



Welcome to a haven of calm, relaxation and rejuvenation.

Our therapies use a combination of ancient Indian healing traditions and western tools.

Our spa experiences are offered by trained therapists using natural products prepared in-house and Ayurvedic formulations, in a fresh Nature inspired and elegant setting.

Be assured that at the hotel we are following all the COVID safety guidelines laid down by the Maharashtra Government, AMC, and best practice recommendations by WHO, FHRAI, FOSTAC and FSSAI. Please note, **all our staff are double vaccinated.**

MASSAGE EXPERIENCES

Wellbeing is gently revived through the healing touch of hands

AROMATHERAPY MASSAGE 60 minutes

A holistic experience using customized natural aromatic oils, this gentle massage using lymphatic and pressure point massage techniques relieves tension and stress leaving the body soothed and the mind relaxed. Aromatherapy candles and diffusers add their own benefits. Followed by a steam and refreshing drink

Traditional Ayurvedic and western aromatic oil blends have been carefully chosen for their powerful healing properties. Select from: soothing rose & geranium, calming lavender & ylang ylang, uplifting lemongrass & orange or a custom blend.

SWEDISH MASSAGE 60 minutes

This well-known treatment helps relieve the build-up of tension that causes stiff muscles and poor circulation. Friction, kneading and hacking techniques are utilized along with our special massage oil to help stimulate blood circulation, remove metabolic waste products and improve muscle oxygenation. It is an absolute balancing treatment for all natural energy through the body. Follow with sauna or steam and refreshing drink.

THAI MASSAGE 60 minutes

This therapy is rooted in the ancient healing traditions of Yoga, Ayurveda & Buddhist practices. In this oil free therapy, the body work incorporates deep yoga style stretches and twisting, gentle rocking and acupressure including the use of thumb, elbow and forearm pressure to relieve pain caused by tense sore muscle. This massage also increase flexibility in muscles and joints and improve blood circulation. An introduction of breathing choreographed movements will allow the free flow of energy throughout the body to improve emotional and physical equilibrium. As a result, a better immune system is built for healthier living. The therapist will tailor each treatment to your individual needs.

Couples option available 60 minutes

COUPLES CONNECT 90 minutes

A massage suite with blissful aromas and soothing music is the perfect setting to share a spa experience with a loved one. Traditional Thai massage for a couple in our hydrotherapy garden suite is followed by a refreshing rain shower, and then a moisturizing warm rose aroma soak. Sip a nourishing beverage in the garden courtyard.

THAI AROMATIC MASSAGE 90 minutes

Start with a comforting warm footbath and gentle kneading of foot pressure points. Then begin traditional Thai stretching, and firm pressure to ease tension and relieve muscle pain in key areas. Follow it with 30 minutes aromatherapy back massage to encourage body flexibility and induce relaxation from healing scent of botanical essential oils - the ultimate perk up treatment after a weary day.

CLASSIC DEEP TISSUE SPORTS MASSAGE 60 minutes

An experience recommended for those really tense, knotted and painful areas. Post workout, our deep tissue massage with special oils is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness, and sore shoulders. This movement is slower and the pressure is deeper. Followed by steam and rehydrating drink

REFLEXOLOGY FOOT MASSAGE 60 minutes / 45 minutes

Reflexology is performed to help restore and maintain the body's natural equilibrium. Based upon the principle that every area of the body is linked to a corresponding zone in the feet, starting with a warm foot soak, reflexology is a combination of gentle massage and pressure on specific points, enhancing the circulation and leaving the body detoxified and de-stressed.

You can choose to add a pedicure to this treatment.

TENSION TAMER 45 minutes

Focused on the back, shoulder, neck and head, a variety of massage techniques are employed, designed to relieve stress and tension from the areas of the body where it is felt the most.

CHAMPISSAGE 45 minutes

This ancient Indian practice of head massage works the pressure points on the scalp. Alternately calming and energizing, this relieves stress, improves blood circulation, and relieves eye strain and muscle tension in the head and shoulders, and stiff necks. It is good for the brain and hair. Its therapeutic effects are enhanced by our special Ayurvedic herbal oils.

JET LAG RECOVERY 60 minutes

This therapy is designed to revive the body and mind after a long journey. First an invigorating body scrub sloughs off dry skin, followed by a light scalp and body massage using multiple techniques that relax yet awaken. Finally, a pampering foot massage will restore tired and aching feet, while regularizing the flow of energy and relieving stress throughout the entire body.

SERENITY RITUAL 100 minutes

This therapy is designed to calm the mind, relieve stress, improve circulation, relief from lifestyle aches and repair dry distressed skin. Start with serenity breathing. Follow it with a warm aromasoak with bath salts and essential oils. Next an aromatherapy massage using lymphatic and pressure point massage techniques. Step into an invigorating outdoor rainshower. Rehydrate with a refreshing spa drink.

HYDROTHERAPY AND SAUNA

AROMASTEAM 20 minutes

Practiced since ancient times, the benefits of steam therapy are numerous. Detoxification via perspiration and physical and mental relaxation especially with the addition of aromatic essential oil are primary benefits. It gives relief by soothing respiratory inflammation and relieving congestion. It boosts the natural immunity of the body. From a beauty perspective, it rehydrates and plumps up the skin, particularly when it follows an oil massage.

SAUNA 20 minutes

This centuries old therapy offers numerous benefits of which the most important include physical and mental relaxation, pain relief, detoxification, nasal decongestion and a general boost to the immune system.

JACUZZI 30 minutes

The buoyancy and massage elements of our Jacuzzi offer several benefits. The massage effects of the water jets are targeted especially at the back and calves – the most common areas of stiffness and muscle pain for maximum relief. This is especially helpful for people suffering from joint pains. The Jacuzzi aids circulation, relieves stress, and helps relieve insomnia, particularly when jet lagged. It has a generally beneficial effect on the immune system. Our Jacuzzi overlooks the garden, and we also offer indulgent late evening sessions with aromatherapy, candles and music.

AROMA SOAK 30 minutes

An aromatherapy bath is a wonderfully reviving experience. The benefits of essential oils combined with bath salts and hot water provide relief from muscle and joint pain, improve circulation, and relieve stress to promote calmness and good sleep. It also moisturizes the skin and the beautiful scents deliver a sensual experience that could be the prelude to a romantic evening. The experience is enhanced with candles and soothing music.

Choose from soothing rose geranium, and uplifting orange lemongrass

All therapies and services attract GST of 18%.

SPA ETIQUETTE

Therapy Timings: The spa is open treatments between 8am to 1pm, and 4pm to 8pm.

For the complete spa experience

- Please arrive at least twenty minutes early in order to unwind, have a proper consultation and change before your therapy. Our therapists will be pleased to advise you on a therapy that suits your particular needs.
- Enjoy a relaxing shower or steam before your therapy. This enhances the benefit of your treatment by warming muscles, opening pores, encouraging detoxification and allowing deeper rest during your treatment.
- Avoid eating a big meal at least one hour, ideally two hours before treatment to allow maximum healing benefits.
- Please sip water before and after all therapies.
- Schedule your therapy at a time when you will be able to rest for at least one hour after the therapy.
- To fully relax and promote a healing environment, please turn off your mobile phone and any other electronic device. We also request you use a lower speaking volume in the spa.
- Guests with high blood pressure, heart conditions, skin problems or other medical complications, and ladies who are pregnant should consult their doctor before scheduling an appointment.
- Please follow all Covid Safety norms as shared by your designated spa attendant / hotel policy.

Reservations and Cancellations

All spa therapies can be booked and cancelled at the Front Desk/ Spa. We understand that unavoidable circumstances may arise, making cancellation of your appointment necessary. If you find yourself unable to keep your appointment, please contact the spa within a four hour time frame to avoid the full charge of your service.

Valuables

While we endeavour to look after your belongings, the spa will not be liable for any loss. We request you to leave your valuables in the safe in your room, or in the locker.

PRANAYAMA, YOGA AND MEDITATION

In Indian philosophy, therapies that pamper the mind and spirit are as important as physical treatments. Yoga is the Hindu method of mind body integration.

PRANAYAMA

All living beings pulsate with an energy or vital force which in yogic practice is called *prana*. The better the quality of our breathing, we deliver more oxygen to our body, thereby nourishing all our organs and keeping the body healthy and strong. Techniques to control and enhance one's breathing are called *pranayama*. Yogic science also understands how breath control can affect not just the body, but even the mind. The philosophy behind *pranayama* is that by learning to control and enhance our breath, we can ultimately control the accumulation of *pranic energy* or vital life force within our body. It is this vital force that helps us to combat the debilitating effects of stress, fatigue and illness.

Some of the techniques taught include:

Ujjayi Pranayama - It increases oxygen and endurance levels, soothes the nerves

Bhramari Pranayama -Relieves tension, alleviates mood swings, reduces high blood pressure and insomnia. Calming, it helps the mind to focus

Anuloma Viloma - Extremely relaxing and calming, reduces stress and improves mental clarity and physical energy.

Omkar Pranayama – Vibrations caused by the rhythmic chanting improve cellular and organ efficiency. It enhances powers of concentration, memory and cognitive ability.

Our yoga instructors are trained to observe and listen. In personal sessions, your guide tries to understand your personality type and goals, and takes you through a program of pranayama (breath control), asana (physical postures) and niyama (rules for living), dharana (concentration) and dhyana (meditation).

MEDITATION

Meditation calms and stills the mind like no other known practice. In meditation, the individual is able to distance themselves from daily issues and create space or awareness for the individual to focus on healing the mind and body. Different types of meditation can be followed such as chanting, mindful meditation, visualization, etc. Simple techniques you can practice by yourself will be demonstrated.

Meditative practice brings therapeutic benefits like reducing stress, improving the ability to focus, supporting the immune system, etc.

Customized personal sessions can be booked for the morning between 6.30 and 9am, and evening between 4 and 7pm.

Sessions are conducted in the spa studio, garden pavilion, or cottage porch, depending on the weather and your preference.

Please refrain from eating at least one hour prior to a session. It is beneficial to drink a glass of warm water with lemon half an hour prior to a session. (This will be sent to you from Room Service when you have a pre-booked session.)

A session lasts between 60 to 75 minutes

All instructed sessions attract GST @18%.

