



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

- TRUPTI** ( 120 mins )
- JIVANIYA** Invigorate ( 120 mins )
- SHUDHIKARĀ** Detoxifying ( 120 mins )
- PEHLWĀN MĀLISH** Warrior Massage ( 90 mins )
- JAGR** Awaken ( 45 mins )



## INDIAN THERAPIES

- SAMMARDANĀ** Indian Deep Tissue Massage ( 60 mins )
- PĀDA MARDANĀ** Indian Foot Massage ( 60 mins )
- PRISHTA MARDANĀ** Back Treatment ( 60 mins )



## INDIAN AROMATHERAPY

- VISHRĀM** Relaxation Massage ( 60 mins )
- ŌRJA DĀYAKĀ** Energizing Massage ( 60 mins )
- PAVITHRI** Lymphatic Drainage ( 60 mins )



## BODY RITUALS

- NARIKELĀ** House Favourite ( 45 mins )
- MASĀLĀ** Spice Scrub ( 45 mins )
- PRITHVI MRIT** Earth's Nectar ( 45 mins )
- MOCHA PATRA** Plantain Leaf Wrap ( 45 mins )



## BEAUTY

- JIVA** Signature Facial ( 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.

### **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.

### **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.

### **JAGR** Awaken    Duration – 45 Mins

Inspired by the Sanskrit word Jagr, which means to awaken, this treatment will erase your fatigue and restore your being.

Commence with a warm foot soak that will soothe you. Follow it up with a relaxing Champi (Indian head massage). Let the pressure of our therapists' hands ease your tired back with strokes that will elevate you to a state of alertness.

Feel your tension dissipate gradually and exhilarate as your body reaches a plane of intense wellness. End the therapy with an energizing beverage that refreshes and renews.

\* We require 24 hour advance notice for the above treatment



## 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.

### **PRISHTA MARDANĀ** Back Treatment    Duration – 60 Mins

The first casualty of a stressful life is the shoulders 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.





## 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.

### **(M) VISHRĀM** Relaxation Massage    Duration – 60 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 tranquillity to your entire system.

### **(M) ŌRJA DĀYAKĀ** Energizing Massage    Duration - 60 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.

### **(M) PAVITHRI** Lymphatic Drainage    Duration – 60 Mins

A unique blend of oils with the goodness of Tulsi, Ginger and Lime, combined with the lymphatic drainage technique, 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.

### **MASĀLĀ** Spice Scrub    Duration - 45 Mins

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    Duration - 45Mins

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\*    Duration - 45 Mins

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.

Note:

\* We require 24 hour advance notice for the above treatment

## 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.

### **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.



## 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 – 300 Mins

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 relaxing luxury spa 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 – 210 Mins

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 spa facial



## SPA INFORMATION

### SPA FACILITIES

Three treatment rooms, separate relaxation areas, changing rooms for men and women, with lockers, change and shower facilities. Our wet areas encompass a steam and a shower. In addition, the men's wet area includes an experiential shower and a sauna. 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 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 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. 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.
- 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.
- As a policy, we do not offer spa 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.









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# PRICES



## THERAPIES

### SIGNATURE EXPERIENCES

Trupti	120 Minutes	₹ 7000
Jivaniya	120 Minutes	₹ 7000
Shudhikara	120 Minutes	₹ 7000
Pehlwān Mālīsh	90 Minutes	₹ 6000
Jagr	45 Minutes	₹ 3000

### INDIAN THERAPIES

Sammardanā	60 Minutes	₹ 4000
Pāda Mardanā	60 Minutes	₹ 3000
Prishta Mardanā	60 Minutes	₹ 3000

### INDIAN AROMATHERAPY

Vishrām	60 Minutes	₹ 4000
Orja Dayaka	60 Minutes	₹ 4000
Pavithri	60 Minutes	₹ 4000

### BODY RITUALS

Narikelā	45 Minutes	₹ 2500
Masālā	45 Minutes	₹ 2500
Prithvi Mrit	45 Minutes	₹ 2500
Mocha Patrā	45 Minutes	₹ 2500

### BEAUTY

Jiva Signature Facial	90 Minutes	₹ 6000
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### SPA INDULGENCE

Soundarya	300 Minutes	₹ 12900
Sukha	210 Minutes	₹ 11250

- Prices are in Indian Rupees, exclusive of applicable government taxes.
- Body treatments can also be offered in the spa, one hours prior and one hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of Rs. 1200/- per treatment,
- For early morning appointments i.e. before 8 a.m, intimation is required by 6 pm the prior evening.
- For late evening appointments i.e. after 8 p.m. 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.
- Please inform us of any medical conditions or other special needs that require our attention.

