



  
**JIVA**  
SPA SERVICES









# THERAPIES

## SIGNATURE EXPERIENCES

- TRUPTI** Contentment ( 120 Minutes )
- JIVANIYA** Invigorate ( 120 Minutes )
- PEHLWĀN MĀLISH** Warrior Massage ( 90 Minutes )
- CHANDANĀ** Skin Soother ( 45 Minutes )

## INDIAN THERAPIES

- SAMMARDANĀ** Indian Deep Tissue Massage ( 60 Minutes )
- PĀDA MARDANĀ** Indian Foot Massage ( 60 Minutes )
- PRISHTA MARDANĀ** Back Treatment ( 60 Minutes )
- CHAMPI** Indian Head Massage ( 45 Minutes )

## INDIAN AROMATHERAPY

- VISHRĀM** Relaxation Massage ( 60 Minutes )
- ĀRJA DĀYAKĀ** Energising Massage ( 60 Minutes )
- PAVITHRI** Lymphatic Drainage ( 60 Minutes )

## BODY RITUALS

- NARIKELĀ** House Favourite ( 45 Minutes )
- MASĀLĀ** Spice Scrub ( 45 Minutes )
- PRITHVI MRIT** Earth's Nectar ( 45 Minutes )

## BEAUTY

- PĀDA SNĀNĀ** Spa Pedicure ( 75 Minutes )
- HAST SNĀNĀ** Spa Manicure ( 60 Minutes )
- HAIR SPA** ( 90 Minutes )
- ĀNANA LEPĀ** Facial ( 60 Minutes )
- JIVĀ** Signature Facial ( 90 Minutes )
- JĀMAROSA** Root Facial ( 60 Minutes )
- TULSI** Facial ( 60 Minutes )
- CHĀMPĀK** Facial ( 60 Minutes )
- NEEM** Energising Facial ( 30 Minutes )
- SHAVE STUDIO** ( 45 Minutes )



## SIGNATURE EXPERIENCES

THESE TREATMENTS ARE EXCLUSIVE TO JIVA SPA 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.

### **JIVANIYA** Invigorate    Duration - 120 mins

An energizing treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub, a heat-stimulating wrap of exotic spices and herbs from the hills of India, followed by a revitalizing massage.

### **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.

### **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.



## INDIAN THERAPIES

JIVA SPA PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

### **SAMMARDANĀ** Indian Deep Tissue Massage    Duration - 60 mins

A customised technique of muscle massage performed by specially-trained hands, which works on your deep-seated stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

### **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.

### **PRISHTA MARDANĀ** Back Treatment    Duration - 60 mins

The first casualty of a stressful life is the shoulders and back, resulting in pain and tension. This treatment has been created to eliminate tension and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation steam and the application of an herbal mask. Ideal for sore back muscles.

### **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.



## INDIAN AROMATHERAPY

AROMATIC OIL BLENDS FROM AYURVEDA PHARMACOPOEIAS HAVE BEEN CAREFULLY CHOSEN FOR THESE TREATMENTS, WHICH HAVE POWERFUL HEALING PROPERTIES. ALL INGREDIENTS USED FOR THESE TREATMENTS ARE NATIVE TO INDIA.

Choose from our selection of specially prepared signature oil blends to meet your need of the day.

### **VISHRĀM** Relaxation Massage    Duration - 60 mins

A full-body relaxing massage to melt away your stress.

Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant signature oil blends with the richness of Kewda, Frankincense and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquillity to your entire system.

### **ĀRJA DĀYAKĀ** Energising Massage    Duration - 60 mins

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Pachouli, Tulsi and Aswagandha, will work on your deep-seated aches, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle and sinew will pulse with new-found vigour.

### **PAVITHRI** Lymphatic Drainage    Duration - 60 mins

A unique blend of oils with the goodness of Tulsi, Ginger and Lime, combined with the lymphatic drainage technique, works from within, eliminating toxins and refining the whole system. Cleansed anew, you will face the world again revived and re-energised.



## 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 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.

Choose from the luxuriant treatments mentioned below :

### **NARIKELĀ** House Favourite    Duration - 45 mins

Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. We will gently exfoliate and moisturise your body with a mix of ingredients. This all-over treatment has a cooling effect on the body.

### **MASĀLĀ** Spice Scrub    Duration - 45 mins

For this invigorating treatment, a traditional mixture of Indian spices is used to promote deep cleansing, relieve muscular soreness and improve blood circulation, leaving you refreshed and recharged.

### **PRITHVI MRIT** Earth's Nectar    Duration - 45 mins

This rich detoxifying and firming wrap is made from 22 exotic Indian herbs and clay. Its therapeutic properties tighten the skin and leave it with a radiant, youthful glow. Excellent for all skin types.

## BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT JIVA SPA. 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.

### 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 nourishing mask application, 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 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.

### ĀNANA LEPĀ Facial Duration - 60 mins

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

**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** 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 and lymphatic drainage massage. For facials for gentlemen, we use the Jiva Men's Range.

## SHAVE STUDIO

CHOOSE FROM OUR SPECIAL SHAVING RITUALS WITH UNIQUE PRODUCTS AND EXCLUSIVE INGREDIENTS TO GET YOU LOOKING SMART AND WELL GROOMED!

### **(M) THE CELEBRITY SHAVE** Duration – 45 Mins

An innovative premium experience with high quality active ingredients to enhance your appearance. An ultimate luxurious shave for the celebrity within you! Get pampered and feel like a star. It's a luxury your skin deserves!

### **(M) ORGANIC SHAVE** Duration – 45 Mins

The worlds only certified 100% organic skin care products for men. All ingredients are pure & potent, free of harmful chemicals and genetic modification. Made with ancient artesian spring water, these products prevent skin irritation, making your skin feel fresh and rejuvenated. Enjoy the benefits of a true organic shave.

### **(M) NATURAL SHAVE** Duration – 45 Mins

Made with the highest grade of plant formulations and natural ingredients rich in vitamins and minerals, prolong the process of ageing with this extremely scientific shave which boosts and tones the skin. Its anti-oxidant ingredient keeps the skin looking young and fresh naturally!

### **(M) JAPANESE SAKE SHAVE** Duration – 45 Mins

Intoxicate your skin with the traditional Japanese sake. This ultimate luxury grooming line incorporates the ancient Japanese knowledge of natural extracts and thus gives you the most calming shave you have ever experienced.

### **(M) MODERN SHAVE** Duration – 45 Mins

Recreate the classic barbershop experience for today's sophisticated man to protect and enhance one's appearance. It's excellent skin and beard conditioner makes shaving smoother and cleaner. Feel the heat wave in a modern shave.

### **(M) THE EXPERT SHAVE** Duration – 45 Mins

The traditional shave every man looks for, with products made with exclusive natural ingredient that stimulate and protect the skin. Get a close shave that is hygienic and neat. Look your best with the Expert Shave.



## SPA INDULGENCE

### **SOUNDARYA** Beauty    Duration - 5.00 hrs

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 Ānanā Lepā Facial
- As a final touch, give in to a Spa Manicure and Pedicure, coupled with a cup of green tea and a fresh fruit

### **SUKHA** Bliss    Duration - 3.30 hrs

Soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage – Pehlwān Mālīsh
- End with an Anana Lepa facial

## FOR TWO

### **SOMĀ** Nectar of the Gods    Duration - 2.00 hrs

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

### **DEV NIDRĀ** Sleep Of The Gods    Duration - 90 mins

A tranquil bath with relaxing bath salts and oils sets the mood for this treatment. Our therapists will then administer a soothing aromatherapy massage in the spa, after which an infusion of relaxing tea will be served.



## SPA INFORMATION

### SPA FACILITIES

Four treatment rooms, each having its own soak bath; a Beauty Salon with a manicure station and pedi-spa. Separate change areas for men & women with lockers, shower facilities and steam room. We provide robes, slippers, towels and personal amenities.

### TIMINGS

The Spa is open daily from 8 am to 8 pm

### RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five minute pre-therapy and post-therapy ritual.

### VALUABLES

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

### 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, 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, 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 Jiva is at guests' own risk and although strict policies and procedures are implemented to maximize safety, Jiva, it's 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

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# PRICES



## THERAPIES

### SIGNATURE EXPERIENCES

Trupti	120 Minutes	US\$ 170
Jivaniya	120 Minutes	US\$ 170
Pehlwān Mālīsh	90 Minutes	US\$ 160
Chandanā	90 Minutes	US\$ 60

### INDIAN THERAPIES

Sammardanā	60 Minutes	US\$ 95
Pāda Mardanā	60 Minutes	US\$ 70
Prishta Mardanā	60 Minutes	US\$ 70
Champi	45 Minutes	US\$ 70

### INDIAN AROMATHERAPY

Vishrām	60 Minutes	US\$ 95
Ōrja Dāyakā	60 Minutes	US\$ 95
Pavithri	60 Minutes	US\$ 95

### BODY RITUALS

Narikelā	45 Minutes	US\$ 60
Masālā	45 Minutes	US\$ 60
Prīthvi Mrit	45 Minutes	US\$ 60

# PRICES

## BEAUTY

Pāda Snānā	75 Minutes	US\$ 50
Hast Snānā	60 Minutes	US\$ 40
Ānana Lepā	60 Minutes	US\$ 95
Jīva Signature Facial	90 Minutes	US\$ 105
Jamarosa Facial	60 Minutes	US\$ 75
Tulsi Facial	60 Minutes	US\$ 75
Champak Facial	60 Minutes	US\$ 75
Neem Energizing Facial	30 Minutes	US\$ 45



## SPA EXPERIENCE

Soundarya	5 Hours	US\$ 290
Sukha	3.5 Hours	US\$ 255
Soma (For Two)	2 Hours	US\$ 285
Dev Nidrā (For Two)	90 Minutes	US\$ 235

- Prices are in US Dollars, subject to applicable service charges
- Appointments can also be offered beyond the spa's operational hours with prior intimation as mentioned below, at an additional charge of US\$ 25 per treatment
- For early morning appointments, i.e. before 8.00 a.m., intimation is required by 6.00 p.m., the prior evening.
- For late evening appointments, i.e. after 8.00 p.m., intimation is required by 6.00 p.m. the same day.

# PRICES



## BEAUTY SALON

### Skin Glow

A delicate combination of cleansing, toning, scrubs & face massage with mask to gently clean & smooth your skin, at the same time make it supple. Your skin will feel completely regenerated and refined.

Neem Energising Facial	US\$ 45
Luxury Facial	US\$ 75
Jiva Signature Facial	US\$ 105

### Hair [For Men & Women]<sup>o</sup>

#### Cuts & Style

Beautiful hair needs an expert, who creates a current yet individual hairstyle that suits you and your lifestyle.

Shampoo & Conditioner	Rs 20 / 25 / 30
Hair Cut (Includes Shampoo)	
• Men	US\$ 45
• Women	US\$ 90
Hair Styling / Blow Dry	US\$ 35
Hair Ironing	US\$ 50
Roller – Set	US\$ 50

#### Hair Colour

Roots Touch-Up	US\$ 60 onwards
Global	US\$ 60 onwards
High Lights	US\$ 90 onwards

#### Permanent Hair Solutions

Hair Rebonding	US\$ 140 / 160 / 180
Hair Relaxing	US\$ 70 / 80 / 90
Perms	US\$ 70 / 80 / 90



## BEAUTY SALON

### Hair Care

Restore moisture and nutrients to your hair with one of our specialized prescriptive hair treatments.

Hair Spa Women	US\$ 70
Hair Spa Men	US\$ 45

### Shaving For Men

Choose from a shave to a beard trim or go in for our back of neck hair trim.

Shave Studio	US\$ 35
Beard & Moustache Trim	US\$ 20
Head Shave	US\$ 30

### Waxing\*

A traditional waxing ritual with a touch of our signature balm for healing, nourishing & pampering the skin.

### Eyebrows Shaping and Threading<sup>#</sup>

A quick shape of your eyebrows or facial hair removal with thread, followed by a cool towel compress that ends with a smoothing balm. A perfect start for a beautiful face.

### Additional for Women

Henna application, nail care, hair do's, bridal & pre-bridal packages to enhance your beauty on a special day.

Notes:

**Hair Styling [Exclusive for Women]<sup>o</sup>**- Rates dependent on length of hair

**Waxing\***- Rates based on body parts

**Eyebrows Shaping and Threading<sup>#</sup>** Rates based on facial areas

### Medical Conditions

Please inform us of any medical conditions or other special needs that require our attention