




JIVA
SPA SERVICES







THERAPIES



SIGNATURE EXPERIENCES

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

- ĀNANA LEPĀ** Facial (60 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.

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.



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.

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.

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.

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.

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

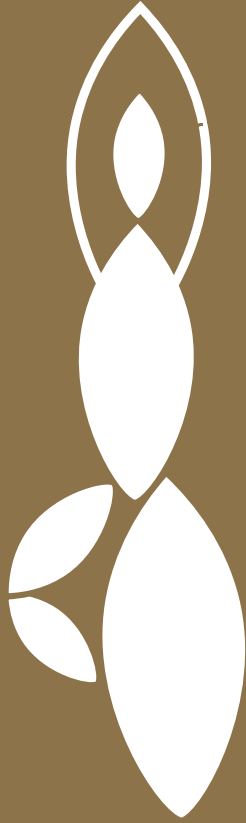
OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT JIVA. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS

Our facials will pamper your senses to the fullest.

ĀNANA LEPĀ Facial *Duration – 60 Mins*

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.





YOGA



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

BALANCED

GENTLE

(90 Mins)

(60 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.

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.



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) **SUKHA** Bliss Duration – 240 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 Anana Lepa Facial



SPA INFORMATION

SPA FACILITIES

The Jiva spa consists of one couple treatment suite, three single treatment rooms. The spa also boasts of an outdoor yoga lawn with a beautiful lush greenery view. Separate changing areas for men and women with lockers. Our wet area encompasses a steam, sauna and shower facility. An experiential shower, an ice shoot experience and a relaxation area. 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.



WEST END
BENGALURU

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PRICES



THERAPIES

SIGNATURE EXPERIENCES

Vishramā	120 Minutes	₹ 9500
Sushupti	120 Minutes	₹ 9500
Vishuddi	120 Minutes	₹ 9500

INDIAN THERAPIES

Pehlwān Mālīsh	90 Minutes	₹ 6950
Ventoz	90 Minutes	₹ 6950
Indian Aromatherapy	60 Minutes	₹ 4600
Indian Aromatherapy	90 Minutes	₹ 6750
Pāda Mardanā	60 Minutes	₹ 3600
Champi	45 Minutes	₹ 3600

BODY RITUALS

Vishuddi	30/70 Minutes	₹ 2300/4600
Posha	30/70 Minutes	₹ 2300/4600
Aksha	30/70 Minutes	₹ 2300/4600

BEAUTY

Ānana Lepā Facial	60 Minutes	₹ 4500
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YOGA & MEDITATION

Balanced	90 Minutes	₹ 1900
Gentle	60 Minutes	₹ 1600



SPA INDULGENCE

Sukhā	240 Minutes	₹ 14000
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- 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'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.