend made from local marula oil with fynbos, a range from Cape Fleur, leaving you revitalized and energized.

Slip into a sense of bliss and tranquility as you sip our specially commissioned signature Cape tea, brewed from the herbs of marula and rooibos.

VISHRAMĀ Deep Muscular *Duration - 120 Mins*

A deep muscular massage for profound relaxation.

An application of hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within restored.

This invigorating treatment is wrapped up with gentle strokes to soothe muscles as you slip into sheer bliss.

SUSHUPTI Relax *Duration - 120 Mins*

An indulgent body treatment for lustrous skin.

Our aroma foot bath sets the mood for this pure indulgence. Wrap yourself in a natural blend of green gram flour, honey and fresh cream, which infuses a youthful glow and enhances your radiance. Tease and delight your skin with the combination of a floral bath with a mix of herbs and warm milk, to enhance its smoothness. A deeply nourishing massage stimulates blood circulation and fills you with renewed vigor. A languid facial massage with signature oils peels away the last trace of stress leaving your skin soft, revitalised and deeply moisturized. An ultimate skin therapy to draw out impurities and achieve dramatic results.

VISHUDDI Detox *Duration - 120 Mins*

Garshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph and energy. As a result, your body eliminates the impurities gained in our daily life. Then, you are warmly cocooned within a traditional Indian herb wrap followed by a full body lymphatic drainage massage.

Cleansed anew, this treatment leaves you in an optimum state of well-being.



INDIAN THERAPIES

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

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.

VENTOZ Indian Cupping Duration - 90 Mins

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 AROMATHERAPY Duration - 60 Mins

During this indulgent massage, our essential signature oils are generously applied and absorbed through the skin, circulating their relaxing and therapeutic properties throughout your body. You can choose from our bespoke range of all – natural energising, relaxing or detoxifying blends.

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.

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.

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, 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.

Each treatment takes approximately 30 minutes.

Choose from the three luxuriant treatments mentioned below:

VISHUDDI Detoxify Duration - 30/70 Mins

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

Vishuddi Scrub

Vishuddi Wrap

POSHĀ Nourishing Duration - 30/70 Mins

Nourishes your skin and makes it silky smooth and supple.

Posha Scrub

Posha Wrap

AKSHA Sensual Duration - 30/70 Mins

Relax and indulge your senses to a blissful state.

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.

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 mask application. Choose from our array of nourishing, detox or sensual mask 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, detox or sensual 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.

JIVA Our 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 rejuvenates 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.

Note:

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





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.

IF YOU ARE INTERESTED IN THE HEALING POWERS OF AYURVEDA, OUR AYURVEDA PHYSICIAN CAN ARRANGE EVERYTHING FROM A SINGLE TREATMENT TO A FULL WEEK OF HOLISTIC HEALTH.

SOUNDARYA Beauty Duration – 5.30 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 an hour facial of your choice
- 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 – Pehlwan Mālish
- Give yourself a quick boost with our Spa Energising Facial

FOR TWO

SOMĀ Nectar Of The Gods Duration – 2 Hrs

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

Four generously sized single massage suites, a double massage suite with a soak tub, two suites dedicated to beauty treatments, a relaxation room, a unisex Fitness Centre and separate changing areas for men and women with lockers, change and shower facilities. Our wet area encompasses a heated indoor pool, jacuzzi, sauna and hammam. We provide robes, towels, slippers and personal amenities.

TIMINGS

The Spa is open daily from 8 am 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 the 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.



A **TATA** Enterprise

Taj Cape Town

Wale Street, Cape Town 8001, South Africa
Tel.: +27(2)21 819 2000 Fax: +27(0)21 819 2001
jivaspa.capetown@tajhotels.com
www.tajhotels.com

PRICES



THERAPIES

SIGNATURE TREATMENTS

Cape Fynbos	120 Minutes	Zar 1340
Vishramā	120 Minutes	Zar 1150
Sushputi	120 Minutes	Zar 1150
Vishuddi	120 Minutes	Zar 1150

INDIAN THERAPIES

Pehlwān Mālish	90 Minutes	Zar 1000
Ventoz	90 Minutes	Zar 1000
Indian Aromatherapy	60 Minutes	Zar 695
Pāda Mardanā	60 Minutes	Zar 570
Champi	45 Minutes	Zar 500

BODY RITUALS

Vishuddi	30/70 Minutes	Zar 445/1000
Posha	30/70 Minutes	Zar 445/1000
Aksha	30/70 Minutes	Zar 445/1000

BEAUTY

Pāda Snānā	75 Minutes	Zar 435
Hast Snānā	60 Minutes	Zar 395
Jiva Signature Facial	90 Minutes	Zar 1000
Jamarosa Root Facial	60 Minutes	Zar 630
Tulsi Facial	60 Minutes	Zar 630
Champak Facial	60 Minutes	Zar 630
Spa Energising Facial	30 Minutes	Zar 380

PRICES



SPA INDULGENCE

Soundarya	5.30 Hours	Zar 2700
Sukha	3.30 Hours	Zar 2035
Somā	2.00 Hours	Zar 1900
Dev Nidrā	90 Mins	Zar 1700

- Prices are in South African Rand, inclusive of all taxes
- A traditional waxing ritual with a touch of our signature balm, to heal, nourish and pamper your skin, is available on request.