



THE TAJ MAHAL PALACE
MUMBAI

BEAUTY & WELLNESS





JIVA



Jiva is the Wellness brand of the Taj. At the iconic Taj Mahal Palace, Mumbai the Jiva spa spans over an expansive area of over 604 sq.m. and offers a host of signature holistic wellness treatments and therapies. Situated amidst the serene calm by the pool terrace, the Jiva Spa has been thoughtfully designed to be an oasis of calm in the midst of the bustling city.



The Jiva Spa brings in a blend of sheers, water and light to create a calm ambiance and facilitate a holistic healing experience. Each treatment has been carefully selected and curated to initiate physical, mental and spiritual equilibrium with an aim to provide a differentiated experience of unplugged indulgence and relaxation to its guests.

The Jiva Spa consists of one couple massage suite with an opulent soak tub, five single treatment pool facing rooms with individual showers and steam, along with a luxurious relaxation lounge, where guests can relax and unwind after the treatment, sipping on vishuddhi chai & wholesome snacks. It also has the magnesium soak pod, and an ultra luxurious hammam.



An “Ayurveda Pavilion”, overlooking the serene poolside with lush foliage, delivers authentic Ayurveda treatments. With two specialised Ayurveda rooms & a lobby area for guests consultation in a relaxed environment. Each of the Ayurveda rooms has their own steam and shower room, along with the Shirodhara equipment.



Our contemporary 24 hour Fitness Centre features a yoga studio and a complete range of the latest cardiovascular machines and weight-training equipment from Technogym.

Other facilities in the gym include male & female lockers with individual showers and steam, ensuring that our guests are offered a comfortable and sanitized area for their personal use.

Certified trainers are available (06:00am - 10:00pm) to help guests maximize their workouts.



CARDIOVASCULAR EQUIPMENT AND STRENGTH MACHINES

| CARDIO EQUIPMENT | | |
|---|---|--------------|
| Run 1000 Unity 3.0 | 7 | Technogym |
| BIKE 1000 | 2 | Technogym |
| RECLINE 1000 | 2 | Technogym |
| VARIO 1000 | 1 | Technogym |
| SYNCHRO 1000 | 1 | Technogym |
| SYNCHRO 1000 | 1 | Technogym |
| SKILLMILL CONNECT | 1 | Technogym |
| AQUA BIKE (ROWING MACHINE) | 1 | Life fitness |
| STRENGTH EQUIPMENT | | |
| TOTAL ABDOMINAL | 1 | Technogym |
| CHEST PRESS | 1 | Technogym |
| LEG PRESS | 1 | Technogym |
| LEG CURL | 1 | Technogym |
| LEG EXTENSION | 1 | Technogym |
| LAT MACHINE | 1 | Technogym |
| DUAL ADJUSTABLE PULLEY Standard (140Kg) | 1 | Technogym |
| URETHANE ENCASED DUMBBELL RACK | 1 | Technogym |
| URETHANE ENCASED DUMBBELL RACK | 1 | Technogym |
| 4 USES BENCH | 1 | Technogym |
| FUNCTIONAL | | |
| RKE Kit | 1 | Technogym |

ADDITIONAL AMENITIES

- Mineral water, hand towels and headsets (for private viewing of TV monitors) are available.
- Music players with Air Pods available on request.



Our poolside, is one of the most serene, beautiful & scenic outdoor spaces in the hotel. It is an Olympic level pool, with temperature control manned by certified life guards. It is nestled in lush green foliage and lawns. With 44 deck beds, chilled face sprays, cold face towels & fruit kebabs being served to all guests occupying the deck beds.



The Salon is inspired by the stylish French boutiques on the boulevards of the Champs Elysees. Pastel shades of pink, grey and green blend seamlessly to create an aura of timeless Parisian chic. Elegant arches are interspersed with classical French colonial 'louvers' reminiscent of the romantic city that they are synonymous of. Blushing pink flowers in large shining vases welcome guests to a renewed Tajness experience at our reception spread across 69 sq. m. The overall mix of white and pink accents add to the overall charm of the pristine white Salon. The Salon features an elegantly designed full service Bridal Room, where the bride & her bridesmaids can be groomed in a perfectly relaxed, comfortable and private setting. This room is additionally designed for pre-bridal shoots.

Also present in the plush waiting area are elegantly designed retail units, featuring product lines from Thalgo, Moroccan Oil & Naturica, along with a sophisticated skin care boutique from Guerlain.



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