



  
JIVA  
SPA SERVICES









# THERAPIES



## SIGNATURE EXPERIENCES

- SHUDDHI** Purification ( 120 Mins )
- JIVANIYA** Invigorate ( 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 )
- DRISTI** Eye Therapy ( 30 Mins )



## INDIAN AROMATHERAPY

- VISHRĀM** Relaxation Massage ( 60 Mins )
- PAVITHRI** Lymphatic Drainage ( 60 Mins )
- ORJA DAYAKA** Energizing massage ( 60 Mins )



## BODY RITUALS

- NARIKELĀ** House Favourite ( 45 Mins )
- MASĀLĀ** Spice Scrub ( 45 Mins )



## BEAUTY

- ANANA LEPA** Facial ( 60 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.

### **SHUDDHI** Purification **Duration - 120 Mins**

Our unique signature experience “Shuddhi” draws from Indian ethos of well-being, where the holy Ash - Bhasma and Ganges water play a vital role.

Inspired by the ancient Vedic rituals, this therapy commences with an application of “Bhasma” to purify and enhance skin texture and channelize your energy. Then the skin is nourished with milk and a special herbal decoction, while soothing chants create an aura of peace and sanctity. This is followed by an energising massage with fragrances of Nagarmotha and Patchouli to uplift your spirits and help achieve harmony at all levels.

Experience the bliss of “Shuddhi” in the divine surroundings of the Himalayan region.

### **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.

### **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 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 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.

### **DRISTI** Eye Therapy **Duration - 30 mins**

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation, and reduce dark circles. Relief for tired and puffy eyes.



## 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.

### **ORJA 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, Patchouli, 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 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 & 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 TAJ 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.

### **ĀNANALEPĀ** 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.

## 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 - Pehlwan Malish
- Give yourself a quick boost with our Ananalepa Facial

## SPA INFORMATION

### SPA FACILITIES

The Jiva Spa consists of one couple massage suite with steam and shower, one single treatment room with steam & shower. Outdoor Swimming Pool is housed separately. We provide robes, towels, slippers and personal amenities.

### 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 10:00 am to 8:00 pm

### 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.

## SPA INFORMATION

### 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 wet area facilities. However, we have a special spa treatment menu designed for children.
- 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 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.

# PILIBHIT HOUSE

IHCL SELEQTIONS

**Pilibhit House - IHCL SeleQtions**

38/1, Niranjani Akhara Marg, Sharvan Nath Nagar,  
Haridwar, Uttarakhand 249401

Tel.: +91 72170 24116

Email : [jivaspa.pilibhithouse@seleqtionshotels.com](mailto:jivaspa.pilibhithouse@seleqtionshotels.com)  
[www.seleqtionshotels.com](http://www.seleqtionshotels.com)

# PRICES

## THERAPIES

### SIGNATURE EXPERIENCE

Shuddhi	120 Minutes	₹ 14000
Jivaniya	120 Minutes	₹ 14000
Pehlwan Malish	90 Minutes	₹ 10500

### INDIAN THERAPIES

Samardana	60 Minutes	₹ 7000
Pada Mardana	60 Minutes	₹ 5600
Prishta Mardana	60 Minutes	₹ 5600
Champi	45 Minutes	₹ 5600
Dristi	30 Minutes	₹ 4200

### INDIAN AROMATHERAPY

Vishram	60 Minutes	₹ 7000
Pavithri	60 Minutes	₹ 7000
Orja Dayaka	60 Minutes	₹ 7000

### BODY RITUALS

Narikela	45 Minutes	₹ 5600
Masala	45 Minutes	₹ 5600

### SPA BEAUTY

Anana Lepa Facial	60 Minutes	₹ 7000
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## SPA INDULGENCE

Sukha	210 Minutes	₹ 19650
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- Prices are in Indian Rupees, exclusive of 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 1.5 times of the treatment price.
- For early morning appointments, i.e., before operational hours, intimation is required by 6 pm the prior evening.
- For late evening appointments, i.e., after operational hours, intimation is required by 6 pm the same day.
- Body treatments can be offered in-room at an additional charge of 1.5 times of the treatment price. However, no cross-gender treatment will be offered in the room.