



THE SPA

BRINGING BACK THE ROYALTY OF
AN ANCIENT TRADITION OF INDIA

AYURVEDA AT THE LEELA GOA

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.

AYURVEDA MASSAGES

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.

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.

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.

NECK & SHOULDER MASSAGE

30 Minutes

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

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.

BACK MASSAGE

30 Minutes

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

AYURVEDA TREATMENTS

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 and effectively removes stress. Also improves quality of sleep, strengthens hair roots and prevents premature greying.

PIZHICHIL

60 Minutes

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

PODIKKIZHY

60 Minutes

Warm herbal bundles are soaked in medicated oils and is applied all over the 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.

*NJAVARAKKIZHY

60 Minutes

Warm bundles of cooked medicinal rice soaked in milk decoction of nutritive herbs are applied over the entire body. Highly rejuvenating & invigorating body & skin treatment that leaves your skin soft & radiant. Good for neurological weakness, degenerative diseases & certain conditions of rheumatism.

*KSHEERADHARA

60 Minutes

After a relaxing head massage lukewarm medicated milk decoction is poured on the forehead in an oscillating stream which has been proved to be very effective for lack of sleep, hypertension and anxiety.

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.

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

20 Minutes

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

NETRA DHARA

20 Minutes

A treatment procedure in which a very fine stream of medicated herbal decoction is poured over the closed eyes from a height for a specified time period to relax stressed eyes.

*Njavarakkizhy & Ksheeradhara require 24hours prior reservation

AYURVEDA RITUALS

NIRVANA - “A state of blissful peace” 80 Minutes

A stress releasing ritual with a blissful combination of Abhyanga for 50 minutes followed by a 30 minutes of Shirodhara to enhance the sleep quality & guide you to a state of eternal tranquility. This ritual reduces the signs of aging if administered as a course of treatments, relieves fatigue, induces sleep, and nourishes the skin and the immune system.



JEEVANIYA “Muscle and Joint Rejuvenation” 90 Minutes

A whole body Rejuvenative massage using Ayurveda oils followed by soft pounding of warm herbal bundles soaked in medicated oil on the areas of concerns. It helps to reduce the inflammation and strengthens the joints by enhancing the blood circulation. This program enhances the joint mobility by reducing the joint stiffness. It can also be done as a course of treatments for considerable relief of symptoms.

AYURVEDA JOURNEYS

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

HEALING TOUCH - 3 DAYS

Experience the basics of Wellness Ayurveda. This program is tailored to create awareness about the healing touch of Ayurveda.

Day-1 Abhyanga (60 mins)

Day-2 'Nirvana' - Abhyanga & Shirodhara (80 mins)

Day-3 Synchronized Abhyanga (60 mins)

ESSENCE OF WELLNESS - 5 DAYS

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

Day-1 Abhyanga (60 mins)

Day-2 Synchronized Abhyanga + Localized Kizhi (80 mins)

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

Day-4 Shirodhara (60 mins)

Day-5 Abhyanga (60 mins)

DE-STRESS - PACKAGE 6 DAYS

This program designed to overcome the natural wear & tear of our body and mind, as we attempt to cope with our continually changing environment.

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

Day-2 Abhyanga + Localized Kizhi (80 mins)

Day-3 Shirodhara (60 mins)

Day-4 Shirodhara (60 mins)

Day-5 Shirodhara (60 mins)

Day-6 Synchronized Abhyanga (60 mins)

* Two Yoga sessions of 60 minutes each

AYURVEDA WELLNESS RETREAT - 7 DAYS

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

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

Day-2 Synchronized Abhyanga (60 mins)

Day-3 Podikkizhi (60 mins)

Day-4 Abhyanga (60 mins)

Day-5 Abhyanga + Localized Kizhi (80 mins)

Day-6 'Nirvana' - Abhyanga & Shirodhara (80 mins)

Day-6 Abhyanga (60 mins) + Diet & Lifestyle Recommendation

* Three Yoga sessions of 60 minutes each

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.

TREATMENT CHARGES

AYURVEDIC MASSAGES

ABHYANGA.....	60 Minutes.....	INR 4,900
SYNCHRONIZED ABHYANGA.....	60 Minutes.....	INR 6,900
SUGANDHA - AROMA OF AYURVEDA.....	60 Minutes.....	INR 4,900
CHAVITTITHIRUMMU - PADA ABHYANGA.....	60 Minutes.....	INR 5,900
NECK & SHOULDER MASSAGE	30 Minutes.....	INR 2,900
FEET ABHYANGA	30 Minutes.....	INR 2,900
BACK MASSAGE.....	30 Minutes.....	INR 2,900

AYURVEDA TREATMENTS

SHIRODHARA	60 Minutes.....	INR 6,900
PIZHICHIL	60 Minutes.....	INR 7,900
PODIKKIZHY	60 Minutes.....	INR 6,900
NJAVARAKKIZHY.....	60 Minutes.....	INR 7,900
KSHEERA DHARA	60 Minutes.....	INR 7,900
UDWARTHANAM	45 Minutes.....	INR 4,200
KATEE VASTHI.....	30 Minutes.....	INR 2,900
NASYA.....	20 Minutes.....	INR 2,500
NETRA DHARA.....	20 Minutes.....	INR 2,500

AYURVEDA RITUALS

NIRVANA.....	80 Minutes.....	INR 7,900
JEEVANIYA	90 Minutes.....	INR 7,900

AYURVEDA JOURNEYS

HEALING TOUCH.....	3 DAYS.....	INR 17,500
ESSENCE OF WELLNESS	5 DAYS.....	INR 26,500
DE-STRESS PACKAGE.....	6 DAYS.....	INR 36,500
AYURVEDA WELLNESS RETREAT.....	7 DAYS.....	INR 39,500

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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.

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OPENING HOURS

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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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