




JIVA
SPA SERVICES







THERAPIES



SIGNATURE EXPERIENCE

TRUPTI Contentment	(120 mins)
JIVANIYA Invigorate	(120 mins)
VISHRAMA Deep Muscular	(120 mins)
PEHLWĀN MĀLISH Warrior Massage	(90 mins)



INDIAN THERAPIES

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



INDIAN AROMATHERAPY

VISHRĀM Relaxation Massage	(60 mins)
ĀRJA DĀYAKĀ Energising Massage	(60 mins)
PAVITHRI Lymphatic Drainage	(60 mins)



SCRUBS & WRAPS

NARIKELĀ House Favourite	(45 mins)
MASĀLĀ Spice Scrub	(45 mins)



BEAUTY

ĀNANA LEPĀ Facial	(60 mins)
JIVA Signature facial	(90 mins)
JAMAROSA ROOT Deep Cleansing Facial	(60 mins)
TULSI Nourishing Facial	(60 mins)
CHAMPAK Soothing Facial	(60 mins)
NEEM FACIAL For Gentlemen	(60 mins)
SPA 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.

JIVANIYA Invigorate *Duration - 120 Mins*

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

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.

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.



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 customized 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 stress and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation steam and the application of a 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.

🌿 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 tranquility to your entire system.

🌿 ŌRJA DĀYAKĀ Energizing 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, Patchouli, Tulsi and Ashwagandha, 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 techniques, works from within, eliminating toxins and refining the whole system. Cleansed anew, you will face the world again revived and re-energised.

SCRUBS & WRAPS

INDULGE IN THE RELAXING, EXFOLIATING AND NOURISHING PROPERTIES OF OUR SCRUBS AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES AND INDIAN HERBS. 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 aids in nourishing your skin and drawing out impurities.

Scrubs and Wraps are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil.

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.

BEAUTY

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

ĀNANA LEPĀ Facial *Duration - 60 Mins*

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families 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 Our 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.



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.

☺ SUKHA Bliss *Duration - 210 Mins*

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 a relaxing one hour Facial.

☺ SOMĀ Nectar of the Gods *Duration – 120 Mins*

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 Sparkling wine.

☺ ABHISARANA Rendezvous of Romance *Duration – 90 Mins*

Relax with a 1-hour Indian Aromatherapy massage of your choice. Then take a dip in our plunge pool to romance your senses. Stimulate your taste buds with the freshly-prepared aromatic hors d'oeuvre. Lastly, quench your thirst with a wholesome fresh juice.



SPA INFORMATION

SPA FACILITIES

The jiva spa consists of one couple massage suite with soak tub, two single treatment rooms and a relaxation area. all treatment rooms have individual shower and steam facility. We provide robes, towels, slippers and personal amenities.

TIMINGS

The Spa is open daily from 10:00 hrs to 18:00 hrs

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 ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones 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 Spa is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility.
- 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 body treatments to pregnant women.
- Entry to Jiva is at guests' 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.

SAVOY

IHCL SELECTIONS

Savoy, Ooty – IHCL Selections

77, Syllk's Road

Ooty, The Nilgiris District, Tamilnadu, India

Tel.: +91 423 222 5500 | Fax.: +91 423 222 5575

jivaspa.savoy@selectionshotels.com

www.selectionshotels.com

PRICES



THERAPIES

SIGNATURE TREATMENTS

Trupti	120 Mins	₹ 9000
Jivaniya	120 Mins	₹ 9000
Vishrama	120 Mins	₹ 9900
Pehlwan Malish	90 Mins	₹ 8100

INDIAN THERAPIES

Samvardana	60 Mins	₹ 4500
Pada Mardana	60 Mins	₹ 3600
Prishta Mardana	60 Mins	₹ 3600
Champi	45 Mins	₹ 3600

INDIAN AROMATHERAPY

Vishram	60 Mins	₹ 4500
Orja Dayaka	60 Mins	₹ 4500
Pavithri	60 Mins	₹ 4500

SCRUBS & WRAPS

Narikela	45 Mins	₹ 3375
Masala	45 Mins	₹ 3375

BEAUTY

Ananalepa Facial	60 Mins	₹ 4500
Jiva Signature Facial	90 Mins	₹ 6750
Jamarosa Root Facial	60 Mins	₹ 4500
Tulsi Facial	60 Mins	₹ 4500
Champak Facial	60 Mins	₹ 4500
Neem Facial For Gentlemen	60 Mins	₹ 4500
Spa Energising Facial	30 Mins	₹ 2250

SPA INDULGENCES

Sukha	210 Mins	₹ 13500
Soma	120 Mins	₹ 16500
Abhisarana	90 Mins	₹ 14000

- Prices are in Indian Rupees, subject to applicable government taxes
- Body treatments can also be offered in the spa, two hours prior and two hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of Rs. 1200/- per treatment.
- For early morning appointments i.e. before 10 a.m, intimation is required by 4 pm the prior evening.
- For late evening appointments i.e. after 6 p.m. intimation is required by 4 pm the same day.
- Body treatments can be offered in-room, at an additional charge of Rs. 1500/-. However, no cross-gender treatment will be offered in-room.

