



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

<b>VISHRAMĀ</b> Deep Muscular	( 120 mins )
<b>TRUPTI</b> Contentment	( 120 mins )
<b>JIVANIYA</b> Invigorate	( 120 mins )
<b>SHUDHIKARĀ</b> Detoxifying	( 120 mins )
<b>SAMĀ</b> Balance	( 100 mins )
<b>PEHLWĀN MĀLISH</b> Warrior Massage	( 90 mins )
<b>CHANDANĀ</b> Skin Soother	( 45 mins )



## INDIAN THERAPIES

<b>SAMMARDANĀ</b> Indian Deep Tissue Massage	( 60 mins )
<b>PĀDA MARDANĀ</b> Indian Foot Massage	( 60 mins )
<b>PRISHTHA MARDANĀ</b> Back Treatment	( 60 mins )
<b>CHAMPI</b> Indian Head Massage	( 45 mins )
<b>DRISHTI</b> Eye Therapy	( 30 mins )



## INDIAN AROMATHERAPY

<b>VISHRĀM</b> Relaxation Massage	( 60/90 mins )
<b>ORJA DĀYAKĀ</b> Energizing Massage	( 60/90 mins )
<b>PAVITHRI</b> Lymphatic Drainage	( 60/90 mins )



## BODY RITUALS

<b>NARIKELĀ</b> House Favourite	( 45 mins )
<b>PRITHVI MRIT</b> Earth's Nectar	( 45 mins )



## BEAUTY

<b>PĀDA SNĀNĀ</b> Spa Pedicure	( 75 mins )
<b>HAST SNĀNĀ</b> Spa Manicure	( 60 mins )
<b>HAIR SPA</b>	( 60 mins )
<b>ĀNANA LEPĀ</b> Facial	( 60 mins )
<b>JIVA</b> Signature Facial	( 90 mins )
<b>JAMAROSA ROOT</b> Deep Cleansing Facial	( 60 mins )
<b>TULSI</b> Nourishing Facial	( 60 mins )
<b>CHAMPAK</b> Soothing Facial	( 60 mins )
<b>NEEM FACIAL</b> For Gentlemen	( 60 mins )
<b>SPA</b> Energising Facial	( 30 mins )
<b>SHAVE STUDIO</b>	( 45 mins )



## SIGNATURE EXPERIENCES

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.

### **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.

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

### **TRUPTI** Contentment    Duration – 120 Mins

Embrace harmony and loose yourself in this entrancing experience designed to lead you to a state of nostalgia. Inspired to give you a captivating night's sleep, this experience begins with our Indian head massage to relax and improve circulation and ease sore tired neck muscles. Let the gentle rhythm of our therapists hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.

### **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.

**🌿 SAMĀ** Balance    Duration – 100 Mins

A special yoga experience to help you attain poise and equilibrium in mind and body.

A sequence of 'āsanas' (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 Trataka (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    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.

**🌿 CHANDANĀ** Skin Soother    Duration – 45 Mins

Traditionally used in the tropics, pure Sandalwood paste and Aloe Vera are known for their cooling and nourishing effects on the skin. Once the paste is applied, your body is wrapped in soft organic linen for a richly nurturing experience. This soothing after sun treatment will leave your skin healthy and refreshed.



## 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.

### **PRISHTHA 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 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.

### **DRISTI** Eye Therapy    Duration – 30 Mins

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation and reduce dark circles. Relief for tired and puffy eyes.



## 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 – 60/90 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.

### **ORJA DĀYAKĀ** Energising Massage    Duration – 60/90 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 – 60/90 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.

### **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 – 60 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 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.

**NEEM FACIAL** For Gentlemen    Duration – 60 Mins

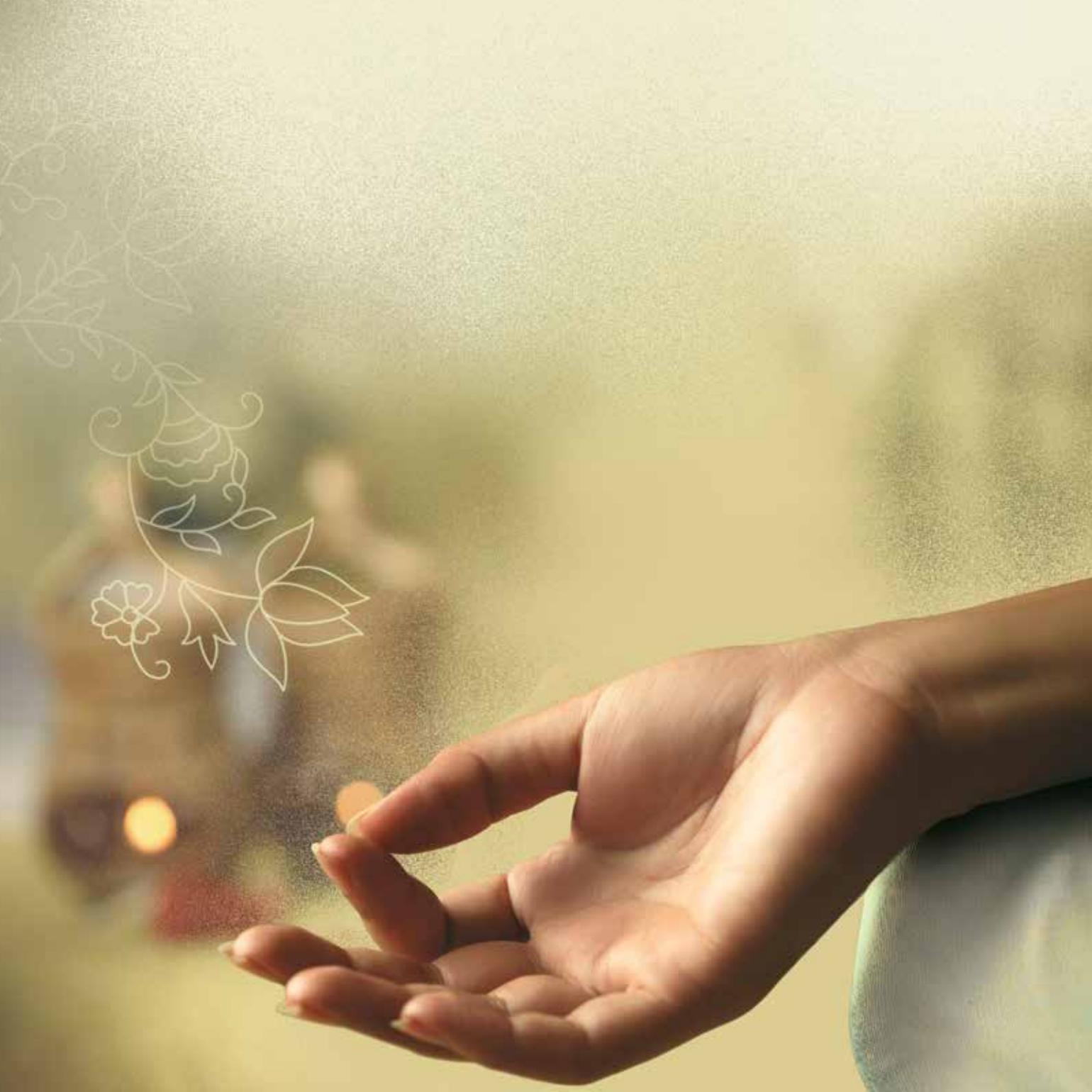
Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. Our cleanser, toner and face mask contain extracts of neem that gently heals and nourishes the skin. Get a fresh, clean masculine look with this men's facial.

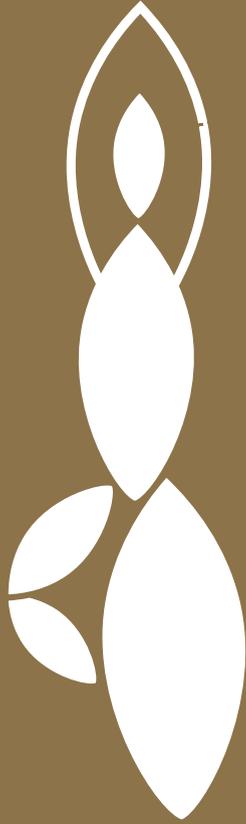
**SPA** Energising Facial    Duration – 30 Mins  
(For all skin types)

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.

**SHAVE STUDIO**    Duration – 45 Mins

Recreate the classic barbershop experience to enhance one's appearance. The traditional shave every man looks for with products that stimulate and nourish the skin. Our special shaving ritual with high quality active ingredients pampers the skin and its anti-oxidant properties keep the skin looking young and fresh, naturally!  
A luxury your skin deserves.





YOGA



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

<b>BALANCED</b>	( 90 Mins )
<b>ADVANCED</b>	( 90 Mins )
<b>ABHILAYA</b>	( 60 Mins )
<b>ADVANCED SURYA NAMASKAR</b> Sun Salutation	( 60 Mins )
<b>GENTLE</b>	( 60 Mins )
<b>DYNAMIC</b>	( 60 Mins )
<b>PRĀNĀYĀMĀ</b> with Mudrās and Bandhās	( 60 Mins )



SHATKARMA

<b>LAGHOO SHANKHAPRAKSHĀLANA</b>	( 90 Mins )
<b>KUNJAL KRIYA</b>	( 55 Mins )
<b>JALA NETI</b>	( 45 Mins )



MEDITATION

<b>YOGA NIDRĀ</b> Yogic Relaxation	( 25 Mins )
<b>YOGA NIDRĀ ADVANCED</b>	( 50 Mins )
<b>HRIDAYĀKASHA DHARĀNA</b> with Trātaka	( 50 Mins )
<b>ĀJAPA JAPA</b>	( 50 Mins )
<b>ANTAR MOUNA</b> 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** Duration – 90 Mins

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** Duration – 90 Mins

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.

### **ABHILAYA** Duration – 60 Mins

Journey towards your inner rhythm.

Transport yourself to new heights of relaxation with this ideal yoga session designed to diminish the effects of jet lag. This will harmonize your disturbed body rhythm, restore your disturbed sleep, eliminate body aches, fatigue and general disorientation.

The session starts with a nasal cleansing technique, soothing facial muscles and stimulating your mind. Special breathing practice (Pranayama) helps synchronize and re-balance the body, thereby refreshing your system. This is followed by simple postures (Asanas), which relieve muscular pain and stiffness and enhance blood circulation.

The yoga session ends with meditative sleep (Yoga Nidra) that helps in restoring your sleep cycle.

This 60 minute session is recommended both prior to and after your travel.

## **(f) ADVANCED SURYA NAMASKAR** Sun Salutations    Duration – 60 Mins

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.

## **(f) GENTLE**    Duration – 60 Mins

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.

## **(f) DYNAMIC**    Duration – 60 Mins

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.

## **(f) PRĀNĀYĀMĀ** with Mudrās & Bandhās    Duration – 60 Mins

Balancing the 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** Duration – 90 Mins

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 āsanās, work to wash and clear the intestines of underlying impurities. An extremely rejuvenating practice.

### **KUNJAL KRIYA** Duration – 55 Mins

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** Duration – 45 Mins

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 Prānāyāmā 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.

### **(Y) YOGA NIDRĀ** Yogic relaxation    *Duration – 25 Mins*

Psychic sleep for relaxation of the mind and body

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 short relaxation practice.

### **(Y) YOGA NIDRĀ ADVANCED**    *Duration – 50 Mins*

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.

### **(Y) HRIDAYĀKASHA DHĀRANA** With Trātaka    *Duration – 50 Mins*

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 gazing), a powerful technique to alleviate mental tension, anxiety, insomnia and depression.

### **(Y) ĀJAPA JAPA** With Mantras    *Duration – 50 Mins*

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.

### **(Y) ANTAR MOUNA** Inner Silence    *Duration – 40 Mins*

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.



## 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 Mālīsh
- End with a relaxing luxury facial

### **(M) AJINV**    Duration – 1.30 Hrs

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 blast dry

## FOR TWO

### **(M) SOMĀ** Nectar of the Gods    Duration – 2.00 Hrs

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

### **(M) ABHISARNA** Rendezvous of Romance    Duration – 1.30 Hrs

Relax with a 1-hour Indian Aromatherapy massage of your choice. Then take a dip in soak tub to romance your senses. Stimulate your taste buds with the freshly-prepared aromatic hors d’oeuvre. Lastly, quench your thirst with a wholesome fresh juice.



## SPA ADDITION

### SPA FACILITIES

Six generously sized single massage treatment rooms, a couple massage suite with a soak tub, a beauty salon with a manicure station and pedi-spa, a Yoga pavilion, a unisex Fitness Center and separate changing areas for men and women with lockers, steam and shower facilities. 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 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 ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones 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 wet area 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 and swimming pool. 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 or who 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.
- As a policy, we do not offer spa body treatments to pregnant women.
- 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  
FORT AGUADA  
RESORT & SPA  
GOA

  
TAJ  
HOLIDAY VILLAGE  
RESORT & SPA  
GOA

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# PRICES



## THERAPIES

### SIGNATURE EXPERIENCES

Vishrama	120 Minutes	Rs. 9000
Jivaniya	120 Minutes	Rs. 9000
Shudhikara	120 Minutes	Rs. 9000
Trupti	120 Minutes	Rs. 9000
Sama	100 Minutes	Rs. 1800
Pehlwan Malish	90 Minutes	Rs. 6750
Chandana	45 Minutes	Rs. 4000

### INDIAN THERAPIES

Sammardana	60 Minutes	Rs. 4500
Pada Mardana	60 Minutes	Rs. 3600
Prishta Mardana	60 Minutes	Rs. 3600
Champi	45 Minutes	Rs. 3600
Drishiti	30 Minutes	Rs. 3600

### INDIAN AROMATHERAPY

Vishram	60 / 90 Minutes	Rs. 4500 / 6750
Orja Dayaka	60 / 90 Minutes	Rs. 4500 / 6750
Pavithri	60 / 90 Minutes	Rs. 4500 / 6750

### SCRUBS & WRAPS

Narikela	45 Minutes	Rs. 3600
Prithvi Mrit	45 Minutes	Rs. 3600

### BEAUTY

Ananalepa	60 Minutes	Rs. 4500
Jiva Signature Facial	90 Minutes	Rs. 6750
Jamarosa Root	60 Minutes	Rs. 4500
Tulsi	60 Minutes	Rs. 4500
Champak Facial	60 Minutes	Rs. 4500
Neem Facial - For Gentlemen	60 Minutes	Rs. 4500
Spa Energizing Facial	30 Minutes	Rs. 2250

# PRICES



## SPA INDULGENCE

Soundarya	5 Hrs	Rs. 15800
Sukha	3.5 Hrs	Rs. 11400
Ajinv	1.5 Hrs	Rs. 6000
Soma	2 Hrs	Rs. 18000
Abhisarna	1.5 Hrs	Rs. 14000

- Prices are in Indian rupees, subject to applicable government taxes.
- Body Treatments can also be offered in the spa, two hours prior and two hours beyond the spa operational hours with prior intimation as mentioned below, at an additional charge of Rs. 2000/- per treatment.
- For Early morning appointments i.e. before 8 am intimation is required by 6 pm the prior evening.
- For Late evening appointments i.e. after 8 pm intimation is required by 6 pm the same day.
- Body Treatments can be offered in-room, at an additional charge of Rs. 1500/-. However, no cross-gender treatment will be offered in-room.
- Above prices are not applicable from 21st December to 5th January.

# PRICES



## BEAUTY SALON

### NAIL CARE

Pada Snana	75 Minutes	₹ 2700
Hasta Snana	60 Minutes	₹ 2250
Nail Cut & File (Hands / Feet)		₹ 350
Nail Cut, File & Polish (Hands / Feet)		₹ 500
Change of Polish (Hands / Feet)		₹ 250

### CUTS & STYLE

Shampoo & Conditioner	S / M / L	₹ 600 / 700 / 800
Hair Cut		
• Men		₹ 800
• Women		₹ 1200
• Children		₹ 600
Hair Styling / Blow Dry	S / M / L	₹ 800 / 900 / 1000
Hair Ironing		₹ 1300
Roller-set		₹ 1500

### HAIR COLOUR

Roots Touch-Up	S / M / L	₹ 1600 / 1800 / 2000
Global	S / M / L	₹ 2500 / 3750 / 4500
High Lights	S / M / L	₹ 2000 / 3700 / 4600

### HAIR CARE

Hair Spa Women		₹ 3500
Hair Spa Men		₹ 2250

### ADDITIONAL FOR MEN

Shave Studio		₹ 1200
Head Shave		₹ 700
Beard & Moustache Trim		₹ 500

### WAXING

\* Rates based on body parts and Facial area.

### EYEBROW SHAPING & THREADING

Eyebrows	₹ 200	Chin	₹ 150
Upper Lips	₹ 150	Forehead	₹ 200

### Medical Conditions

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

# PRICES



## YOGA

### ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

Balanced	90 Minutes	Rs. 2000
Advanced	90 Minutes	Rs. 2000
Abhilaya	60 Minutes	Rs. 1500
Advanced Surya Namaskar	60 Minutes	Rs. 1500
Gentle	60 Minutes	Rs. 1500
Dynamic	60 Minutes	Rs. 1500
Prānāyāmā	60 Minutes	Rs. 1500

### SHATAKARMA

Laghoo Shankhprakhshālan	90 Minutes	Rs. 2000
Kunjla 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 Dharāna	50 Minutes	Rs. 1200
Ājapa Japa	50 Minutes	Rs. 1200
Antar Mouna	40 Minutes	Rs. 1000