



  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

<b>TRUPTI</b> Contentment	( 120 Mins )
<b>SAMATTVA</b> Balance	( 120 Mins )
<b>VISHRAMĀ</b> Deep Muscular	( 120 Mins )
<b>SUSHUPTI</b> Dreamless Sleep	( 120 Mins )
<b>VISHUDDI</b> Detox	( 120 Mins )
<b>CHANDANĀ</b> Skin Soother	( 45 Mins )
<b>ĀLEPA</b>	( 120 Mins )



## INDIAN THERAPIES

<b>PEHLWĀN MĀLISH</b> Warrior Massage	( 90 Mins )
<b>VENTOZ</b> Indian Cupping	( 90 Mins )
<b>INDIAN AROMATHERAPY</b>	( 60 Mins )
<b>PĀDA MARDANĀ</b> Indian Foot Massage	( 60 Mins )
<b>CHAMPI</b> Indian Head Massage	( 45 Mins )



## BODY RITUALS

<b>VISHUDDI</b> Detox	( 30/70/90 Mins )
<b>POSHA</b> Nourishing	( 30/70/90 Mins )
<b>AKSHA</b> Sensual	( 30/70/90 Mins )



## BEAUTY

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

### **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.

### **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 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.

### **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.

### **᳚) CHANDANĀ** Skin Soother    Duration - 45 Mins

Traditionally used in the tropics, pure Sandalwood paste and Aloe Vera are known for their cooling and nourishing effects on the skin. Once the paste is applied, your body is wrapped in soft organic linen for a richly nurturing experience. This soothing after sun treatment will leave your skin healthy and refreshed.

### **᳚) ĀLEPA**    Duration - 120 Mins

The Act of Anointing The Body

This Jiva Spa signature experience is drawn from the sacred and ceremonial time-honoured Indian bathing rituals. Ālepa may be experienced exclusively by a single guest or in a group. You may apply the paste on yourself or on each other, for an interactive, engaging and bonding experience. Ālepa believes by anointing the body oneself, a person honours the body.

Linger in the vapours of the hammam. Feel the steam moisten and soften your skin. Your pores open – slowly and gently – and detoxify the skin of impurities. Invigorated by the hammam, make your way to the private, semi-open space, covered with timber slats cloaked with creepers and opening out into the Indian Ocean.

Choose from an array of therapeutic mud preparations. Savour the sacred act of anointing the paste on your body yourself, by your companion or our therapist, as you relax. Feel the touch and smooth layering of mud on your body in a ritual that is unhurried, uplifting and meditative. Savour the sweet fragrance of essential oils and the contact of clay speckled with herbs.

After the mud dries and works its magic on your body, spray yourself or your companion with rose water to soften the dry clay. To rinse off, step under the water ledge for an invigorating outdoor shower – akin to a natural waterfall. Feel the freshness and tautness of your skin on stepping out.

To close your pores, take a journey into the Pavilion for the Experience Showers featuring multiple jets which stimulates a body massage, a hose jet, normal shower, torrent shower, a cold stormy rain shower, cold spray mist or even a warm tropical rain shower.

You may choose to enhance your experience with a massage by our therapist. Allow your Ālepa experience to transport you to another world – a world of wellness and Indian royalty.



## 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.

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** Detox    Duration - 30/70/90 Mins

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

- Vishuddi Bath
- Vishuddi Scrub
- Vishuddi Wrap

### **POSHA** Nourishing    Duration - 30/70/90 Mins

Nourishes your skin and makes it silky, smooth and supple

- Posha Bath
- Posha Scrub
- Posha Wrap

### **AKSHA** Sensual    Duration - 30/70/90 Mins

Relax and indulge your senses to a blissful state

- Aksha Bath
- 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 AND ARE EMPLOYED TO PAMPER YOUR SENSES TO THE FULLEST.

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 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 the 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 - 90 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.

**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.

**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.

**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.

**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.

**NEEM FACIAL** For Gentlemen    Duration - 60 Mins

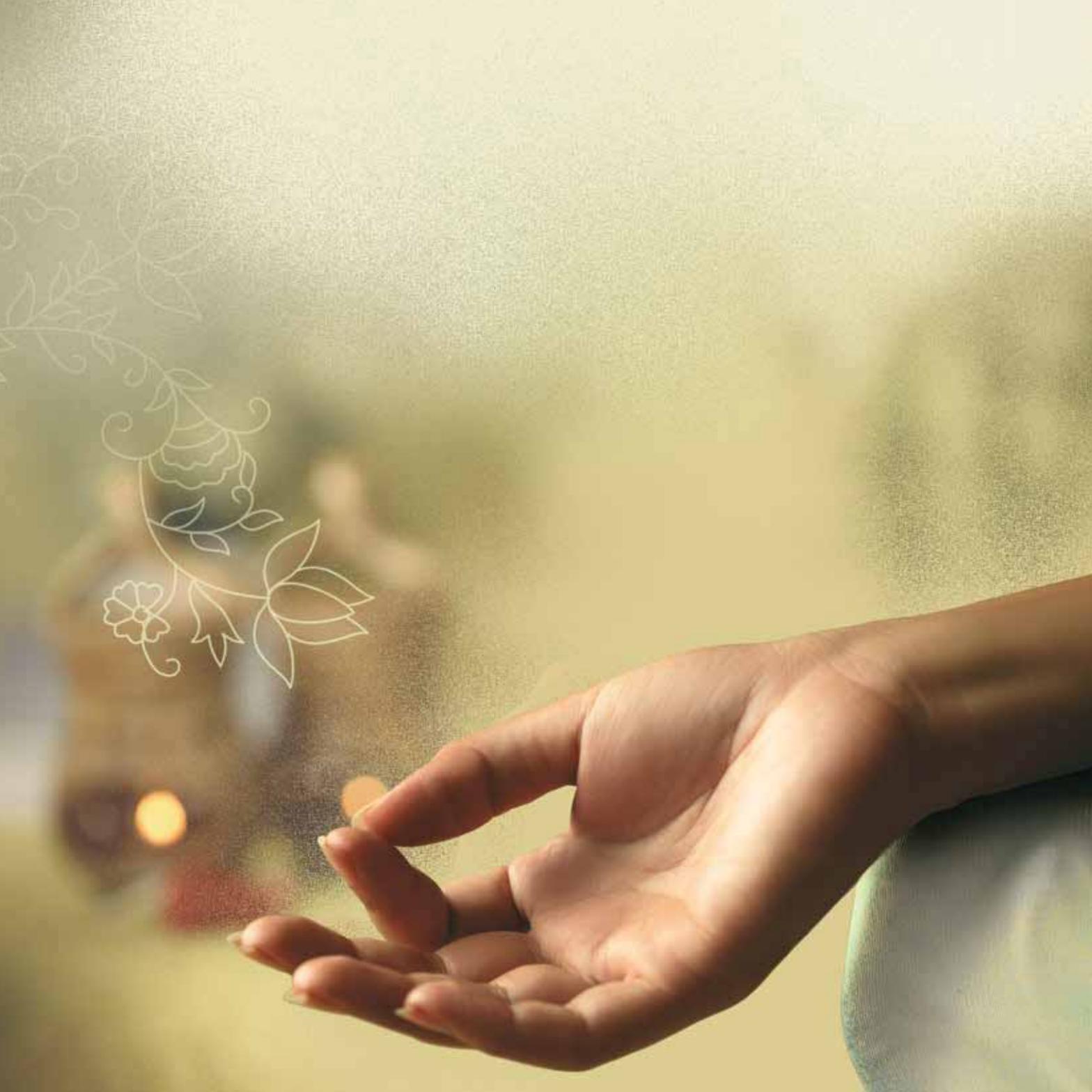
Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. Our cleanser, toner and face mask contain extracts of neem that gently heals and nourishes the skin. Get a fresh, clean masculine look with this men's facial.

**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.

Note:

All the above facials include our eye wrap, lymphatic drainage massage.





YOGA



ĀSANA, PRĀNĀYĀMĀ, MUDRĀ, BANDHĀ

BALANCED	( 90 mins )
ADVANCED	( 90 mins )
ABHILAYA	( 60 mins )
ADVANCED SURYA NAMASKĀR	( 60 mins )
GENTLE	( 60 mins )
DYNAMIC	( 60 mins )
PRĀNĀYĀMĀ	( 60 mins )



SHATKARMA

LAGHOO SHANKHAPRAKSHĀLANA	( 90 mins )
KUNJAL KRIYA	( 55 mins )
JALA NETI	( 45 mins )



MEDITATION

YOGA NIDRĀ	( 25 mins )
YOGA NIDRA ADVANCED	( 50 mins )
HIRDAYĀKASHA DHĀRANA	( 50 mins )
AJAPA JAPA	( 50 mins )
ANTAR MOUNA	( 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** Duration - 60 mins

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 (Āsanas), 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 Āsanas 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 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.

## **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.

## **PRANĀYĀMĀ** 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.

### **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.

### **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.

### **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 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 Mins

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 NIDRA ADVANCED**    Duration - 50 Mins

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 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.





# AYURVEDA

**CONSULTATION** ( 30 Minutes )

**ABHYANGA** Including Snānā ( 90 Minutes )

**SNĀNĀ** Medicated Traditional Bath Experience

**UDVARTANĀ** Including Snānā ( 75 Minutes )

**MUKHALEPĀ** ( 60 Minutes )

**DINACHARYA** Including Snānā ( 120 Minutes )

**KATI BASTI / PRUSHTHA BASTI** ( 45 Minutes )

**PICHU** ( 30 Minutes )



AYURVEDA, THE KNOWLEDGE OF LIFE AND LONGEVITY IS PERHAPS THE OLDEST EXISTING BODY OF KNOWLEDGE ON THE HEALING PROCESS. A HOLISTIC KNOWLEDGE SYSTEM, AYURVEDA DEALS WITH NOT JUST THE PHYSICAL, BUT ALSO THE MENTAL, THE EMOTIONAL, THE SPIRITUAL AND THE 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, your needs and in true royal mode, your likes and dislikes as well. The prescribed plan includes treatments that are administered by our trained therapists with the appropriate blend of oils and herbs. This consultation is extremely important for deciding the ideal Ayurveda program for you. For long term benefits, the physician will also offer a lifestyle consultation to benefit your health requirements.

### **🌿 ABHYANGA** Including Snānā Duration - 90 Mins

The medicated herbal oil application, Abhyanga is not really a massage; it is 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 will yield wide ranging benefits like good appetite, alertness during the day, good sleep at night and reduced stress levels. It removes fatigue and simple pains, gives a glowing skin and most importantly protects one from outside influences (builds 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** Including Snānā Duration - 75 Mins

A body toning program, Udvartanā 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.

### **M** **MUKHALEPĀ** Traditional 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.

### **M** **DINACHARYA** Including Snānā    Duration - 120 Mins

A gateway to the world, our senses connect to the mind and the 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 dependant on the proper functioning of the nose, the tongue, the eyes, the skin and the ears. Using oils/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 – as described above.

### **M** **KATI BASTI / PRUSHTHA BASTI**    Duration - 45 Mins

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back.

Katibasti is a therapeutic application in which warm medicated oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fomentation of the oil radiates through the muscles releasing tension and stiffness.

A light massage with the spa's therapeutic oil enhances the benefits of this treatment, leading to deep relaxation and comfort.

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.

Short, gentle and rhythmic massage strokes followed by a medicated herbal pack further alleviate stress and enhance the healing process. Emerge from this treatment with renewed agility and comfort.

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 done 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 customized programs can be created based on their needs and availability of requisite facilities.
- Consultations are complimentary with treatments.

## **AYURVEDA PACKAGES**

### **SWAPNA**

Commence with an half-hour Ayurveda consultation

Rejuvenate with an Abhyanga

Conclude with a Mukhlepa – our beauty facial

### **VARNYA**

Commence with an half-hour Ayurveda consultation

Refresh and tone-up with an Udvartana

Conclude with a Mukhlepa – our beauty facial



## 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.

### **SOUNDARYA** Beauty    Duration - 6.00 Hrs

Draw out your inner radiance

- Begin with a deeply nourishing bath, 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

### **PRANAM** An Indian Encounter    Duration - 4.00 Hrs

Commence with a one-to-one yoga session of your choice

- A private consultation with our Ayurveda physician
- Step back 200 years in time and encounter VentoZ
- Leave the spa radiant after an Ayurveda Mukhalepa

### **SUKHA** Bliss    Duration - 3.30 Hrs

Soothe your senses and pamper your body

- Begin with a deeply nourishing bath, scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage – Pehlwan Mālīsh
- Give yourself a quick boost with our Spa Energising Facial

### **SVASHUDDI** Self Cleansing    Duration - 3.5 Hrs

- Special Yoga stretches with inner cleansing rituals or Shatkarmas
- Ends with our Detox signature special 'Vishuddi'

**SVASHAKTI** Find The Power Within **Duration - 3.00 Hrs**

Find the Power within - encounter spirituality, balance and inner peace

- Commence with an hour of the 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

## FOR TWO

**SOMĀ** Nectar Of The Gods **Duration - 2 Hrs**

Two therapists will perform a candle-lit, Indian 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 we will send to your room relaxing bath salts and oils for you to enjoy a tranquil bath before your treatment. Our therapists will then administer a soothing aromatherapy massage in the spa, after which an infusion of relaxing tea will be served.



## SPA ADDITION

### SPA FACILITIES

Includes men and women changing rooms with lockers, change and shower facilities, robes, slippers, towels and personal amenities. Our wet area encompasses a steam bath, Finnish sauna, hot and cold water adventures like a hydrotherapy jet, warm tropical rain shower, cold bucket shower cold stormy rain shower, cold spray mist, torrent shower heads and a water massage for the entire body.

### 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 6.00 a.m. to 10.00 p.m.

The Gym is open daily 24 hrs.

Complimentary Yoga classes daily from 8.30 am to 9 am

### VALUABLES

While we endeavour to look after your belongings, we do not accept any liability for your valuables. Please leave your valuables in the safe located in your Villa.

### CANCELLATION

Fitness center: 24 hrs. 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, pagers 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 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 treatments to pregnant women.
- Entry to Jiva is at guest's 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.





A **TATA** Enterprise

**Taj Exotica Resorts & Spa**

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