



Drawing on the fabled lifestyle and culture of Indian royalty through the centuries, along with 6000 year old Eastern wellness philosophies devised to align body, soul and mind, Jiva Spa is a special space that encapsulates the 'science of longevity' with the wisdom of the ages behind its offerings.

INDIAN THERAPY MASSAGES

PRICE IN ZAR

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| Pehlwan Malish (Warrior Massage) 90 Minutes | 1450 |
| This deep tissue massage relieves aching, sore and tense muscles and includes stretching. | |
| Ventoz (Indian Cupping) 90 Minutes | 1450 |
| By creating vacuum suction with the cups we ease knots and sore points of the body. This cupping technique is combined with a leisurely deep massage. | |
| Indian Aromatherapy Massage 60/90 Minutes | 950/1400 |
| In this traditional full body massage our essential signature oils are absorbed through the skin, circulating their relaxing and therapeutic properties through your body. | |
| Pada Mardana (Indian Foot Massage) 30/45/60 Minutes | 475/700/950 |
| A sublime massage treatment performed on the soles of your feet to create a profoundly relaxing massage. | |
| Champi (Indian Head Massage) 30/45 Minutes | 475/700 |
| This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation. | |
| Relaxing Back, Neck and Shoulders Massage 45 Minutes | 700 |
| Focusing on the areas that accumulates the highest strain in our bodies we gently induce relaxation by applying gentle pressure to dissipate the tension accumulated in our daily lives | |

FACIALS

PRICE IN ZAR

| | |
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| Jiva Signature Facial 90 Minutes | 1075 |
| Your treatment starts with a relaxing back massage followed by a classic Jiva Facial tailored to suit your skin. | |
| Champak Facial 60 Minutes | 750 |
| For normal / sensitive skin | |
| Jamarosa Root Facial 60 Minutes | 750 |
| For oily / acne prone skin | |
| Tulsi Facial 60 Minutes | 750 |
| For dry / dehydrated skin | |
| Neem Facial 60 Minutes | 750 |
| For Gentlemen | |
| Spa Energizing Facial 30 Minutes | 475 |
| A quick but effective introductory facial | |

BEAUTY

PRICE IN ZAR

| | |
|---|-----|
| Pada Snana (Spa Pedicure) 75 Minutes | 450 |
| The ultimate extravagance for weary soles. | |
| Hast Snana (Spa Manicure) 60 Minutes | 400 |
| Revive and deeply moisturizes your hands. | |

To make a booking / purchase a Gift Voucher
 + 27 (0)21 819 2028
jivaspa.capetown@tajhotels.com
 Located on the first floor. Open from 08:00 - 20:00.
 All prices are quoted per person unless specified.



SIGNATURE RITUALS

PRICE IN ZAR

| | |
|--|------|
| Cape Fynbos (Uplifting) 120 Minutes Initiate your journey with a scrub and wrap and end your treatment off with a full body massage. | 1800 |
| Trupti (Contentment) 120 Minutes This experience begins with our Indian head massage to relax and improve circulation, followed by a back and Indian foot massage. | 1800 |
| Vishrama (Deep Muscular) 120 Minutes An application of hot compress of therapeutic Indian herbs works on your tired and sore muscles combined with a deep massage. | 1800 |
| Sushupti (Deep Relaxation) 120 Minutes Pamper yourself with a scrub and wrap and rinse your cares away with warm milk. Finish off with a relaxation massage. | 1800 |
| Vishuddi (Detoxifying) 120 Minutes Exfoliation is performed using silk gloves followed by a traditional Indian herb wrap. Ending off with a lymphatic drainage massage (light pressure). | 1800 |

SPA INDULGENCES

PRICE IN ZAR

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|---|------|
| Sukha (Half Day Package) 3 Hours <input type="checkbox"/> Scrub and wrap of your choice <input type="checkbox"/> 90 min Indian powerful oil massage Pehlwan Malish <input type="checkbox"/> 30 min Spa Energising Facial | 2800 |
| Somä (Couples Package) 2 Hours A romantic couples massage followed by a rose petal bath together and some exclusive time alone with fresh fruit and a bottle of champagne. | 2650 |

Threading & Hair Removal Services on request

BODY RITUALS

PRICE IN ZAR

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|---|-----|
| Scrub 30 Minutes | 400 |
| Body Wrap 45 Minutes | 575 |
| Scrub & Wrap 75 Minutes | 875 |
| <input type="checkbox"/> Vishuddi (Detoxifying) | |
| <input type="checkbox"/> Posha (Nourishing) | |
| <input type="checkbox"/> Aksha (Relaxing) | |

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