



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

- VISHRAMĀ** Deep Muscular ( 120 Mins )
- SUSHUPTI** Dreamless Sleep ( 120 Mins )
- VISHUDDHI** Detox ( 120 Mins )
- TRUPTI** Contentment ( 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

- 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.

### **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.

### **VISHUDDHI** 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 full body lymphatic drainage massage.

Cleansed anew, this treatment leaves you in an optimum state of well-being.

### **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.



## INDIAN THERAPIES

JIVA SPA 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 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.

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 Mins

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

Vishuddi Scrub

Vishuddi Wrap

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

Nourishes your skin and makes it silky smooth and supple

Posha Scrub

Posha Wrap

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

Relax and indulge your senses to a blissful state

Aksha Scrub

Aksha Wrap

## BEAUTY

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

Our facials 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.

### **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
- Give yourself a quick boost with our Spa Energising Facial

## 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 one 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 and two single treatment rooms with steam and shower. A relaxation area and separate changing areas for men and women with lockers, change and shower facilities. Our wet area encompasses a steam, sauna and hot, cold & chill showers. In addition we have an Unisex gymnasium and a Swimming pool. 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

The Spa is open daily from 8 am to 8 pm

### PARKING

Valet parking available for members, in-house guests and spa visitors.

### VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the spa locker.

### 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 wet area facilities. However, we have a special spa treatment menu designed for children.
- 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.
- 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**  
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CHENNAI

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# PRICES



## THERAPIES

### SIGNATURE EXPERIENCES

Trupti	120 Minutes	₹ 8000
Vishramā	120 Minutes	₹ 8000
Sushupti	120 Minutes	₹ 8000
Vishuddi	120 Minutes	₹ 8000

### INDIAN THERAPIES

Pehlwān Mālīsh	90 Minutes	₹ 6000
Ventoz	90 Minutes	₹ 6000
Indian Aromatherapy	60 Minutes	₹ 4000
Pāda Mardanā	60 Minutes	₹ 3000
Champi	45 Minutes	₹ 3000

### BODY RITUALS

Vishuddi	30/70 Minutes	₹ 2000/4000
Posha	30/70 Minutes	₹ 2000/4000
Aksha	30/70 Minutes	₹ 2000/4000

### BEAUTY

Jiva Signature Facial	90 Minutes	₹ 6000
Jamarosa Root	60 Minutes	₹ 4000
Tulsi	60 Minutes	₹ 4000
Champak	60 Minutes	₹ 4000
Neem Facial For Gentlemen	60 Minutes	₹ 4000
Spa Energising Facial	30 Minutes	₹ 2000



## SPA EXPERIENCE

Sukha	210 Minutes	₹ 10800
Soma (For Two)	120 Minutes	₹ 17000
Abhisarana (For Two)	90 Minutes	₹ 12500

- Prices are in Indian rupees, subject to applicable government taxes.
- Body Treatments can also be availed , 2 hours prior and 2 hours beyond spa 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 am intimation is required by 6 pm the prior evening.
- For Late evening appointments i.e. after 8 pm 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.