



*Heavenly moments begin here.*



## *Nirva*

Exotic, soothing, blissful and enchanting... Nirva awaits you in its full glory. This is where you will be pampered like never before, and experience rejuvenation unlike any. You are the celebration here... we invite you to revel in the glorious moments.

## *Services*

- Nirva Signature Treatment
- Speciality Spa Packages
- Especially For Men
- Body Massages
- Body Treatment
- Oriental Scrubs
- Water Therapy
- Facial Care
- Hair Treatment
- Foot Care

# *Nirva Signature Treatment*

## **Nirva Retreat (3 hours)**

Reestablish your harmony with Nirva Spa's signature massage - a unique treatment that combines the techniques of aromatherapy, deep tissue massage, specialty Thai Shiatsu and Ayurvedic massages. Your body enjoys a deep and relaxing massage with pure essential oils, as fingers seek out pressure points to release trapped energy, improve circulation and restore balance. This is followed by a foot and leg massage. An aromessence facial soothes away tiredness in your face, leaving it with a youthful radiant glow. A scalp massage completes this extraordinary experience. A well deserved treat for the body, mind and spirit!

## **Nirva Couple Retreat for Two (2 hours & 30 minutes)**

This special treatment is carried out in a luxurious private couple's room. It starts with a steam followed by a full body salt scrub to remove dead skin cells. A relaxing bath and a full body massage with pure essential oils follow next. Finally to complete this relaxation, feet and legs are massaged, using a soothing blend of oils rich in natural healing properties.

## **Nirva Signature Massage (1 hour & 30 minutes)**

Nirva Spa's signature massage combines the techniques of aromatherapy, deep tissue massages, speciality Thai Shiatsu and Ayurvedic massage techniques. Pure essential oils are massaged into the body and their scents uplift the senses.

## **Nirva Hot Stone Therapy (1 hour & 20 minutes)**

Tibetan Monks and American Indians used stones for their many benefits. This full body and face massage using lava stones, will instill a deep level of calmness while relaxing tight muscles, removing blockages and dissolving stress. You will leave the spa feeling renewed and energized through the healing properties of these natural, volcanic stones.

## **Nirva Jet Lag Energizer (1 hour & 20 minutes)**

This treatment stimulates the circulation and relaxes the tired muscles. It includes a Nirva Signature Body Massage with aromatic oils and a head massage. A Nirva Signature tea completes the treatment.



# Speciality Spa Packages

## Wellness Touch (2 hours & 30 minutes)

Achieve total relaxation with the therapeutic effect of ancient Thai massage. After a full body polish using an exotic blend of Thai herbs, a gentle force on pressure points and ligaments, accompanied by stretching and bending, to relieve tensions and clear blocked energy. A rich balm of oils from Macadamia seed, Citrus, Sandalwood and Lavender is massaged in to both feet and legs to complete your experience of wellness.

## A Moment of Truth (2 hours)

The treatment begins with a luxurious full body salt scrub that removes the dead skin cells. This is followed with a full body massage, using natural essential oils. Feet and legs are then massaged, using a soothing blend of oils.

## Beauty Ritual (2 hours & 40 minutes)

This is a total body indulgence from head to toe, beginning with a choice of body scrub suiting the skin type. The moisture from sweet almond blended with pure essential oils is gently massaged into the body. A facial treatment, designed specially for the skin type completes this beauty ritual.

## Thai Sensation (3 hours)

Thai Sensation uses an aromatic blend of natural herbs and oils to stimulate the senses. This treatment exfoliates the skin and improves circulation. It is followed by a Thai Herbal Body Wrap, then comes the hot herbal compresses to soothe, relax and release muscle tension.

## Oriental Rhapsody (2 hours & 30 minutes)

This is a complete beauty and body experience that involves an authentic Thai facial followed by an oriental scrub of choice. The whole experience is further accentuated with a 60 minute session of Thai massage.

## Touch of Venus (2 hours)

This is a unique natural beauty ritual that involves purely natural ingredients. This session includes a full body lulur scrub followed by a black moor mud facial accompanied by a dead sea mud pack for hair. This leaves the skin glowing from within.

## Nirva de-toxification Package (2 hours)

This package facilitates the body's natural elimination, the body is first thoroughly scrubbed with a signature detoxification scrub and followed by a healing wine and honey wrap. It culminates with a 20 minute hot and cold Vichy shower.

## Especially for Men

## Special Treatment for Men (2 hours and 30 minutes)

This starts with an European full-body massage that applies a combination of light and deep stroke massage to stimulate blood circulation and lymphatic flow while soothing tensed and tired muscles. This is followed by a facial treatment.



# Body Massage

## **Aromatherapy Body Massage** (1 hour, 1 hour & 30 minutes)

This is a gentle therapeutic massage for total relaxation. A choice of blends of pure essential oils are available. The skin tissues readily absorb the oils while their uplifting aroma triggers the nerves in the nose bringing internal balance and healing. The full-body treatment includes massage of the feet, legs and scalp.

## **Swedish Massage** (1 hour, 1 hour & 30 minutes)

A unique European full body massage that applies a combination of light and deep strokes to stimulate blood circulation and lymphatic flow while soothing tensed and tired muscles.

## **Thai Traditional Massage** (1 hour, 1 hour & 30 minutes)

This treatment improves blood circulation and energy flow as it relaxes tensed muscles and ligaments. Pressure points in the body are probed and kneaded. This is good for strained joints, stressed muscles and body aches.

## **Thai Herbal Heat Treatment** (1 hour & 30 minutes)

This uses hot herbal compresses of organic Thai herbs to soothe, relax and release muscle tension.

## **Foot Reflexology** (45 minutes)

This treatment involves applying focused pressure to certain known reflex points located in the sole of the feet, which correspond to certain other areas in the body. This clears the pathways of energy flow throughout the body, returns body balance, and strengthens the immune system.

## **Aroma Foot Spa** (30 minutes)

The feet are first soaked in warm water mixed with tea tree essential oils, it is followed by a cool peppermint salt scrub. A gentle massage, using pressure points with refreshing foot massage oil completes this wonderful treatment.

## **Back and Shoulder Relaxation** (30 minutes)

This intensive massage concentrates on the back, shoulder and the neck area, the most tired parts of the body.

## **Scalp Massage** (45 minutes)

Ideal for those who wish to relax but have limited time. It helps soothe all anxieties away by opening up the energy meridians and release muscle and nervous tension.



# *Body Treatment*

## **Thai Herbal Body Polish** (45 minutes)

Polishing is done using natural herbs and oils to stimulate the senses. This treatment exfoliates the skin, smoothening out dry, rough skin and improves circulation.

## **Lemongrass Scrub** (45 minutes)

A hand mixed scrub cleanses and brightens the skin. Lemongrass has natural antiseptic properties known to tone and revitalize the skin.

## **Refreshing Salt Glow** (45 minutes)

This treatment exfoliates and leaves the skin nourished and smooth by using pure sea salts that are sun dried and harvested into crystals with pure essential oils. It's best suited for dry and rough skin and is a good treatment for men.

## **Detoxification Body Scrub** (45 minutes)

This detoxification body scrub is a great source of Potassium and Vitamin C that help promote healthy cell growth and high amounts of anti-oxidants. This firms and tones the skin.



# *Oriental Scrub*

## **Javanese Scrub (45 minutes)**

A traditional Javanese concoction of active herbs and rice produced in Java Island, is used to exfoliate and tighten the skin. This is followed by a gentle massage with yogurt, which leaves the skin soft, bright and fragrant.

## **Balinese Boreh scrub (45 minutes)**

A traditional Balinese formulation, the treatment involves a 30 minute body cocoon, followed by a gentle massage with yogurt. This session not only exfoliates the skin but also leaves the body warm and energized by increasing blood circulation. A warm Vichy shower completes this treatment.

## **Black Borneo Scrub (45 minutes)**

An exfoliating formulation from the Island of Borneo, where the local black rice flour along with other natural ingredients are used to cleanse, nourish and moisturize the skin.

## **Energising Body Scrub (45 minutes)**

This scrub helps Vitamin C to enter the body cells, strengthening them from oxidative damages and stimulates the skin's natural collagen and elastin, thus revitalizing the skin. It also helps to reduce swelling and edema.

## **Wine and Honey Wrap (50 minutes)**

One of the most effective skin-smoothing treatments that combines the healing properties of honey with the anti-oxidant polyphenols found in wine and the rejuvenating properties of pure essential oils. Recommended for those with sensitive skin.

## **Thai Herbal Body Wrap (50 minutes)**

Thai herbs are first massaged into the skin, the body is then wrapped in a thermal blanket to help increase the absorption of trace minerals. Ideal when combined with a Thai Facial and Thai Massage.

## **Thermal Mud Wrap (1 hour)**

A "hot well being" compress with thermal mud from the natural geysers of New Zealand is used alternating with the "cryo stimulating" compresses. It is then followed by a warm Vichy shower. This process circulates and detoxifies the tissues.

## **Dead Sea Mud Wrap/Black Mud Wrap (45 minutes)**

The Dead Sea is known as the 'fountain of youth'; rightly so, as the mud and the salt found here has therapeutic and healing properties. In this treatment, the whole body is wrapped in a pack of genuine Dead Sea black mud. This will leave you de-stressed, revitalized and rejuvenated.

## **Chocolate Body Wrap (1 hour)**

The treatment involves a chocolate scrub, followed by a chocolate wrap and then a gentle massage with cocoa butter flavoured massage oil. A hot chocolate drink enhances this indulging treatment. The skin is regenerated and toned while the body is oxygenated and relaxed. Recommended for dry and aging skin.

## **Diamond Body Wrap (50 minutes)**

An authentic cosmetic gem formulated by blending Dermo-fondant powders of diamond, hematite and amber. These delicate and luxurious ingredients with a micro layer cosmetic technology, wrap the body in an 'invisible micro mesh'. This tones and invigorates the body.



## *Facial Care*

### **Aromessence Clarifying Facial (40 minutes)**

A refreshing treatment, which eliminates dead cells from the stratum corneum. After facial cleansing, the natural fruit acids exfoliate the skin. A cream facial mask nourishes the delicate skin.

### **Aromessence Facial (1 hour)**

Combined with pressure point massage, this facial treatment uses natural essential oils to moisturize, de-sensitize and revitalize the skin. This is a relaxing and invigorating treat for the face.

### **Aromessence Super Lifting Facial (1 hour & 30 minutes)**

Strongly recommended for the aging skin, this facial massage helps ease the appearance of fine lines and wrinkles. It helps restore a radiant complexion.

### **Thai Facial (1 hour)**

The simple and sensual Thai Facial uses 100% natural ingredients while incorporating skin cleansing, gentle exfoliation, massage and a mask to leave the skin feeling clean and fresh.

### **Eye Contour Treatment (30 minutes)**

This multi-action eye treatment combines various massage techniques to reduce puffiness and dark circles. Also, relaxes tired eyes and minimizes wrinkles and fine lines.

### **Natural Black Mask Facial (1 hour)**

This botanical deep cleansing mask detoxifies and purifies all skin types leaving the skin naturally fresh and clean. It removes impurities while replacing lost minerals and nutrients. Recommended for de-pigmentation and whitening.

### **Collagen Facial (1 hour 30 minutes)**

This is a unique facial that's recommended for matured, dull and dry skin. Pollution and stress accentuate aging by baring the skin of its suppleness and firmness. This facial provides nutrients to the skin, which in turn hydrate the skin to regain its tone and firmness.

## *Hair Treatment*

### **Dead Sea Mud Hair Mask (45 minutes)**

The mud absorbs excess oil, purifies, invigorates and stimulates the scalp. The protective agents in it maintain natural moisture levels, prevent dehydration and protect hair from pollution and the sun.

## *Foot Care*

### **Nirva Signature Foot Care (1 hour)**

This specialized foot care, which integrates age-old ayurvedic recipes along with traditional foot reflexology and modern foot and nail care to give a comprehensive care for your foot and in turn for your body. It involves a thorough scrub for your lower leg and foot followed by a deep tissue and reflexology massage for your feet; your feet are later soaked in water infused with essential oils; The leg is then cocooned in a herbal mask. The session is completed by a delicate massage to your feet with our Nirva foot softening butter.



# Hydro Therapy -A speciality of Nirva Spa

## Detoxification Bath (30 minutes)

The minerals and trace elements of seaweed detoxifies and regenerates the body and refreshes mind. This treatment can be enjoyed before or after the body treatments or simply enjoyed by itself.

## Revitalizing Bath (30 minutes)

This bath of herbal plant extracts and minerals, relaxes the body, reduces lactic acid accumulated in muscles, detoxifies and eases fatigue. Extracts of Fennel and Capsicum Frutescens stimulate the lipase enzyme and improve metabolism, while lactose and Macadamia nut oil hydrate the skin. Allow your skin to absorb the nourishment and emerge revitalized.

## Vichy Shower Massage

This is a total shower with a rejuvenating scrub massage to activate and later relax the muscles. This hydro therapy session can be experienced along with other body scrubs or just by itself. This treatment is great for soothing the tired muscles.

### What is vichy shower?

The Vichy Shower, which originated in France, consists of a wet treatment table and various head shower systems, which pour water onto you while you're lying on a cushioned wet table. Imagine lying down and having warm water massage you like rain falling from the sky!

It is usually part of a body treatment, like a salt scrub or body wrap. Instead of jumping up and getting in a shower to rinse off the salt or mud, you simply lie there. The cascade of water feels delicious! Vichy Shower can easily adapt from a fine, misty water massage, to a directional pressured massage. Ideal for maximizing anti-stress treatment benefits, relieving guest aches and pains, stimulating blood circulation and more.

Our Vichy Shower has thirteen adjustable shower jets to caress your body under an invigorating waterfall. The therapist adjusts the pattern, placement and temperature of the jets to achieve whole-body water massage treatment. When all 13 jets are on, about 50 litres of water a minute are flowing over your body, producing a sensation of floating on water. The effect of so much water movement on your skin is to increase the blood circulation, hydrate the skin and soothe the nervous system, enabling your body to balance and your muscles to relax.

### Specific benefits from regular Vichy Shower treatments include:

1. Increasing the benefits of products recently absorbed by your skin
2. Reducing toxins and waste, improving your elimination system

3. Stimulating the skin drawing blood to the surface
4. Boosting your immune system
5. Hydrating your body through your skin, improving skin and muscle tone
6. Reducing your stress response through skin nerve stimulation

### Benefits of Hydrotherapy

Hydrotherapy treatments initiate an increase in blood and lymph circulation, strengthen your immune system, improve your metabolism and detoxify your body. Hydrotherapy has the following effects on your body:

1. Dramatically increases your elimination of waste assisting detoxification
2. Loosens tense, tight muscles and encourages your relaxation
3. Increase your metabolic rate and digestion activity
4. Hydrates your cells improving skin and muscle tone
5. Boosts your immune system allowing it to function more efficiently
6. Improves the function of your internal organs by stimulating their blood supply

To greatly benefit from this treatment, we recommend you have regular treatments every 2 to 8 weeks, depending on your general and specific conditions.



*What you eat is what you look... Get glowing with these fresh & healthy delectables.*

<b>Cool, Healthy Start Ups</b> Cucumber & Mint - 100 calories Carrot & Celery - 78 calories Mix Vegetable Juice - 120 calories or <b>Seasonal Fruit Platter</b> Papaya, Pineapple, Apple and Banana - 150 calories	Rs. 325	<b>Vegetable Soup</b> A clear soup with aromatic vegetables - 138 calories	Rs. 160
<b>Spa Salad</b> A mix of lettuce, bean sprouts and cracked wheat with an extra light lemon dressing - 95 calories or <b>Sautéed Vegetables</b> Assorted vegetables blanched and sautéed in extra virgin olive oil - 130 calories	Rs. 325	<b>Country Broth</b> Cumin scented chicken broth with leeks - 154 calories	Rs. 180
<b>With An Option Of Beverage</b> Decaffeinated coffee, herbal Ayurvedic or green tea. - 50 calories		<b>Stir-fried Chinese Greens</b> Stir-fried Chinese vegetables with garlic - 120 calories	Rs. 300
<b>Power Packed Start Ups</b> Cucumber & Mint - 100 calories Carrot & Celery - 78 calories Mix Vegetable Juice - 120 calories	Rs. 365	<b>Soya Bean Curd With Sesame Seeds</b> Tofu and baby corn wok tossed in rice wine, with sesame seeds and scallions - 285 calories	Rs. 310
<b>Egg White Omelette</b> With grilled tomato and sautéed mushrooms and toasted brown bread - 128 calories or <b>Scrambled Egg Whites</b> With grilled tomato and sautéed mushrooms and toasted brown bread - 128 calories or <b>Steamed Idlis</b> "Steamed Indian rice cakes served with tempered lentils - 200 calories	Rs. 365	<b>Young Spinach, Bean Curd And Chickpeas</b> Spinach, cottage cheese, and chickpeas are mildly seasoned with Indian spices and is served with phulkas - 237.5 calories	Rs. 300
<b>With An Option Of Beverage</b> Decaffeinated coffee, herbal Ayurvedic or green tea - 50 calories		<b>Cottage Cheese Steak</b> Char grilled cottage cheese steak, served on a bed of steamed spinach - 250 calories	Rs. 250
<b>Chickpea And Citrus Delight</b> Cooked chickpeas and lemon segments tossed in olive oil - 205 calories	Rs. 260	<b>Fettuccine With Olives</b> Whole wheat fettuccine is tossed in olive oil with garlic green olives and caper buds - 325 calories 35 grams cooked brown rice is served with each of the above listed servings - 46.2 calories	Rs. 290
<b>Pomfret's Devil</b> Pomfret salad with red onions, haricot beans and tomatoes in champagne vinaigrette - 205 calories	Rs. 300	<b>Pan Seared Fish</b> Delicately marinated Snapper fillets, pan cooked, served with steamed vegetables and citrus salsa - 330 calories	Rs. 325
		<b>Oriental Steamed Fish</b> White Pomfret on a bed of leeks, scallion, celery and garlic, steamed and served hot 285 calories	Rs. 325
		<b>Broiled Chicken</b> Chicken marinated in salt and pepper, served with steamed broccoli and carrots - 316 calories	Rs. 380
		<b>Roast Chicken</b> Spring chicken that's marinated in mint and coriander and oven roasted, this is with roasted vegetables - 347 calories 35 grams cooked brown rice is served with each of the above listed servings - 46.2 calories	Rs. 380

# Spa Basics

## **Should I reserve my treatments?**

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

## **When should I arrive?**

Please arrive at the spa 15 minutes before the scheduled time to check-in and change.

## **What if I have special health considerations?**

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

## **What about my valuables?**

Please leave all your valuables in the locker provided by the hotel. We do not assume any liability for personal items/locker.

## **What do I wear during my treatments?**

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists always use draping techniques to respect your privacy.

## **What if I'm late for my appointment?**

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

## **What if I need to cancel a spa reservation?**

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.



For membership,  
please contact: + 91 99590 20171 , + 91 99590 20182

As a privileged member you will have free access to the indoor swimming pool and the fully equipped 24 hr fitness centre. You can also avail a discount of 20 per cent on food at **Indus - The Multi-cuisine Restaurant**, on food and beverages at **Alchemy - The Lifestyle Lounge** and on beverages at **Rocks - The Bar**.



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