



  
JIVA  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

- ABHISHEKA** ( 120 Mins )
- VISHRAMĀ** Deep Muscular ( 120 Mins )
- SUSHUPTI** Dreamless Sleep ( 120 Mins )
- VISHUDDI** Detox ( 120 Mins )
- SAMATTVA** Balance ( 120 Mins )



## INDIAN THERAPIES

- PEHLWĀN MĀLISH** Warrior Massage ( 90 Mins )
- VENTOZ** Indian Cupping ( 90 Mins )
- INDIAN AROMATHERAPY** ( 60 Mins )
- PĀDA MARDANĀ** Indian Foot Massage ( 60 Mins )
- CHAMPI** Indian Head Massage ( 45 Mins )



## BODY RITUALS

- VISHUDDI** Detox ( 30/70 Mins )
- POSHA** Nourishing ( 30/70 Mins )
- AKSHA** Sensual ( 30/70 Mins )



## BEAUTY

- PĀDA SNĀNĀ** Spa Pedicure ( 75 Mins )
- HAST SNĀNĀ** Spa Manicure ( 60 Mins )
- HAIR SPA** ( 60 Mins )
- JIVA** Signature Facial ( 90 Mins )
- JAMAROSA ROOT** Deep Cleansing Facial ( 60 Mins )
- TULSI** Nourishing Facial ( 60 Mins )
- CHAMPAK** Soothing Facial ( 60 Mins )
- NEEM FACIAL** For Gentlemen ( 60 Mins )
- SPA** Energising Facial ( 30 Mins )
- SHAVE STUDIO** ( 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.

### **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 Bilwa 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 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**

A steam bath that opens the skin pores and removes toxins from the body heralds the Abhisheka experience. The guest steps into a serene treatment room infused with the fragrance and soft light of traditional Indian incense and lamps. Soothing chants of verses, invoking the goddesses of India's seven holy rivers, create an aura of peace and sanctity.

The guest is seated on an exquisite stool and Bilwa water known for its healing and therapeutic properties is gently poured from a traditional urn on the body. Panchamruta then is applied on the body. After its therapeutic ingredients soak into the skin, it is rinsed with Bilwa water. Soothing sandalwood paste is applied over the body and rinsed after a while.

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.

### **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.

### **🌿 SUSHUPTI** Dreamless Sleep    Duration – 120 Mins

An indulgent treatment for deep relaxation and glowing skin.

Set the mood for this pure indulgence as you commence with an aromatic footbath. Pamper yourself with the richness of nature, a natural blend of 22 herbs, green gram flour, honey and fresh cream. A heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Soak your cares away with a warm bath of nourishing raw milk, enhanced with rose essence and rose petals, to wash away the traces of the wrap. Succumb to the rhythmic strokes of a relaxation massage, during which hot packs are placed on the body dissolving aches and strains. Complete your experience with a face massage leaving you languid and thoroughly pampered from head to toe.

### **🌿 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 Nidra (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.

### **(M) 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.

### **(M) VENTOZ** Indian Cupping    *Duration – 90 Mins*

An ancient Indian treatment where heat in a glass is used to create vacuum and ease knots and sore points of the body. This is followed by a leisurely deep massage where our signature spa oil is readily absorbed by the skin. While cupping may cause mild bruising (part of the therapeutic process), often guests report immediate relief from long-term chronic ailments.

### **(M) INDIAN AROMATHERAPY**    *Duration – 60 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.

### **(M) 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.

### **(M) 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.

## 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 Mins / 70 Mins

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

Vishuddi Scrub  
Vishuddi Wrap

### **POSHA** Nourishing    Duration – 30 Mins / 70 Mins

Nourishes your skin and makes it silky smooth and supple.

Posha Scrub  
Posha Wrap

### **AKSHA** Sensual    Duration – 30 Mins / 70 Mins

Relax and indulge your senses to a blissful state.

Aksha Scrub  
Aksha Wrap

## 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 a 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 mask application. Choose from our array of nourishing, detox, sensual or paraffin mask to restore its 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, detox, sensual 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.

## FACIALS

### **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.

**(M) 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.

**(M) 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.

**(M) 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.

**(M) 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.

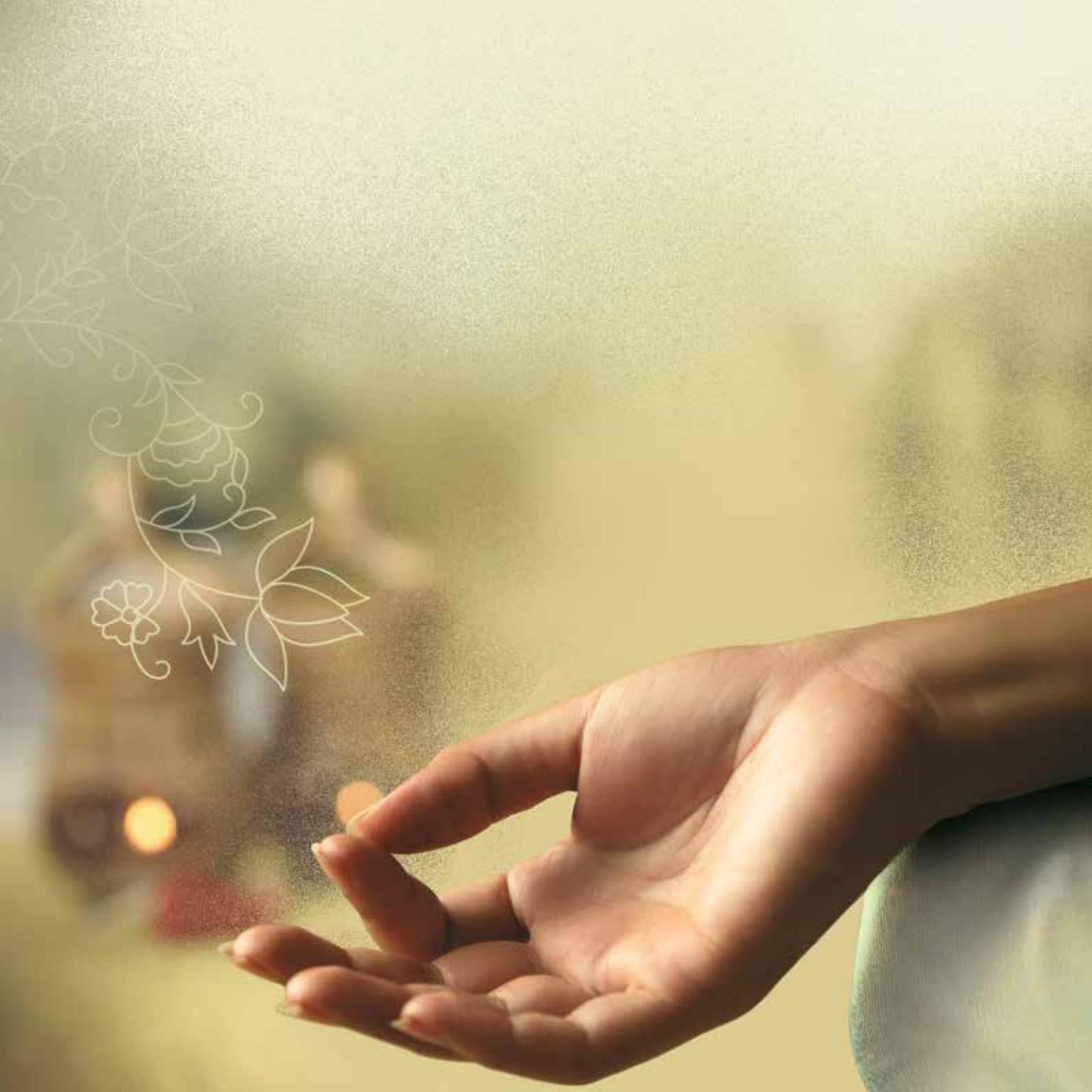
**(M) SPA** Energising Facial    *Duration – 30 Mins*  
(For all skin types)

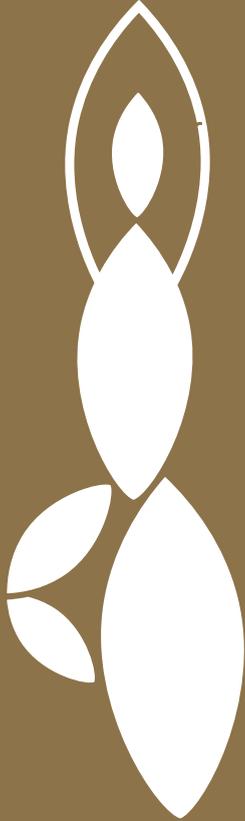
This cleansing express mini-facial is designed to stimulate and tighten skin. A quick pick-me-up for men and women who want to look brighter and feel younger.

**(M) 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

**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 Āsanās 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 Āsanās 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.

### **(M) 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.

### **(M) 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.

### **(M) 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 Prāṇāyāmā 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.

### **(M) 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**



## 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 – 5.30 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 an hour facial of your choice
- 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 Mālish
- Give yourself a quick boost with our Spa Energising Facial

### **(M)** **SVASHAKTI** Find The Power Within    Duration – 3.00 Hrs

Encounter spirituality, balance and inner peace

- Commence with our Indian head massage 'Champi'
- Detox with our Indian aromatherapy massage 'Pavithri'
- Relax with a one hour Yoga session of your choice.
- End with a refreshing wholesome fresh fruit juice

**🌿 AJINV** Refreshing Boost    *Duration – 90 Mins*

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

**🌿 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.

**🌿 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.



## SPA INFORMATION

### SPA FACILITIES

The Jiva spa consists of one couple massage suite with soak tub, six single treatment rooms. The spa also boasts of two Ayurveda treatment rooms, an unisex Beauty salon, dedicated wet areas for men and women with steam, sauna, experience and regular showers and a relaxation area, Fitness centre and a Yoga studio. 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.



## SPA INFORMATION

### 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 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.



**TAJ**  
ARAVALI RESORT & SPA  
UDAIPUR

**Taj Aravali Resort & Spa, Udaipur**  
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