




JIVA
SPA SERVICES







THERAPIES



SIGNATURE TREATMENTS

- JIVANIYA** Invigorate (120 mins)
- SHUDHIKARĀ** Detoxifying (120 mins)
- SAMĀ** Balance (100 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)
- 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)
- 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

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

An 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.

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 'Prānāyāmās' (controlled breathing techniques) make you aware of your breath and help clear your thoughts. This is followed by 'Tratakā' (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.



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.

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 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 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

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.

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.

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.

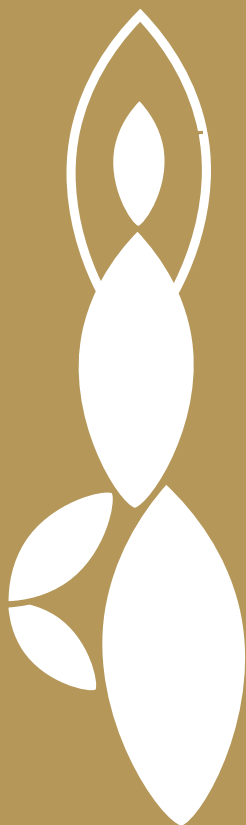
🌿 **SPA** Energising Facial
(For all skin types)

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 CONTINUES THIS TIME-HONOURED TRADITION, 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 sessions will be specially designed to suit your personal requirements and level of prior Yoga practice. A consultation with our Yoga teacher will 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 Prāṇāyāmā 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 the relaxation of 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), 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.





AYURVEDA

CONSULTATION (30 mins)

ABHYANGA Including Snānā (90 mins)

SNANĀ Traditional Medicated 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.

(i) 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.

(i) ABHYANGA Including Snānā

The medicated herbal oil application, Abhyanga 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.

(i) SNĀNĀ Traditional Medicated 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.

(i) 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 medicated 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** 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

(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 Indian powerful oil massage – Pehlwān Mālish
- End with a luxury spa facial

(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

(M) **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



SPA ADDITION

SPA FACILITIES

One generously sized double massage suites, a single massage room with attached showers and steam, two suites dedicated to beauty treatments and separate changing areas for men and women with lockers, change and shower facilities. Our wet area encompasses a steam, jacuzzi, experience showers, regular showers and a swimming pool. We provide robes, towels, slippers and personal amenities.

TIMINGS

The Spa is open daily from 7 am to 9 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 ADDITION

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, 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.

VIVANTA
MALABAR COCHIN
BY TAJ

Vivanta by Taj - Malabar, Cochin
Willingdon Island, Cochin-682 009, Kerala, India.
Tel.: 91-484 266 6811 Fax: 91-484 266 8297
spamalabar.cochin@tajhotels.com
www.tajhotels.com

PRICES



THERAPIES

SIGNATURE TREATMENTS

Jivaniya	120 Minutes	Rs.4650
Shudhikarā	120 Minutes	Rs.4650
Samā	100 Minutes	Rs.2800
Pehlwān Mālīsh	90 Minutes	Rs.4435

INDIAN THERAPIES

Sammardanā	60 Minutes	Rs.2850
Pāda Mardanā	60 Minutes	Rs.2550
Prishta Mardanā	60 Minutes	Rs.2550
Champi	45 Minutes	Rs.2160

INDIAN AROMATHERAPY

Vishrām	60 Minutes	Rs.2850
Ōrja Dāyakā	60 Minutes	Rs.2850
Pavithri	60 Minutes	Rs.2850

SCRUBS & WRAPS

Narikelā	45 Minutes	Rs.1800
Masālā	45 Minutes	Rs.1800
Prithvi Mrit	45 Minutes	Rs.1800
Mocha Patrā	45 Minutes	Rs.1800

BEAUTY

Pāda Snānā	75 Minutes	Rs.1240
Hast Snānā	60 Minutes	Rs.1000
Ānana Lepā	60 Minutes	Rs.2500
Jiva Signature Facial	90 Minutes	Rs.3375
Jamarosa Root Facial	60 Minutes	Rs.1900
Tulsi Facial	60 Minutes	Rs.1900
Champak Facial	60 Minutes	Rs.1900
Spa Energizing Facial	30 Minutes	Rs. 900

PRICES



YOGA

ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

Balanced	90 Minutes	Rs.1500
Advanced	90 Minutes	Rs.1500
Advanced Surya Namaskar	60 Minutes	Rs.1500
Gentle	60 Minutes	Rs.1200
Dynamic	60 Minutes	Rs.1200
Prānāyāmā with Mudrās and Bandhās	60 Minutes	Rs.1200

SHATKARMA

Laghoo Shankhaprakshālana	90 Minutes	Rs.2000
Kunjal Kriya	55 Minutes	Rs.1200
Jala Neti	45 Minutes	Rs.1000

MEDITATION

Yoga Nidrā	25 Minutes	Rs. 500
Yoga Nidrā Advanced	50 Minutes	Rs.1200
Hridayākasha Dhāraṇa	50 Minutes	Rs.1200
Ājapa Japa	50 Minutes	Rs.1200
Antar Mauna	40 Minutes	Rs.1000



AYURVEDA

Consultation	30 Minutes	Complimentary
Abhyanga including Snānā	90 Minutes	Rs.2530
Udvarṭanā including Snānā	75 Minutes	Rs.3000
Mukhalepā	60 Minutes	Rs.2000
Dinacharya including Snānā	120 Minutes	Rs.3300
Kati Basti / Prushtha Basti	45 Minutes	Rs.1050
Pichu	30 Minutes	Rs. 750



SPA INDULGENCE

Soundarya	5.00 Hours	Rs.8100
Sukha	3.50 Hours	Rs.6900
Svashakti	3.00 Hours	Rs.5400
Ajinv	90 Minutes	Rs.2820

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

PRICES



BEAUTY SALON

Skin Glow

A delicate combination of cleansing, toning, scrubs and 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 Energizing Facial	Rs. 900
Luxury Facial	Rs.1900
Jiva Signature Facial	Rs.3375

Hair [For Men & Women]°

Cuts & Style

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

Shampoo & Conditioner	Rs. 200 / 250 / 300
Hair Cut (Includes Shampoo)	
• Men	Rs. 450
• Women	Rs. 650
Hair Styling / Blow Dry	Rs. 600
Hair Ironing	Rs. 600
Roller Set	Rs. 600

Hair Colour

Roots Touch-up	Rs.900
Global	Rs.1200 Onwards
Highlights	Rs.1500 Onwards

Permanent Hair Solutions

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

PRICES



BEAUTY SALON

Hair Care

Restore moisture and nutrients to your hair with one of our specialized prescriptive hair treatments.

Hair Spa Treatment

Rs.2800

Waxing*

A traditional waxing ritual with a touch of our signature balm to heal, nourish & pamper the skin

Eyebrows Shaping and Threading#

A quick shaping of your eyebrows or facial hair removal with thread, The area is smoothed with balm which ends with a cool towel compress. A perfect start for a beautiful face.

Additional for Women

Soft makeovers, bridal & pre-bridal packages to enhance your beauty on that special day.

Notes:

Hair [For Men & Women]°- Rates dependent on length of hair

Waxing*- Rates based on body parts

Eyebrows Shaping and Threading# Rates based on facial areas

Medical Conditions

Please inform us of any medical conditions or other special needs that require our attention.