

# THE ESSENCE OF WELLNESS

## THE SPA AT THE LEELA, GOA

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Since times immemorial, people have yearned for a place where they could find solace from the complexities of their daily lives. They seek a retreat where mind, body and spirit can be brought into balance and from which they can emerge invigorated and rejuvenated.

As far back as ancient times, our kings and queens took great pleasure in soothing and relaxing the body, mind and spirit. Their rituals have been passed down through generations and now these sacred traditions are the very inspiration behind all of our special treatments and also therapies.

The Spa also aims to create an oasis of calm where every sense is revitalized and rejuvenated.

# MASSAGE THERAPIES

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## INDIAN MAGIC

**90 Minutes**

“ Our Signature massage”

Specialized oils blended with ashwagandha and bala root herbs helps to rejuvenate both aching muscles and tired mind.

## SWEDISH MASSAGE

**60 Minutes**

A very popular and traditional massage which is designed to loosen parts of the body that are tense and stressed. Almond oil also increases circulation and it improves the over all skin tone.

## AROMATHERAPY MASSAGE

**60 Minutes**

This perfect massage which uses lime and ginger oil or lavender and basil oil to provide multi sensory experience. It is a complete face, scalp and body massage that focuses on all the vital accupressure points. It strengthens the nervous system and restores vitality.

## JET LAG REVIVER

**60 Minutes**

The perfect massage using almond oil revives the body and mind of a weary traveller.

## INDIAN BACK KAMA

**30 Minutes/60 Minutes**

A very highly relaxing sandalwood oil used for this back treatment is designed to remove all tense and sore spots on the back and shoulders.

## HOT STONE MASSAGE

**90 Minutes**

A truly holistic experience that brings harmony to both body and mind. A deep body and scalp massage using hot stones on vital energy points energizes you and a blend of Indian Rose and Geranium leaves your skin feeling soft and smooth.

## REFLEXOLOGY

**60 Minutes**

A very ancient and oriental method of massage, in which pressure is applied to different points of the foot that correlates to individual parts of the body. This technique drains away stress and tension and restores a natural flow of energy in the body.

## HEAD, NECK AND SHOULDER MASSAGE

**30 Minutes**

An authentic ancient and traditional therapy is done to promote healthy growth of hair and brings back luster to dull hair. The head, neck and shoulder are massaged with medium pressure to relax the muscles and ease tension. This is then followed by a mild fomentation to promote complete relaxation.

# HOLISTIC PACKAGES

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## 3 DAYS PACKAGE

This package offers a very balanced care to the body and mind.

### Day - 1

Body Scrub or Body Polish (60 mins)

Followed by Indian Back Kama (30 mins)

### Day - 2

Hot Stone Massage (90 mins)

### Day - 3

Indian Magic - 'Signature Massage'

## 5 DAYS PACKAGE

Relaxation exclusively created to address the mind and the body.

### Day - 1

Body Scrub or Body Polish (60 mins)

Followed by Indian Back Kama (30 mins)

### Day - 2

Hot Stone Massage (90 mins)

### Day - 3

Swedish Massage (60 mins)

### Day - 4

Reflexology (60 mins)

### Day - 5

Indian Magic - 'Signature Massage'

# BODY POLISHES AND SCRUBS

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## SEA MINERAL SCRUB

### 60 Minutes

A synergistic blend of both essential oils and sea minerals nourishes and softens your skin. Essential oils are applied to infuse the nutrients and essential oils for toning cell renewal and deep relaxation.

## DETOXIFYING SCRUB

### 60 Minutes

A combination of oats and fresh papaya absorbs body toxins, removes dead cells, stimulates the skin and improves blood circulation.

## ANCIENT INDIAN SCRUB

### 60 Minutes

A blend of both globe thistle and Indian olive to exfoliate, sandalwood to cool and soothe, this traditional recipe with honey leaves your skin soft and glowing.

## MARIGOLD AND BASIL SAND SCRUB

### 60 Minutes

This extraordinary scrub has intensely hydrating, draining and reducing properties. Its highly effective ingredients include fine white sand rice and aluminum silicates from river beds in the Himalayas. The flower and herb extract targets fat deposits and also cellulite while smoothing the skin.

## CANE SUGAR AND TAMARIND SPARKLING BODY POLISH

### 60 Minutes

Real cane sugar crystals which is soaked in a sparkling blend of citrus oils with pure tamarind pulp adds a therapeutic dimension to this body polish. The fresh fragrance of bitter orange and bergamot leaves the entire skin feeling invigorated, while the pure raw sugar content exfoliates, intensively hydrates and also repairs the skin, leaving it gleaming and glossy.

# TREATMENT CHARGES

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## MASSAGE THERAPIES

|                                   |                 |           |
|-----------------------------------|-----------------|-----------|
| INDIAN MAGIC.....                 | 90 Minutes..... | INR 5,200 |
| SWEDISH MASSAGE.....              | 60 Minutes..... | INR 4,200 |
| AROMATHERAPY MASSAGE.....         | 60 Minutes..... | INR 4,200 |
| JET LAG REVIVER.....              | 60 Minutes..... | INR 4,200 |
| INDIAN BACK KAMA.....             | 30 Minutes..... | INR 2,400 |
| INDIAN BACK KAMA.....             | 60 Minutes..... | INR 4,200 |
| HOT STONE MASSAGE.....            | 90 Minutes..... | INR 5,200 |
| REFLEXOLOGY.....                  | 60 Minutes..... | INR 4,200 |
| HEAD NECK & SHOULDER MASSAGE..... | 30 Minutes..... | INR 2,400 |

## BODY POLISHES AND SCRUBS

|  |                 |           |
|--|-----------------|-----------|
| SEA MINERAL SCRUB.....                           | 60 Minutes..... | INR 3,900 |
| DETOXIFYING SCRUB.....                           | 60 Minutes..... | INR 3,900 |
| ANCIENT INDIAN SCRUB.....                        | 60 Minutes..... | INR 3,900 |
| MARIGOLD AND BASIL SAND SCRUB.....               | 60 Minutes..... | INR 3,900 |
| CANE SUGAR & TAMARIND SPARKLING BODY POLISH..... | 60 Minutes..... | INR 3,900 |

## SPA PACKAGES

|                        |             |            |
|------------------------|-------------|------------|
| MASSAGE THERAPIES..... | 3 Days..... | INR 14,900 |
| MASSAGE THERAPIES..... | 5 Days..... | INR 21,900 |

"All prices are quoted in Indian Rupees and are subject to prevailing government taxes,  
prices are subject to change without prior notice"

## AYURVEDA AT THE LEELA, GOA

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Ayurveda, the science of life, is a part of India's ancient tradition and philosophy. Several thousand years old, it highlights an ideal lifestyle in order to establish and also maintain radiant physical, mental and spiritual health. Ayurveda also interprets the countless possibilities of diseases and suggests remedies to direct man from the imbalances of contemporary life to the pathway of natural living.

Ayurveda considers each individual as a cell in the body of Mother Nature. When all these cells function in perfect harmony, cells unite with the mega symphony known as the perfect health. During our life time this symphony can be disturbed by the changes in climate and lifestyle.

Ayurveda's goal is to reconnect us to an exemplary life of Sathya, Dharma, Shanti, Prema and Ahimsa. This holistic approach makes Ayurveda popular worldwide.

# RELAXATION PROGRAMS

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## **ABHYANGA**

**60 Minutes**

A whole body rejuvenative massage using ayurvedic oils. It enhances blood circulation, stimulates lymphatic flow, relieves body fatigue and related body aches, nourishes the skin, relaxes the body and removes stress.

## **SYNCHRONIZED ABHYANGA**

**60 Minutes**

A whole body traditional massage using ayurvedic oils by two therapists, which is also popularly known as the "four hands massage". The synchronized movement increases blood circulation, stimulates the body and encourages proper energy flow throughout the body.

## **CHAVITTITHIRUMMU - PADA ABHYANGA**

**60 Minutes**

A traditional body massage from Kerala, done with the foot concentrating on the back followed by a short full body massage. Ensures good blood circulation, tones and stimulates the muscles and makes the body flexible and firm. Recommended for males without any serious spinal problem.

## **SUGANDHA - AROMA OF AYURVEDA**

**60 Minutes**

A whole body massage using aromatic oils of Ayurveda. It also pampers you with the pleasant smell, soothes and conditions the skin and relaxes you in the traditional way.

## **SHIRODHARA**

**60 Minutes**

Warm medicated oil is poured slowly in an oscillating stream on the forehead after an oil massage. It quiets the mind, awakens the senses, stimulates the nervous system and effectively removes stress. Improves quality of sleep, relieves general headaches, also strengthens hair roots and prevents premature greying.

## **THE DUO - ABHYANGA & SHIRODHARA**

**80 Minutes**

Experience a complete Ayurveda revival by indulging in a blissful combination of both general Abhyanga and also Shirodhara.

## **BACK MASSAGE**

**30 Minutes**

A therapeutic massage using selected oils enhances the blood circulation, eases muscular pain and relaxes the muscles of the neck, back and shoulder.

## **NECK & SHOULDER MASSAGE**

**30 Minutes**

Stimulating oil massage concentrating on the neck and shoulder to ease muscular pain and tension induced by stress and incorrect sitting posture.



# RELAXATION PROGRAMS

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## FEET ABHYANGA

**30 Minutes**

Relaxing oil massage for the feet and lower legs to deal with fatigue, improper circulation and dryness of the feet and soles.

## PIZHICHIL

**60 Minutes**

An intensive ancient oil therapy in which two therapists in a rhythmic pattern pour warm medicated oil all over the entire body with simultaneous gentle massage. This highly rejuvenating treatment is advisable for preventing and treating all neurological and circulatory ailments, rheumatic illness, joint stiffness, muscle spasms and also degenerative diseases.

## PODIKKIZHY

**60 Minutes**

Warm herbal bundles are soaked in medicated oils and is applied all over the entire body, focusing on the joints and muscles. It is advisable in rheumatoid arthritis, stiff joints, backaches etc. It should be done as a course of treatments for considerable relief of symptoms.

## KATEEVASTHI

**30 Minutes**

Specially prepared warm medicated oil is kept over the lower back within a herbal paste boundary. It relieves lower back pain related to the spine. This should be done as a course of treatments for considerable relief of the symptoms.

## NASYA

**30 Minutes**

A few drops of herbal extracts are introduced into the nostrils after a head and face massage concentrating on the sinus areas followed by steam fomentation. Good for relieving nasal congestion related to sinus problems.

## UDWARTHANAM

**45 Minutes**

Dry herbal powder is vigorously scrubbed on to the skin. Helps in relieving improper blood circulation, numbness in the limbs and it exfoliates the skin to give a toned and firm outlook. Long term therapy helps to get rid of excess fat from the body.

## NJAVARAKKIZHY

**60 Minutes**

Warm bundles of cooked medicinal rice soaked in a milk decoction of nutritive herbs are applied over the entire body. Highly rejuvenating and invigorating body and skin treatment that leaves your skin soft and radiant. Good for neurological weakness and also improves vitality. It is advisable in degenerating diseases and certain conditions of rheumatism.

This treatment requires 24 hours advance booking.

# AYURVEDA REJUVENATION PACKAGES

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This treatment programme empowers the body to manage the toxins accumulated as a result of improper lifestyle, food habits and prolonged stress and strain of modern life.

## BASIC REJUVENATION - 3 DAYS PACKAGE

Experience the very basics of Ayurvedic rejuvenation.

**Day-1** Abhyanga (60 mins)

**Day-2** 'The Duo' - A Combination of Abhyanga & Shirodhara (80 mins)

**Day-3** Synchronized Abhyanga (60 mins)

## ESSENCE OF WELLNESS - 5 DAYS PACKAGE

An ultimate experience of traditional Ayurvedic therapies which helps to revitalize the body and mind.

**Day-1** Abhyanga (60 mins)

**Day-2** Synchronized Abhyanga (60 mins)

**Day-3** Sugandha - Aroma of Ayurveda (60 mins)

**Day-4** Shirodhara (60 mins)

**Day-5** Head & Back Massage + Feet Abhyanga (60 mins)

## HEALING TOUCH - 5 DAYS PACKAGE

A program which rejuvenates body, mind and soul. It also enhances and heals our inner balance.

**Day-1** Wellness Consultation (30 mins) & Abhyanga (60 mins)

**Day-2** Abhyanga (60 mins)

**Day-3** Abhyanga (60 mins) & Localized Kizhi (20 mins)

**Day-4** Shirodhara (60 mins)

**Day-5** Synchronized Abhyanga (60 mins)

## DE-STRESS - 5 DAYS PACKAGE

Helps to overcome mental stress with specially planned treatments and personalized sessions.

**Day-1** Wellness Consultation (30 mins) & Abhyanga (60 mins)

**Day-2** Shirodhara (60 mins)

**Day-3** Shirodhara (60 mins)

**Day-4** Shirodhara (60 mins)

**Day-5** Synchronized Abhyanga (60 mins)

\* One Personalized Yoga (60 mins) Session

## WELLNESS RETREAT - 6 DAYS PACKAGE

A unique and very personalized program inspired by the healing concept of Ayurveda. This Wellness program also helps to manage stress, enhancing health and body resistance, to bring harmony to the body, mind and also spirit.

**Day-1** Wellness Consultation (30 mins) & Abhyanga (60 mins)

**Day-2** Abhyanga (60 mins)

**Day-3** Synchronized Abhyanga (60 mins)

**Day-4** Podikkizhy (60 mins)

**Day-5** 'The Duo' - A Combination of Abhyanga & Shirodhara (80 mins)

**Day-6** Ayurvedic Diet & Life style Recommendation (30mins) and Abhyanga (60 mins)

\* Three Personalized Yoga (60 mins) Session

# HOW TO SPA

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## OPENING HOURS

Daily from 7 am to 10 pm

## ARRIVAL TIME

You are encouraged to arrive 15 minutes prior to your appointment in order to change, relax and enjoy the facilities at The Spa. Please be advised that late arrivals may result in a reduction of your treatment time. We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in their hotel room and would advise that valuables are left in the safe in your room.

## SPA TREATMENTS

All treatments are available to both in- house guests and non- hotel guests. A minimum booking of two hours treatment time is required for non-hotel guests, guaranteed with a credit card.

## SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our Spa reception team or the Ayurveda Doctor who will guide you to the right choice. Hotel guests can press the Spa button on your room telephone, or use extension 61. From outside the Hotel please call (91 832) 6621234.

To ensure your preferred time and service is available we recommend advanced booking.

## SPA ETIQUETTE

Our spa is for relaxation and tranquility. Please respect all Spa Guests' right to privacy and serenity. In light of this the Spa is a mobile phone and smoke free zone. The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit. The minimum age of 16 is required for access and treatments in The Spa.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation

## PREGNANCY

Please contact our Spa Manager or Ayurveda Doctor for advice on treatments that are safe during pregnancy.

## CANCELLATION POLICY

A credit card number is required to secure a booking at The Spa. A 50% cancellation charge will be incurred for any treatment not cancelled at least 6 hours prior to the appointment time. No shows will incur a 100% charge.

## PRICES

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# TREATMENT CHARGES

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## AYURVEDIC THERAPIES

|                              |                 |           |
|------------------------------|-----------------|-----------|
| ABHYANGA.....                | 60 Minutes..... | INR 4,200 |
| SYNCHRONIZED ABHYANGA.....   | 60 Minutes..... | INR 6,200 |
| PADA ABHYANGA.....           | 60 Minutes..... | INR 4,800 |
| SUGANDHA AROMA.....          | 60 Minutes..... | INR 4,200 |
| SHIRODHARA.....              | 60 Minutes..... | INR 6,200 |
| THE DUO.....                 | 80 Minutes..... | INR 7,500 |
| BACK MASSAGE.....            | 30 Minutes..... | INR 2,400 |
| NECK & SHOULDER MASSAGE..... | 30 Minutes..... | INR 2,400 |
| FEET ABHYANGA.....           | 30 Minutes..... | INR 2,400 |
| PIZHICHIL.....               | 60 Minutes..... | INR 7,500 |
| KATEE VASTHI.....            | 30 Minutes..... | INR 2,700 |
| PODIKKIZHY.....              | 60 Minutes..... | INR 6,200 |
| NASYA.....                   | 30 Minutes..... | INR 2,200 |
| UDWARTHANAM.....             | 45 Minutes..... | INR 4,000 |
| NJAVARAKKIZHY.....           | 60 Minutes..... | INR 7,500 |

## PACKAGES

|                                 |             |            |
|---------------------------------|-------------|------------|
| BASIC REJUVENATION.....         | 3 DAYS..... | INR 16,000 |
| ESSENCE OF WELLNESS.....        | 5 DAYS..... | INR 22,500 |
| HEALING TOUCH.....              | 5 DAYS..... | INR 23,500 |
| DE-STRESS PACKAGE.....          | 5 DAYS..... | INR 26,500 |
| AYURVEDIC WELLNESS RETREAT..... | 6 DAYS..... | INR 32,900 |

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