



THE SPA

THE ESSENCE OF WELLNESS

THE SPA AT THE LEELA GOA

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

INDIAN MAGIC - Signature Massage

60 Minutes / 90 Minutes

An experience hand crafted with the finest manipulative techniques of western and oriental form of massages by using herbal oil blended with Ashwagandha and Bala root herbs. It rejuvenates sore muscles and tired mind.

SWEDISH MASSAGE

60 Minutes / 90 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 / 90 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.

DEEP TISSUE MASSAGE

60 Minutes / 90 Minutes

This treatment is an ideal solution for anyone looking to release deep seated tension and stress. Specialized techniques concentrate areas of concern and alleviate common discomforts such as stiff neck, painful lower back pain and tight 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.

FOOT REFLEXOLOGY

45 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.

PRE-NATAL MASSAGE

45 Minutes

Massage therapy designed for pregnant women, an ideal alternative for reduction of stress and to promote overall wellness. It relieves the normal discomforts experienced during various stages of pregnancy.

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

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.

HIT THE SPOT

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.

BODY TREATMENTS

TOUCH OF NATURE - Coconut & Honey Body Scrub **45 Minutes**

Exfoliating with an organic body scrub is the natural method to nourish and keep your skin soft and hydrated. Combination of coconut and honey with lavender helps to eliminate the accumulated toxins under the skin.

BRIGHTENING BODY POLISH **Cane Sugar & Tamarind Body Polish** **45 Minutes**

Real Cane sugar crystals soaked in a sparkling blend of Citrus Oils with pure Tamarind pulp add a therapeutic dimension to this refreshing body polish. It deeply penetrates, detoxifies & re-energizes the skin. Helps in brightening & de-tanning.

MARIGOLD & BASIL SAND SCRUB **45 Minutes**

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

KOKKUM BUTTER & HONEY BODY WRAP **45 Minutes**

Kokum butter & honey body wrap helps to regenerate tired & worn out skin cells and further supports elasticity and general flexibility of the skin.

NATURAL SUN BURN SOOTHER **45 Minutes**

Hydrating and soothing treatment brings together the healing benefits of Aloe Vera which comes straight from our organic spa garden to soothe and repair the skin after sun exposure.

HOLISTIC SPA RITUALS

Holistic Spa rituals are designed to provide a complete holistic experience, where all the elements of Spa are finely balanced to provide a sense of well being. These rituals rejuvenate the body, refresh the mind, stimulate the spirit & indulge the senses.

GIFT OF NATURE 120 Minutes

A signature experience inspired by the healing benefits of local surroundings.

- Touch of Nature - Coconut & Honey Body Scrub (30 Minutes)
- Indian Magic Massage (90 Minutes)

COUPLE DELIGHT 90 Minutes

A ritual designed for couples to experience it together. The journey consists of a Body Massage & a Wellness facial.

- 60 Minutes of Massage
- 30 Minutes of Wellness Facial

TAILOR YOUR SPA 90 / 120 Minutes

A combination of your choice. Select from below mentioned Holistic Spa experiences.

- 60 Minutes of Massage
- 30 Minutes of Body Scrub
- 30 Minutes of Body Wrap
- 30 Minutes of Wellness Facial

HOLISTIC SPA JOURNEYS

Indulge in a blissful multi-day Holistic Spa experience & let us take you on a sensory journey to unwind your body & mind.
Your choice of Journeys as below,

3 DAYS HOLISTIC SPA JOURNEY

Day 1 - Jet-lag Reviver (60 Minutes)

Day 2 - Indian Magic Massage (90 Minutes)

Day 3 - Body Scrub or Body Polish & Wellness Facial
(90Minutes)

5 DAYS HOLISTIC SPA JOURNEY

Day 1 - Jet-lag Reviver (60 Minutes)

Day 2 - Indian Magic Massage (90 Minutes)

Day 3 - Body Scrub & Body Wrap (90 Minutes)

Day 4 - Hot Stone Massage (90 Minutes)

Day 5 - Foot Reflexology & Wellness Facial (90Minutes)

7 DAYS HOLISTIC SPA JOURNEY

Day 1 - Jet-lag Reviver (60 Minutes)

Day 2 - Indian Magic Massage (90 Minutes)

Day 3 - Body Scrub & Body Wrap (90 Minutes)

Day 4 - Aromatherapy Massage (60 Minutes)

Day 5 - Hot Stone Massage (90 Minutes)

Day 6 - Deep Tissue Massage (60 Minutes)

Day 7 - Foot Reflexology & Wellness Facial (90Minutes)

*One Personalized Yoga Session for 60 Minutes.

HOW TO SPA

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

All prices are quoted in Indian rupees and are subjected to prevailing government taxes. Prices are subject to change without prior notice.

HOLISTIC SPA CHARGES

MASSAGE THERAPIES

INDIAN MAGIC.....	60 Minutes / 90 Minutes	INR 4,900 / INR 5,900
SWEDISH MASSAGE.....	60 Minutes / 90 Minutes	INR 4,900 / INR 5,900
AROMATHERAPY MASSAGE.....	60 Minutes / 90 Minutes	INR 4,900 / INR 5,900
DEEP TISSUE MASSAGE.....	60 Minutes / 90 Minutes	INR 5,500 / INR 6,500
HOT STONE MASSAGE.....	90 Minutes	INR 5,900
FOOT REFLEXOLOGY.....	45 Minutes	INR 4,900
PRE-NATAL MASSAGE.....	45 Minutes	INR 4,000
JET-LAG REVIVER.....	60 Minutes	INR 4,900
INDIAN BACK KAMA.....	30 Minutes	INR 2,900
HIT THE SPOT.....	30 Minutes	INR 2,900

BODY TREATMENTS

TOUCH OF NATURE - Coconut & Honey Body Scrub.....	45 Minutes	INR 4,200
BRIGHTENING BODY POLISH – Cane Sugar & TamarindBody Polish.....	45 Minutes	INR 4,200
BASIL & MARIGOLD SAND SCRUB.....	45 Minutes	INR 4,200
KOKUM BUTTER & HONEY BODY WRAP.....	45 Minutes	INR 4,200
NATURAL SUN BURN SOOTHER.....	45 Minutes	INR 4,200

HOLISTIC SPA RITUALS

GIFT OF NATURE.....	120 Minutes	INR 8,500
COUPLE DELIGHT.....	90 Minutes	INR 12,500
TAILOR YOUR SPA.....	90 Minutes / 120 Minutes	INR 8,200 / INR 10,900

HOLISTIC SPA JOURNEY

3 DAYS HOLISTIC SPA JOURNEY.....		INR 15,900
5 DAYS HOLISTIC SPA JOURNEY.....		INR 26,900
7 DAYS HOLISTIC SPA JOURNEY.....		INR 32,900

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