

SIGNATURE TREATMENTS

SATTVICA – Ultimate Balance

DURATION- 2 HRS

Intended to balance your energy, uplift the spirit and release your tensions. This massage englobes meditation, soft massage, healing, essential oils and chakra balancing, from which one emerges feeling sublime, in control and with restored radiant self-confidence.

TEJAS – Aura Enhancer / Deep Muscular

DURATION- 2 HRS

A deep stimulating fusion muscular massage followed by the application of a steaming poultice of therapeutic Indian herbs and wrapped up with gentle strokes to soothe the muscles as one slips into sheer bliss. Through a combination of healing hands and deep muscular massage, the sore muscles are thoroughly worked on, leaving the body re-aligned and the mind re-focused.

TARUNYA – Rejuvenate

DURATION- 2 HRS

Using rhythmical massage strokes, healing and meditation, we bring you to a deeply relaxed state. Enhanced by our tranquil aromatherapy oil, a delicate face massage and a head massage, one gradually unwinds to a grand state of elation. A languid facial massage with facial blend oils peels away the last trace of stress and gently ushers one into blissful serenity. Relaxing and nourishing massage stimulates blood circulation and fills one with renewed vigour in body and mind.

PAVANI - Cleansing

DURATION- 2 HRS

Since ancient times, Vedic verses have been chanted to purify the atmosphere. Shodhana treatment evokes enhanced cleansing of the mind, body and spirit leading to internal and external purity. Garshana: an exfoliation using silk gloves stimulates the circulation of blood, lymph and energy, eliminating impurities. Warmly cocooned in a Detox herbal wrap, one is cleansed, revived & rejuvenated, ready to face the world again followed by a full body lymphatic drainage massage.

INDIAN THERAPIES

AROMATHERAPY MASSAGE

DURATION – 60/90 MINS

Indian Essential oils are applied and absorbed through the skin, circulating their healing, relaxing and therapeutic properties throughout the body. One can choose from a range of blends.

ANANDA – Blissful/Powerful Oil Massage

DURATION - 60/90 MINS

Ananda is martial art from Indian tradition practised in the southern part of India. Originally given to the age-old wrestlers of India, this therapy offers you a traditional Indian deep tissue massage, creating a well aligned body and culminating in a relaxing experience.

VENTOZ Indian Cupping

DURATION - 90 MINS

Heat in a glass creating a vacuum is applied to the body in order to release knots and sore points. This is followed by unhurried deep massage using our essential oils. While cupping may cause mild bruising (part of the therapeutic process), guests often report immediate relief from long term chronic conditions.

HEALING

DURATION – 30/60 MINS

The art of healing is as old as mankind. With skilful and gentle hands the therapist will balance the energy of the physical, emotional, mental and spiritual levels of the body. The therapist will work on your Chakras, which according to Indian tradition are the energy centres through which life energy, Prana, enters into the physical body. Healing is a subtle, non-invasive treatment with a deep effect on the whole being.

PĀDA ABHYANGAM - Foot Massage

DURATION – 60/30MINS

A sublime massage treatment performed on the soles with pressure points of producing a deeply reviving experience, as well as benefiting the body as a whole via reflex zones/pressure points of the feet.

CHAMPI - Indian Head Massage

Duration – 45 Mins

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural shine and glossiness of the hair fibre. Muscular tension in the head, neck and shoulders is released creating a deep sense of relaxation and joy and restoring clarity of thoughts.

AYURVEDA

Ayurveda, the knowledge of life and longevity is perhaps the oldest existing body of knowledge on the healing process. A holistic knowledge system, Ayurveda addresses with not only the physical, but also the mental, emotional, spiritual and environmental aspects of well being. It is this multi-dimensional perspective that makes Ayurveda truly unique.

Ayurveda further defines health as happiness and disease as sorrow. It has a two fold objective - to attain 'Sukha' (happiness) and more importantly to prolong this state of bliss.

CONSULTATION

DURATION- 30 MINS

Ayurveda believes that every one of us is unique; there are no standard prescriptions or programs. We respect the individual in you and hence after a consultation with our Ayurveda physician, a course of treatment is prescribed. This is based on a careful scrutiny of your lifestyle, your medical history, and your needs and in true royal mode, your likes and dislikes as well. This consultation is extremely important for deciding the ideal Ayurveda program for you. The prescribed plan includes treatments that are administered by our trained therapists with the appropriate blend of oils and herbs.

For long term benefits, the physician will also offer a lifestyle consultation to benefit your health requirements.

ABHYANGA - Snānā / Steam -Herbal Oil Massage

DURATION- 90/105 MINS

The medicated herbal oil application, Abhyangam is not only a massage but also a program where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis yields wide - ranging benefits such as good appetite, alertness during the day, good sleep at night and reduced stress levels. It removes fatigue and daily aches and pains, gives a glowing skin and most importantly helps to build your immunity.

SNĀNĀ - Medicated Traditional Bath Experience

Ayurveda desires that you continue to remain in the state of 'gentle ease and calmness' which you have drifted into during our various body treatments. You will be bathed by our therapist using a soothing combination of herbal paste and medicated water.

UDVARTANĀ – Detox / Body toning**DURATION- 75 MINS**

A body toning program, Udvartana is the application of a combination of herbal powder and oil on the entire body, excluding the face. When this treatment is taken as part of a program including an appropriate diet, regular exercise and internal herbal medication, as prescribed by the Ayurveda physician, it helps to reduce weight and gives you a well-toned body. The blend of powder and oil also acts as a scrub to improve the texture and rejuvenate your skin.

MUKHALEPĀ - Herbal Facial**DURATION- 60 MINS**

A traditional beauty regimen, this Ayurveda facial gently cleanses and tones delicate skin. A medicated face pack enriched with natural herbs followed by application of exotic saffron oil, enhances the texture of the skin, leaving it blemish-free.

A relaxing foot massage adds a soothing touch during the treatment.

DINACHARYA – Physical cleansing**DURATION- 120 MINS**

A gateway to the world, our senses connect to the mind and consciousness, completing the circle of perception. This program gives you an experience of the physical cleansing process in the dinacharya or daily routine program, wherein each of your senses is carefully looked after. The perception of the sense of smell, taste, form, touch and sound is dependent on the proper functioning of the nose, the tongue, the eyes, the skin and the ears. Using oils and herbs based on the physician's recommendation, the therapist will proceed to gently work with each of your senses using the following treatments:

Anjanā – The gentle application of a medicated liniment to the inner skin of your lower eyelids. This treatment removes impurities, accentuates the natural beauty of your eyes and improves eyesight, when practiced regularly.

Nasyā - Two drops of medicated oil are instilled in each nostril, which is then inhaled deeply. This enables removal of phlegm from the respiratory channels thus permitting easy breathing and better perception of the sense of smell.

Gandushā – A medicated therapy that gently improves oral hygiene by holding natural fluids like milk, honey, oil, etc., (as recommended by the physician) for 3-8 minutes in the mouth. This treatment will strengthen your teeth and gums, and more importantly, improve sensitivity of your taste-buds and freshness in your mouth.

Dhumapanā – A therapy that requires inhaling medicated fumes through each nostril to experience an enhanced sense of smell. It removes excess phlegm and also opens up the sinuses.

Karnapooranā - A few drops of medicated oil are instilled into each ear canal to experience more clarity in your sense of hearing. Also prevent build-up of earwax with this medicated oil.

Abhyanga – Herbal Oil Massage followed by herbal steam gives you wide range of benefits such as good appetite alertness during the day, good sleep at night and reduced stress level.

KATI BASTI – Therapeutic treatment for backache

DURATION- 45 MINS

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back. Katibasti is a therapeutic application where by a warm signature oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fermentation of the oil radiates through the muscles releasing tension and stiffness.

At least three treatments of Kati Basti are recommended for maximum benefit.

PICHU

DURATION- 30 MINS

An authentic traditional treatment for relieving stress and stiffness in your joints or back.

Cotton and linen pads ‘Pichu’, soaked in hot medicated oils are gently placed on sore joints or back to offer immediate relief from pain and discomfort. The warmth of the soaked pads seeps into the body and induces a deep sense of relief. At least three treatments of Pichu are recommended for maximum benefit. .

Note

- It is mandatory that every guest has a consultation with the Ayurveda physician before commencing any treatment.
- Some of the benefits described above can be achieved when programs are carried out on a regular basis and the advice given by the physician is adhered to.
- All the above programs can be administered as single sessions.
- For long-staying guests, more individual program can be created based on their needs and availability of required facilities.
- Consultations are complimentary with treatments.

FACIALS

PRABHA Essence of Life

(For all skin types)

Using our exclusive range of 100% natural and rare hand-blended products, our 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.

DURATION- 90 MINS

Deep Cleansing Facial

(For oily and acne prone skin)

This treatment focuses on deep cleansing using our natural custom - made products. The key ingredients (Green Tea, Jamarosa Root and Ginger) lend properties that offer a vibrant, visible difference to your skin and a clearer complexion.

DURATION – 60 MINS

NOURISHING FACIAL

(For dry skin)

Using our exclusive natural products of Neem, Tulsi and Papaya, this facial regenerates, refurbishes and nourishes dry skin. Our hydrating mask leaves the skin as silky as a baby's soft skin.

DURATION - 60 MINS

SOOTHING FACIAL

(For normal/combination skin)

An equalising facial using natural ingredients such as Rose, Marigold and Sandalwood to soothe, calm and restore the skin's natural texture and radiance.

DURATION– 60 MINS

SPA ENERGISING FACIAL

(For all skin types)

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

DURATION– 30 MINS

SPA PEDICURE**DURATION- 75 MINS**

Our revitalising pedicure commences with a warm aromatherapy footbath to soften any calluses followed by exfoliation and nail grooming. A deeply exfoliating paraffin wax mask is then applied following a pampering foot and calf massage. We end with the application of our all-natural foot balm which revives and deeply moisturises your feet.

SPA MANICURE**DURATION- 60 MINS**

Our manicure begins with nail grooming followed by an aromatherapy soak to soften hands and cuticles. Using kitchen ingredients to exfoliate, we continue with a pampering massage to rejuvenate the hands, leaving your hands radiant and glowing. A paraffin wax is then applied to help restore skin into a youthful appearance. We end with the application of our all-natural hand balm which revives and deeply moisturises your hands.

BODY SCRUBS, WRAPS & BATH

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.

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.

DURATION – 30 MINS / 70 MINS / 90 MINS

SHODHANA - Detox

Cleanses and rejuvenates the body and eliminates all toxins for absolute purification.

- Shodhana Bath
- Shodhana Scrub
- Shodhana Wrap

BRMHANA - Nourishing

Nourishes and recreates the skin to a silky smooth and supple condition.

- Brmhana Bath
- Brmhana Scrub
- Brmhana Wrap

DIVA - Sensual

Indulge and extravagance your senses to a delightful state.

- Diva Bath
- Diva Scrub
- Diva Wrap

YOGA

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. Spa continues this time-honored tradition by abiding by the rules and practices of the “Hatha 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 is essential.

GENTLE YOGA:

DURATION- 90/60 MINS

A basic yoga class covering a selection of the Asana (postures) are gentle but work hard at loosening up and rotating all major joints in the body, increase flexibility, balance and strength at a safe, gentle pace. Basic poses are explained with great attention to the attunement of the body and breath which help to attain a blissful state of well being.

INTERMEDIATE YOGA:

DURATION- 90/60 MINS

This session is structured and categorized so as to allow a practitioner to progress surely and safely from basic postures to the intermediate and advanced practices as they gain flexibility, strength and oneness in mind, body and spirit. It intended to increase and stimulate circulation and release the energy blocks at level of physical and psychic planes.

ADVANCE YOGA:

DURATION- 90/60 MINS

Advance yoga consists of advance practices of Asanas, pranayama, mudra, bandha and different deep relaxation techniques to attain higher benefits of yoga. In advanced Yoga, energy within the body is channeled for maximum potential.

PRANAYAMA - Expansion of Breath**DURATION- 60 MINS**

Pranayama is started once a firm foundation in asana has been established as physically the student requires the alignment, flexibility, lung capacity and training necessary to sit and breathe correctly while practicing. Pranayama gives numerous physical benefits including toning the circulatory, digestive, and nervous and respiratory systems, activating the internal organs and creating a feeling of energy and calmness. Equally importantly it also brings the mind and senses under control and makes the individual fit for the experience of meditation

MEDITATIONS:

Meditation is a method for acquainting our mind with virtue. 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

KAYA STHAIRYAM- Mindfulness**DURATION- 60 MINS**

Kaya sthairyam is basic practice of concentration on the steadiness of the body because of the interrelation between the body and the mind, when the body becomes steady and still the mind follows. Mind remains one pointed only while the body is still.

ANTAR MAUNA - Analytical meditation**DURATION- 60 MINS**

In this practice, one remains a silent witness of every thought that is traversing the mind. One focuses on what the mind is thinking. To see the functioning of the mind as a spectator, that helps to release suppressed emotions and feelings, eventually leads to the state of tranquility.

AJAPA JAPA - Meditation on breath awareness**DURATION- 60 MINS**

Breath has described as a bridge between body and mind. Ajapa japa means one pointed concentration on the spontaneous flow of the breath. This practice helps to stop distractions and make our mind clearer and more lucid.

TRATAKA - Meditation on candle flame**DURATION- 45 MINS**

Trataka is a process of mental cleansing by intensely gazing at a point or object. Trataka is performed in the evenings by gazing at a candle flame. The practice enhances concentration and encourages contemplation. It is recommended to alleviate mental tension, anxiety, insomnia and depression.

YOGA NIDRA – (Yogic sleep)**DURATION- 60 MINS**

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.

CLEANSING PRACTICES:**JALA NETI (Nasal cleansing)****DURATION- 45 MINS**

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. End with a short Pranayama session. This practice leaves you with a feeling of lightness and clarity and is a panacea against colds and sinusitis.

SPA EXPERIENCE

SUNDRI

DURATION- 3.00 HRS

A Day of Beauty to 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 a nourishing one hour Facial of your choice

SUKHA - Bliss

DURATION- 3.30 HRS

Moments of Bliss to 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 massage – Ananda
- As a final touch spa manicure or pedicure

FOR TWO

AMRUTH - Nectar of the Gods

DURATION – 2 HRS

Two therapists will perform a candle-lit, Aromatherapy Massage, using evocative oils to set the mood for romance. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of champagne.

DEV NIDRĀ - Sleep of the Gods

DURATION – 90 MINS

Upon booking this treatment, our therapists will then come to your room to administer a soothing aromatherapy massage followed by romantic bath with bath salts and oils for you to indulge your senses in a tranquil.

SPA FACILITIES

Includes men and women changing rooms with lockers, change and shower facilities, bathrobes, slippers, towels and personal amenities. Our communal wet area encompasses a Sanarium, Laconium, Hammam, Chill Pool, Pool with Jacuzzi and outdoor shower.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended.

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.

TIMINGS

The Gym and the Spa are open daily from 8 am to 8 pm.

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 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 ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.
- Guests between the age of 6-16 years are not permitted within the spa premises, unless accompanied by an adult.
- 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.
- It is requested you move quietly around the spa and use lowered speaking volumes.
- Appropriate swimwear 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

- Guests with high blood pressure, heart conditions, who are pregnant or 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 Spa is at ones own risk and although strict policies and procedures are implemented to maximise safety, Spa, 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.