



  
JIVA  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

- VISHRAMĀ** Deep Muscular ( 120 Minutes )
- SUSHUPTI** Dreamless Sleep ( 120 Minutes )
- VISHUDDI** Detox ( 120 Minutes )
- SAMATTAVA** Balance ( 180 Minutes )



## INDIAN THERAPIES

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



## BODY RITUALS

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



## BEAUTY

- JIVA** Signature Facial ( 90 Minutes )

## 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 Minutes

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 Minutes

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 Minutes

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.

 **SAMATTVA** Balance    Duration - 180 Minutes

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 Nidrā (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 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 Minutes

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 Minutes

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 Minutes

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 Minutes

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 Minutes

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 Minutes*

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

Vishuddi Scrub

Vishuddi Wrap

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

Nourishes your skin and makes it silky smooth and supple

Posha Scrub

Posha Wrap

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

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.

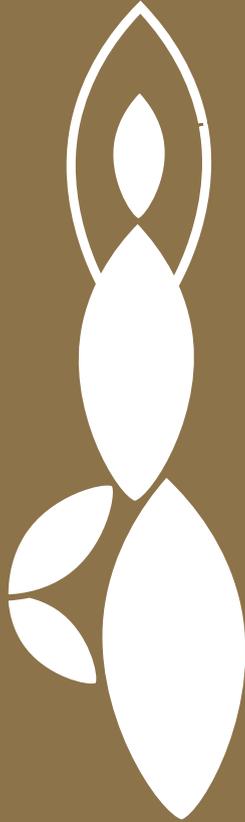
Our facials and other beauty rituals will pamper your senses to the fullest.

### **JIVA** Signature Facial    *Duration - 90 Minutes*

(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.





YOGA



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

- BALANCED** ( 90 Minutes )
- ADVANCED** ( 90 Minutes )
- ABHILAYA** ( 60 Minutes )
- ADVANCED SURYA NAMASKAR** Sun Salutation ( 60 Minutes )
- GENTLE** ( 60 Minutes )
- DYNAMIC** ( 60 Minutes )
- PRĀNĀYĀMĀ** with Mudrās and Bandhās ( 60 Minutes )



SHATKARMA

- LAGHOO SHANKHAPRAKSHĀLANA** ( 90 Minutes )
- KUNJAL KRIYA** ( 55 Minutes )
- JALA NETI** ( 45 Minutes )



MEDITATION

- YOGA NIDRĀ** Yogic Relaxation ( 25 Minutes )
- YOGA NIDRĀ ADVANCED** ( 50 Minutes )
- HRIDAYĀKASHA DHĀRANA** with Trātaka ( 50 Minutes )
- ĀJAPA JAPA** ( 50 Minutes )
- ANTAR MOUNA** Inner Silence ( 40 Minutes )



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 Minutes

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 Minutes

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** Duration - 60 Minutes

Journey towards your inner rhythm

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 Minutes

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 Minutes

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 Minutes

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 Minutes

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.

## **LAGHOO SHANKHAPRAKSHĀLANA**    Duration - 90 Minutes

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 (āsanās). The combination of the saline water and the peristaltic movement, stimulated by the āsanās, work to wash and clear the intestines of underlying impurities. An extremely rejuvenating practice.

### **KUNJAL KRIYA** Duration - 55 Minutes

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.

### **JALA NETI** Duration - 45 Minutes

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 Prānāyāmā 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.

### **YOGA NIDRĀ** Yogic relaxation Duration - 25 Minutes

Psychic sleep for relaxation of the mind and body

Yoga Nidra 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 Minutes

Psychic sleep for the evolution of the dormant potential within

The advanced level of Yoga Nidra (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 Minutes

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 Minutes

For awakening of the energy centers

An advanced practice in which you become aware of your breath and the psychic passage of energy (Prāṇās), 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 Minutes

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.



## 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.

IF YOU ARE INTERESTED IN THE HEALING POWERS OF AYURVEDA, OUR AYURVEDA PHYSICIAN CAN ARRANGE EVERYTHING FROM A SINGLE TREATMENT TO A FULL WEEK OF HOLISTIC HEALTH.

### **SUKHA** Bliss    Duration- 210 Minutes

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 – Pehlwan Mālish
- End with our Spa Energising Facial

### **SVASHAKTI** Find The Power Within    Duration- 180 Minutes

Encounter spirituality, balance and inner peace.

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

### **FOR TWO**

#### **SOMĀ** Nectar of the Gods    Duration – 120 Minutes

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 Minutes

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 spans three floors and consists of six single treatment rooms and one premium spa suite for couple includes shower room with steam, a soak tub with Jacuzzi. The spa also boasts of a yoga studio, an unisex fitness centre and a terrace swimming pool. Separate changing areas for men and women with lockers. Our wet area encompasses a steam, sauna, chill pool, Jacuzzi and shower facility. We provide robes, towels, slippers and personal amenities.

### TIMINGS

The Spa is open daily from 9 am to 9 pm  
The gymnasium is open daily from 6 am to 11 pm all days.

### PARKING

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

### 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.



**TAJ**  
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MUMBAI

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# PRICES



## THERAPIES

### Signature Experiences

Vishrama	120 Minutes	₹ 12000
Sushupti	120 Minutes	₹ 12000
Vishuddi	120 Minutes	₹ 12000
Samattava	180 Minutes	₹ 4500

### Indian Therapies

Pehlwan Malish	90 Minutes	₹ 9000
Ventoz	90 Minutes	₹ 9000
Indian Aromatherapy	60 Minutes	₹ 6000
Pada Mardana	60 Minutes	₹ 4800
Champi	45 Minutes	₹ 4800

### Body Rituals

Vishudhi	30/70 Minutes	₹ 3000/6000
Posha	30/70 Minutes	₹ 3000/6000
Aksha	30/70 Minutes	₹ 3000/6000

### Beauty

Jiva Signature Facial	90 Minutes	₹ 9000
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### SPA Indulgence

Sukha	210 Minutes	₹ 15300
Svashakti	180 Minutes	₹ 11000
Soma ( For Two )	120 Minutes	₹ 27000
Abhisarana	90 Minutes	₹ 23000

# PRICES

## Yoga

Balanced	90 Minutes	₹ 3000
Advanced Yoga	90 Minutes	₹ 3000
Abhilya	60 Minutes	₹ 3000
Advanced Surya Namaskar	60 Minutes	₹ 2200
Gentle	60 Minutes	₹ 2000
Dynamic	60 Minutes	₹ 2200
Pranayama	60 Minutes	₹ 3000
Lagoo Shankhprakashalana	90 Minutes	₹ 3500
Kunjla Kriya	55 Minutes	₹ 2200
Jala Neti	45 Minutes	₹ 2000
Yoga Nidra ( Advanced )	50 Minutes	₹ 2500
Hridayakash Dharna	50 Minutes	₹ 2500
Ajapa Japa	50 Minutes	₹ 2500
Antar Mouna	40 Minutes	₹ 2000

- Prices are in Indian Rupees, exclusive of applicable government taxes.
- Body treatments can also be offered in the spa, one hour prior and one hour 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 9 a.m., intimation is required by 6 pm the prior evening.
- For late evening appointments i.e. after 9 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.











