




JIVA
SPA SERVICES







THERAPIES



SIGNATURE EXPERIENCES

ABHISHEKA (120 Mins)

SHRINGAAR Bridal Experience (120 Mins)

VISHRAMĀ Deep Muscular (120 Mins)

VISHUDDI Detox (120 Mins)

SAMATTVA Balance (120 Mins)



INDIAN THERAPIES

PEHLWĀN MĀLISH Warrior Massage (90 Mins)

INDIAN AROMATHERAPY (90 Mins)



BODY RITUALS

VISHUDDI Detox (30/70/90 Mins)

POSHA Nourishing (30/70/90 Mins)



BEAUTY

JIVA Signature Facial (90 Mins)



SPA INDULGENCE

SOMĀ Nectar of the Gods (120 Mins)

ABHISARANA Rendezvous of Romance (90 Mins)

DEV NIDRA Sleep of the Gods (90 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.

ABHISHEKA Duration – 120 Mins

Abhisheka from Jiva presents the global spa guest an experience of the essence of India's ancient ceremonial cleansing rituals. Offered with the purest natural ingredients, Abhisheka brings guests a purifying, rejuvenating and healing spa experience like no other.

A gentle pouring of healing Holy Basil water and panchamruta (five purifying nectars that promote well-being) followed by a relaxing massage recreates the sanctity of traditional purifying rituals in the comfort and privacy of a contemporary spa. Enveloped in an ambience of spirituality, Abhisheka from Jiva cleanses the body, bringing the guest in touch with the divinity that resides within.

The Abhisheka Experience

The guest steps into a snana kaksha infused with the fragrance and soft light of traditional Indian incense and lamps. Soothing chants of verses, invoking the goddesses of holy water, create an aura of peace and sanctity.

Linger in the vapours of warm holy basil water gently poured from a traditional urn, on your body. Holy Basil is an elixir of life, balances vital functions of body and is known for its healing and therapeutic properties. Panchamruta then is applied on the body. After its therapeutic ingredients soak into the skin, it is rinsed with warm milk. Soothing sandalwood paste is applied over the body and rinsed after awhile.

Cleansed and calmed, the guest lies down for a relaxing massage with signature soothing oils. As the skilled touch of the therapist eases the stress knots in the body, the restorative resonance of ancient Vedic prayers invokes a sense of spirituality and calms the mind.

The rhythmic cadence of the sublime verses and the therapist's strokes creates an aura of peace and piety, purifying the heart and mind and ushering in a feeling of joyfulness, wellness and divinity.

Experience the bliss of Abhisheka in the serene and luxurious environs of Jiva Spa.

SHRINGAAR Inner Glow Duration – 120 Mins

The pleasure of anticipation. The circle of family, friends and loved ones. The discoveries and delight of being in love. Every bride is beautiful. Shringaar, our bridal experience, enhances and perfects your beauty. With a series of traditional rituals that soothe your body, mind and spirit, so that you emerge serene and carry that glow through to your special day and into your shared life beyond. Commence your experience with Aukshan a traditional ritual to bless the bride, to protect her aura. A traditional Ubtan made with Sandalwood, Saffron, Turmeric and fresh cream, exfoliates the body, symbolizing the leaving behind of the old and preparing to welcome the new. Gentle head massage with fresh coconut milk, Soothe and soften the skin with a ritualistic bath with fresh milk and rose petals, dhoop ritual for your hair. An indulgent aromatherapy skin toning massage pampers and relaxes you. A traditional "blessings" ritual complete with Kumkum Tikka, Kajal, Turmeric and Bangles initiate you on your new life journey.

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.

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 soothing bath and a full body lymphatic drainage massage. Cleansed anew, this treatment leaves you in an optimum state of well-being.

SAMATTVA Balance Duration – 120 Mins

Our signature Yoga treatment takes you through a profoundly contemplative and meditative journey, leading to a heightened state of well-being. After a personalised consultation, our yoga expert will guide you through a series of 'Āsanās' (body and mind postures) and 'Prānāyāmās' (controlled breathing techniques) leaving you energised and balanced. Experience higher levels of concentration with 'Trataka' (steady flame gazing) and Kaya Sthairam (consciously stilling the body). Restore the body's chakras (energy centres) and enhance clarity of mind with gem stone visualisation, an intense colour therapy experience. You will then be asked to pick a contemplation card. The inspiring word inscribed upon it, needs to be reflected upon and an intention - 'sankalpa' is to be made. Guided meditation followed by Yoga Nidrā (a state of conscious deep sleep) amplifies your relaxed state of being and offers you pristine moments of lucidity. Journal writing ends this introspective experience.

This spiritual therapy embracing ancient practices is effective in helping you attain poise and equilibrium in mind, body and emotion.



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.

INDIAN AROMATHERAPY Duration – 90 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.

BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING AND NOURISHING PROPERTIES OF OUR BATHS, 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.

Initiate this experience with our luxurious bath to relax. 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 – 30/70/90 Mins

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

Vishuddi Scrub

Vishuddi Wrap

Vishuddi Bath

POSHA Nourishing Duration – 30/70/90 Mins

Nourishes your skin and makes it silky smooth and supple.

Posha Scrub

Posha Wrap

Posha Bath

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 will pamper your senses to the fullest.

 **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.



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.

(1) DEV NIDRĀ Sleep of the Gods Duration – 90 Mins

Indulge your senses in a soothing bath with relaxing bath salts beneath a star-lit night sky. This is followed by a relaxing aromatherapy massage to melt away your stress. Our fragrant signature blend with the richness of Kewda, Frankincense and Brahmi, infused in sandalwood and sesame, help release tension and bring tranquillity to your being. Sip a relaxing tea infusion to complete your experience.

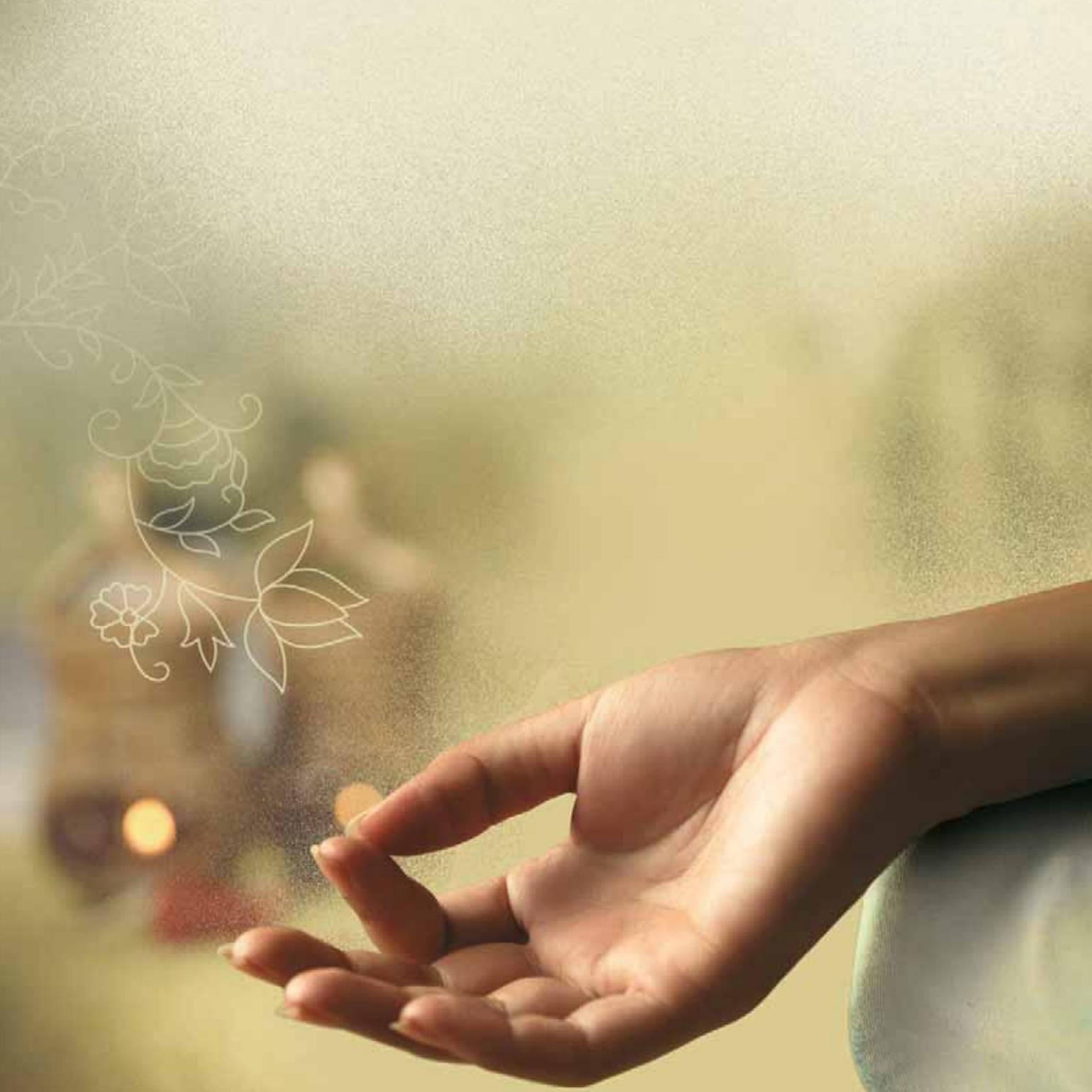
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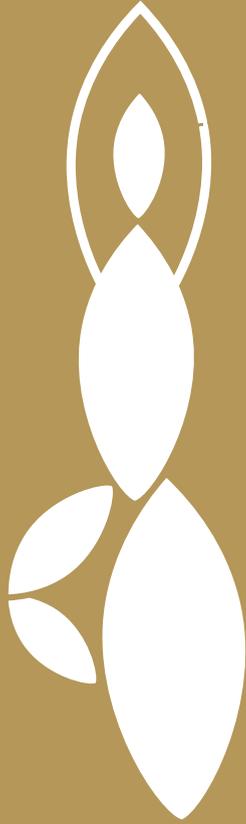
(1) SOMĀ Nectar of the Gods Duration – 120 Mins

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 champagne.

(1) ABHISARANA Rendezvous of Romance Duration – 90 Mins

Relax with a 1-hour Indian Aromatherapy massage of your choice. Then take a dip in our plunge pool 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.





YOGA



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

- BALANCED** (90 Mins)
- ADVANCED** (90 Mins)
- ABHILAYA** (60 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 SPA CONTINUES THIS TIME-HONOURED TRADITION BY 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 session will be specially designed to suit your personal requirements and level of prior yoga practice. A consultation with our Yoga teacher to 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 Journey towards your inner rhythm Duration – 60 Mins

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.

👉 **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.

👉 **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.

👉 **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.

👉 **PRĀNĀYĀMĀ** with Mudrās & Bandhās Duration – 60 Mins

Balancing vital energy – through Breath, Gestures and Psychic Locks

Prānāyāmā is a Yogic technique to control the intake and outflow of breath to 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 Āsanas, 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.

YOGA NIDRĀ Yogic relaxation Duration – 25 Mins

Psychic sleep for relaxation of the mind and body

Yoga Nidrā 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 NIDRĀ ADVANCED** Duration – 50 Mins

Psychic sleep for the evolution of the dormant potential within

The advanced level of Yoga Nidrā (Psychic Sleep) brings about a complete relaxation of the internal organs, synchronisation in the flow of breath and energy, leading to 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 mind to bring a positive change in you.

🌀 **HRIDAYĀKASHA DHĀRANA** With Trātaka Duration – 50 Mins

Experience balance and develop the emotional aspects of your 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.

🌀 **ĀJAPA JAPA** Duration – 50 Mins

For awakening of the energy centers

An advanced practice in which you become aware of your breath and the psychic passage of energy (Prānās), followed by the visualisation of the movements 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 centres, leading to a higher level of awareness.

🌀 **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.

Note:

Longer duration yoga programs are available. Please contact the Spa Manager for further details





AYURVEDA

CONSULTATION	(30 mins)
ABHYANGA Including Snānā	(75 mins)
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)
SHIRODHARA	(60 mins)
SHIRODHARA ABHYANGA	(90 Mins)
PADABHYANGA	(60 Mins)
PODIKHIZI	(60 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.

CONSULTATION Duration – 30 Mins

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 befit your health requirements.

ABHYANGA Including Snānā Duration – 75 Mins

The medicated herbal oil application, Abhyanga is not really 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 will yield wide ranging benefits like good appetite, alertness during the day, good sleep at night and reduced stress levels. It removes fatigue and simple pains, gives a glowing skin and most importantly protects one from outside influences (builds your immunity).

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.

U) UDVARTANĀ Including Snānā Duration – 75 Mins

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.

U) MUKHALEPĀ Traditional Herbal Facial Duration – 60 Mins

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.

U) DINACHARYA Including Snānā Duration – 120 Mins

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.

(M) KATI BASTI / PRUSHTA BASTI Duration – 45 Mins

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.

(M) PICHU Duration – 30 Mins

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.

(M) SHIRODHARA Duration – 60 Mins

Shirodhara is a classical ayurvedic procedure in which lukewarm herbal oil is poured in an even stream on the forehead at a specific temperature, height and time to pacify and revitalize the mind and the body. This therapy induces a relaxed state of awareness that results in a dynamic psycho-somatic balance.

(M) SHIRODHARA ABHYANGA Duration - 90 Mins

Combination of Abhyanga and Shirodhara.

(M) PADABHYANGA Duration – 60 Mins

Padabhyanga is a traditional ritual which involves deep kneading movements along pressure points on the feet and concludes with fomentation using warm towels. This procedure strengthens the joints and soft tissues, enhancing blood circulation which eases the stress in your feet and revitalises the nervous system

PODIKHIZI Duration - 60 Mins

This is an Ayurvedic procedure where heated herbs, oils, powders, and other prescribed materials are tied into muslin bags to form boluses. These bags are then gently massaged with varying degrees of pressure on the body and to relieve the body pain. This is followed by specific massages, done using the fingers, heel of the hand or palm.

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.
- All the above programs can be administered as single sessions.
- For long-staying guests, more customized programs can be created based on their needs and availability of requisite facilities.
- Consultations are complimentary with treatments.
- Longer duration Ayurveda treatments are available. Please contact the Spa Manager for further details



SPA INFORMATION

SPA FACILITIES

The Jiva spa consists of one couple massage suite with soak tub, two signature treatment rooms, five single treatment rooms with steam and shower area, two Ayurveda treatment room with steam & shower and a relaxation room,. The Fitness centre and yoga studio is housed separately with dedicated wet areas for men and women with steam, regular showers and a relaxation area. We provide robes, towels, slippers and personal amenities.

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.

TIMINGS

Spa: Open daily from 8.00am to 9.00pm

Swimming Pool & Wet Areas: 6.00am to 10.00pm

Gymnasium: 24 hours (Trainers will be available from 6.00am to 10.00pm)

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 INFORMATION

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 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 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.



THE TAJ MAHAL PALACE
MUMBAI

The Taj Mahal Palace
Apollo Bunder, Mumbai 400 001
Tel.: 91 22 666 53320
jivaspamahal.mumbai@tajhotels.com
www.tajhotels.com

PRICES



THERAPIES

SIGNATURE EXPERIENCES

Abhisheka	120 Minutes	₹ 15500
Shringaar	120 Minutes	₹ 20000
Vishrama	120 Minutes	₹ 12000
Vishuddi	120 Minutes	₹ 12000
Samattva	120 Minutes	₹ 12000

INDIAN THERAPIES

Pehlwan Malish	90 Minutes	₹ 9300
Indian Aromatherapy	90 Minutes	₹ 9300

BODY RITUALS

Vishuddi	30/70/90 Minutes	₹ 4650 / 9300/ 15000
Posha	30/70/90 Minutes	₹ 4650 / 9300/ 15000

BEAUTY

Jiva Signature Facial (complimentary retail facial blend worth Rs. 900/-)	90 Minutes	₹ 9000
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SPA INDULGENCE

Dev Nidra	90 Minutes	₹ 9300
Soma (For Two)	120 Minutes	₹ 24000
Abhisarana (For Two)	90 Minutes	₹ 15000



YOGA

Balanced	90 Minutes	₹ 5000
Advanced	90 Minutes	₹ 5000
Abhilaya	60 Minutes	₹ 4000
Advance Surya Namaskar	60 Minutes	₹ 4000
Gentle	60 Minutes	₹ 4000
Dynamic	60 Minutes	₹ 4000
Pranayama	60 Minutes	₹ 4000

PRICES

Laghoo Shanprakshalana	90 Minutes	₹ 5500
Kunjal Kriya	55 Minutes	₹ 3500
Jala Neti	45 Minutes	₹ 3500
Yoga Nidra	25 Minutes	₹ 1600
Yoga Nidra Advanced	50 Minutes	₹ 4000
Hridayakasha Dharana	50 Minutes	₹ 4000
Ajapa Japa	50 Minutes	₹ 4000
Antar Mouna	40 Minutes	₹ 3000



AYURVEDA

Consultation	30 Minutes	₹ 1500
Dinacharya	120 Minutes	₹ 9750
Abhyanga	75 Minutes	₹ 7000
Udvartana	75 Minutes	₹ 8500
Mukhalepa	60 Minutes	₹ 5500
Pichu	30 Minutes	₹ 3500
Kati basti /Prustha basti	45 Minutes	₹ 3500
Shirodara	60 Minutes	₹ 7000
Shirodara Abhyanga	90 Minutes	₹ 11000
Padhabhyanga	60 Minutes	₹ 5500
Podikhizi	60 Minutes	₹ 5500

- Prices are in Indian Rupees, exclusive of 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 50% of the treatment availed.
- For early morning appointment i.e. before 8 am intimation is required by 6 pm the prior evening.
- For late evening appointments i.e. after 9 pm intimation is required by 6 pm the same day.
- Spa massages can be offered in- room, at an additional charge of 50% of the treatment availed. However, no cross-gender treatment will be offered in-room.
- Treatments in the room as well as those booked beyond operation hours, would be subject to availability of the therapist.