

THE SPA AT THE LEELA PALACE, BENGALURU



Nestled in the heart of the city, footsteps away from the thriving financial and shopping districts, resides a true declaration of urban luxury, tranquility and refinement. The Spa at the Leela Palace offers unrivalled levels of luxury, excellence and service, the inspiring landscape of lush green tropical plants, palm shaded relaxation areas to stimulate the senses offering spa experiences that are sophisticated, timeless and personalised.

Uniquely layering European and Eastern philosophies, the therapies afford an entirely new, holistic experience. Together with the internationally acclaimed ESPA range the exceptionally natural, high quality skin care products, anti-stressing aromatherapy oils; revitalising seaweeds and cleansing muds, help restore energy levels, tranquillity and balance mind and body.



HOW TO SPA

OPENING HOURS

Daily from 6am to 10pm

Treatment Times Daily from 8am to 9pm

ARRIVAL TIME

You are encouraged to arrive a minimum of 30 minutes prior to your appointment in order to change, relax and enjoy the facilities of The Spa at The Leela. Please be advised that late arrivals may result in a reduction of their treatment time.

In house guests are invited 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.

SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. Hotel guests can press the Spa button on your room telephone, or use extension 1292.

From outside the Hotel please call (91) 80 3057 1292. To ensure your preferred time and service is available we do advise advanced booking.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa Guests' right to privacy and serenity. In light of this the Spa is a mobile phone, pager and smoke-free zone.

The Spa will provide robe, towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatments in The Spa is 16.

HEALTH CONDITIONS

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

GIFT VOUCHERS

Gift vouchers are available for treatments and products, and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

CANCELLATION POLICY

A credit card number is required to secure a booking at the Spa. A 100% 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.

HOME CARE

To continue your Spa experience at home, all products used in our treatments are available for purchase from the Spa Reception.

PRICES

All prices are quoted in Indian Rupees and are subject to prevailing government taxes.

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ESPA SIGNATURE TREATMENTS

ESSENCE OF LEELA

2 Hours

A powerful revitalising treatment using blends of essential oils, personally selected for individual needs. The initial deep cleansing full body exfoliation is followed by aromatherapy massage with essential oils which work on pressure points of the body, restoring equilibrium to mind and body. This full body treatment ends with oriental head massage to clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

MIND AND BODY REBALANCER

2 Hours

This outstanding treatment is needs specific, sophisticated and holistic. Your therapist will guide you towards the most suitable treatment for either, purifying, stress reducing, tension releasing, energising or jet lag recovery.

During the foot cleansing ritual your therapist will conduct an in-depth consultation to identify your specific needs of the moment. A salt and oil body scrub follows before warmed ESPA oils are poured onto the body and used for an Intensive Massage. A heated body mask of either Marine Algae or Mud are then smoothed on with the body cocooned and the mind relaxed in preparation for a luxurious head massage.

ESPA INTENSIVE FACIALS

All ESPA Facials begin with a detailed consultation and in-depth skin analysis using a Woods Lamp to identify skin conditions not visible to the naked eye, allowing your therapist to tailor the treatment to your individual needs and recommend skincare products for your personal regime at home. Each facial includes cleansing, exfoliation, facial massage, a face mask and an application of moisturiser. To achieve and maintain the ultimate in healthy, radiant skin we recommend facials once a month.

RE-HYDRATOR

1 Hour

An intensive and regenerating moisture boost for dry, dehydrated skin. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe your complexion. This re-hydrating facial leaves the skin smooth, soft, supple and nourished.

OIL CONTROLLER

1 Hour

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions and refine open pores. Essential oils of Tea Tree and White Thyme; which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin encouraging a more balanced and clearer complexion.

DE-SENSITISER

1 Hour

A comforting facial for sensitive, fragile skin prone to redness and irritation. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity and minimise high colour, leaving the skin soothed, nourished and comfortable.

SKIN BRIGHTENER

1 Hour

A luxurious and regenerating facial, created for maturing skin. This treatment visibly improves the appearance of the skin and uses a selection of anti-ageing products to help minimise lines and wrinkles around the eyes, neck, lips and jawline. This facial replenishes and revitalises the skin to leave your complexion toned, radiant and rejuvenated.

REGENERATING & FIRMING EYE TREATMENT

30 Minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment using products rich in Seaweed Extract, Green Tea and Vitamin C, helps to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also relieves tension from eye-strain and computer headaches, whilst being a luxurious addition to any ESPA Facial.

ESPA ESSENTIAL MASSAGES

ESPA Body Treatments combine the best of ancient and modern techniques to release tension and leave you feeling deeply relaxed and rebalanced. Experience the physical and emotional therapeutic benefits of these advanced body treatments which are tailored to your specific needs.

SWEDISH MASSAGE

1 Hour

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

AROMATHERAPY MASSAGE

1 Hour or 1 Hour 30 Minutes

A therapeutic full body massage using blends of essential oils personally selected for your individual needs. This deeply relaxing and aromatic massage works on the pressure points of the body using slow massage techniques to suit your needs and aromatherapy oils known for their healing properties; which are inhaled and absorbed through the skin to achieve your desired results.

Choose from the following;

DETOXIFIER – An invigorating blend of essential oils of cleansing Lemon and refreshing Grapefruit, stimulating Cypress and uplifting Juniper to assist in the detoxification process.

MUSCLE SOOTHER – Warming and comforting essential oils of Clove, Rosemary and Peppermint help to relieve muscular tension and to soothe aching, stiff and tired limbs.

DE-STRESSER – Stress comes in many forms, this tension relieving envelopment will comfort and warm the body to help restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

HARMONISER – Balance energy levels with an uplifting blend of Eucalyptus and English Peppermint or soothe the senses with calming Sandalwood and Ylang Ylang.

IMMUNE BOOSTER – This envelopment is ideal when the body's resistance is low, support the body's natural defence system with powerful blends of Eucalyptus and Tea Tree both highly regarded for their anti-bacterial properties.

THE LEELA SPA RETREATS

ESPA Retreats at The Leela include full use of the Fitness Studio, Sauna, Steam and Relaxation Areas. We would like to encourage you to arrive at least 30 minutes prior to your appointment time in order to make full use of the Spa facilities.

Each ESPA Retreat commences with a welcoming Foot Cleanse and Rosehip exfoliation and consultation to prepare mind and body for the experience to follow.

JET LAG ELIMINATOR

2 Hours

Jet Lag Absolute Envelopment – A tailored envelopment to banish the effects of travel.

Jet Lag Body Massage – Individually chosen essential oils designed to either balance energy levels or to soothe the senses.

CITY ESCAPE

2 Hours 25 Minutes

Salt and Oil Scrub – Skin softening salt and oil exfoliation to leave skin smooth and revitalised.

Essential Body Massage – Full body essential massage using ESPA aromatherapy oils designed to deeply relax, soothe and rebalance mind and body.

Intensive Facial – This facial includes specialised cleansing techniques, gentle exfoliation, an acupuncture facial massage and intensive face mask with advanced techniques chosen to benefit individual needs.

DETOX THERAPY

2 Hours 25 Minutes

Salt and Oil Scrub – Skin softening salt and oil exfoliation to leave skin smooth and revitalised.

Detoxifier Absolute Envelopment – A toxin eliminating envelopment using warm Marine Algae.

Detoxifying Body Massage – A focused massage to encourage the elimination of toxins and fluid retention.

RELAX AT THE LEELA

3 Hours 25 Minutes

Essence of Leela – A powerful revitalising treatment using blends of essential oils, personally selected for individual needs. The initial deep cleansing full body exfoliation is followed by aromatherapy massage with essential oils which work on pressure points of the body, restoring equilibrium to mind and body. This full body treatment ends with oriental head massage to clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

The Skin Brightener Facial – An outstanding facial treatment to help smooth, brighten and restore skin vitality.

Regenerating and Firming Eye Treatment – A firming and hydrating treatment rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

ESPA ABSOLUTE ENVELOPMENTS

This holistic experience includes lymphatic skin brushing and exfoliation, complete with a mind calming Oriental Head Massage. The envelopment is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins.

This sophisticated menu of individual envelopments uses a choice of warmed Marine Algae, Marine Mud, or Oshadi Clay combined with essential oils.

Choose from the following:

DETOXIFIER | 1 Hour

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin minimising the dimpled appearance of cellulite.

MUSCLE SOOTHER | 1 Hour

The Muscle Soother is relaxing and warming, eases tension and tightness in the muscles helping to restore mobility and reduce aches and pains.

DE-STRESSER | 1 Hour

Stress comes in many forms, this tension relieving envelopment will comfort and warm the body and will help restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

HARMONISER | 1 Hour

Re-energise the senses or unwind into a restful sleep depending on the needs of the moment, this envelopment helps restore balance and harmony.

IMMUNE BOOSTER | 1 Hour

This envelopment is ideal when the bodies resistance is low, perfect to help combat the effects of environmental pollution, air travel, crowded trains and congested cities. An excellent system balancer before sleeping.

SKIN HYDRATOR | 1 Hour

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Pure luxury, excellent after a holiday and wonderful preparation for a special occasion.

BODY TONER | 1 Hour

The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy, this envelopment is deeply nurturing, moisturising and leaves the skin smooth, toned and nourished.

ESPA SPECIALITY TREATMENTS

SALT & OIL SCRUB

25 Minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand alone treatment or in preparation for an Aromatherapy Massage

EXECUTIVE STRESS TONIC

1 Hour 30 Minutes

Hours hunched over a desk, numerous emails composed at a computer and thousands of miles spent on a plane all lead to executive stress with tension seated in the lower back, shoulders, neck, hands and eyes. Relieve tension with this purposely designed treatment incorporating a stimulating massage on the back, neck and shoulders followed by a soothing eye treatment to relieve eye strain, a hand and arm massage and a deeply relaxing scalp massage to completely soothe and relieve headaches.

ESPA FOR MEN

STRESSBUSTER

1 Hour 30 Minutes

Ideal for those suffering with stress related tension affecting the entire body. Business pressure, travel and a fast-paced lifestyle can result in tight muscles and stressed minds. This treatment begins with skin brushing and body exfoliation. Deeply therapeutic and totally relaxing, this treatment finishes with a scalp massage to ease pressure around the neck and shoulders and gentle stretching to leave your body feeling soothed, revitalised and de-stressed.

PURIFYING FACIAL, SHOULDER & SCALP MASSAGE

1 Hour

This facial works at a deep level to cleanse and hydrate the skin whilst easing any muscular tension. A triple cleanse with hot towels soothes and softens the skin and facial hair to aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows to release tight muscles and tension leaving you feeling totally de-stressed.

MUSCLE REVIVER MASSAGE

50 Minutes

A tension releasing treatment to revive aching and tired muscles in the back, neck and shoulders. Warm pads are gently pressed onto the back to help release tight muscles and melt away stress before this deeply soothing massage begins. Firm pressure, stretching and therapeutic massage strokes invigorate tired, aching muscles prior to a calming Oriental head massage to ease any remaining pressure to leave your mind clear and muscles relaxed.

