

*Shanaya*



**THE LEELA**

AMBIENCE DELHI  
CONVENTION HOTEL



## Let the journey to rejuvenation begin...

Namaste!

We are pleased to welcome you at Shanaya, the spa at The Leela Ambience Convention Hotel, Delhi.

As the name denotes, Shanaya means 'first ray of the sun' that brings with it an exuberance signifying a fresh beginning of another beautiful day. Our team of experienced therapists ensures our privileged patrons relieve their stress and fatigue, as their mind, body and soul gets charged up.

Shanaya is a calming and blissful destination offering total rejuvenation with a choice of Asian and European therapies. Through the careful simulation of senses by the therapists, guests are enveloped in a haven of relaxation. Shanaya offers a unique range of body therapies like massage, wraps, scrubs, Hammam and Ice Fountain experience along with steam and sauna to its guests.

We thank you for visiting us and look forward to serving you again, soon.

# *The Stress Reliever*

## **Abhyanga Snanam**

Abhyanga is an ancient Indian Ayurvedic oil massage for healing and detoxifying body, mind and spirit. It is followed by the application of rich herbal paste on the whole body which leaves your skin soft, glowing and revitalised. It enhances physical energy levels and improves mental clarity, removes environmental toxins and relaxes you the most.

**90 minutes**

## **Marma Massage**

This is done by applying pressure on the vital points (marma), muscles. Pressure is applied with the fingers, thumb or palm at certain points having high concentration of life energy. This massage is superb for overworked, tired, stressed muscles to help stretch the body and alleviate fatigue.

**60 minutes**

## **Swedish Massage**

Swedish massage includes long, relaxing strokes, kneading, friction, tapping, and shaking motions. Improved circulation, relief of muscle tension, relaxation and wellbeing are some of its benefits. Your body will feel rested and your mind at ease for a total pampering experience.

**60 minutes**



### **Balinese Massage**

An ancient deep tissue massage technique involves the use of oils. Pressure is applied to release areas of tense, knotted tissue as well as long massage strokes and skin rolling techniques to relieve stress and tension and improve circulation. The massage is performed using oil mixed with essential oil, which combines with the massage techniques applied to promote harmony of the mind, body and soul.

**75 minutes**

### **Hot Stone Massage**

Allow the deep, penetrating heat of volcanic basalt stones melt the tension away. Heat to the muscles enhances relaxation, circulation and healing process of a therapeutic massage. This modality can combine energy work to help balance the body. Perfect for those demands a super-deep tissue massage to help stubborn muscles release and relax.

**90 minutes**

### **Reflexology**

A foot treatment incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times. Since ancient times the Chinese have practiced foot reflexology to heal the body and mind maintain balance and equality.

It is natural and non-medicinal approach towards healing.

**60 minutes**

### **Udwarthanam**

Massage with special herbal powder preceded by an oil massage. This therapy exfoliates like a scrub; break cellulite; deplete fat and strengthens the muscles. Removes impurities, dead skin cells and stimulate circulation.

**60 minutes**

### **Aromatherapy**

The practice of using essential oils that have been found to provide both psychological and physical benefits. The inhale aroma from these “essential” oils is widely believed to stimulate brain function. These oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole body healing.

**75 minutes**

### **Mother to be**

During pregnancy several discomforts and changes can happen to a woman's body. She will leave relaxed, pampered and stress-free. Pregnancy massages can help alleviate upper and lower back pain, aching knees and overall fatigue often associated with pregnancy.

**60 minutes**



# *Executive Rituals*

## **Elakkizhi**

One of the most relaxing and refreshing massages that you can enjoy. This is a massage with warm roasted leaf bags after 40 minutes of massage from head to toe with Ayurvedic oils. This is very good for relieving spasm and stiffness of muscles, lubricating the joints, strengthen the spinal muscles and relieves joint pain especially backache. Enhances peripheral blood circulation, cleanses the channels of circulation and detoxify.

**90 minutes**

## **Shirodhara**

Unique massage of Kerala, in which a steady stream of decoction or medicated oil flows on the forehead in a peculiar pattern. A 45 minutes full body massage is included in the process. Very effective for mental relaxation, sleep disturbance, head ache, hair problems and skin diseases.

**90 minutes**

## **Navarakkizhi**

Massage with Ayurvedic oils for the whole body is done in the first phase of this treatment. This is followed by massage with navara rice bags dipped in milk and herbal decoction. This treatment nourishes tissues, softens and moisturizes the skin, enhances complexion, strengthens body muscles and nervous system.

**90 minutes**

### **Padabyanga**

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags which are applied over the legs and feet after the traditional foot massage. This relieves spasm, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and effective on swollen feet.

**60 minutes**

### **Kadi Vasti**

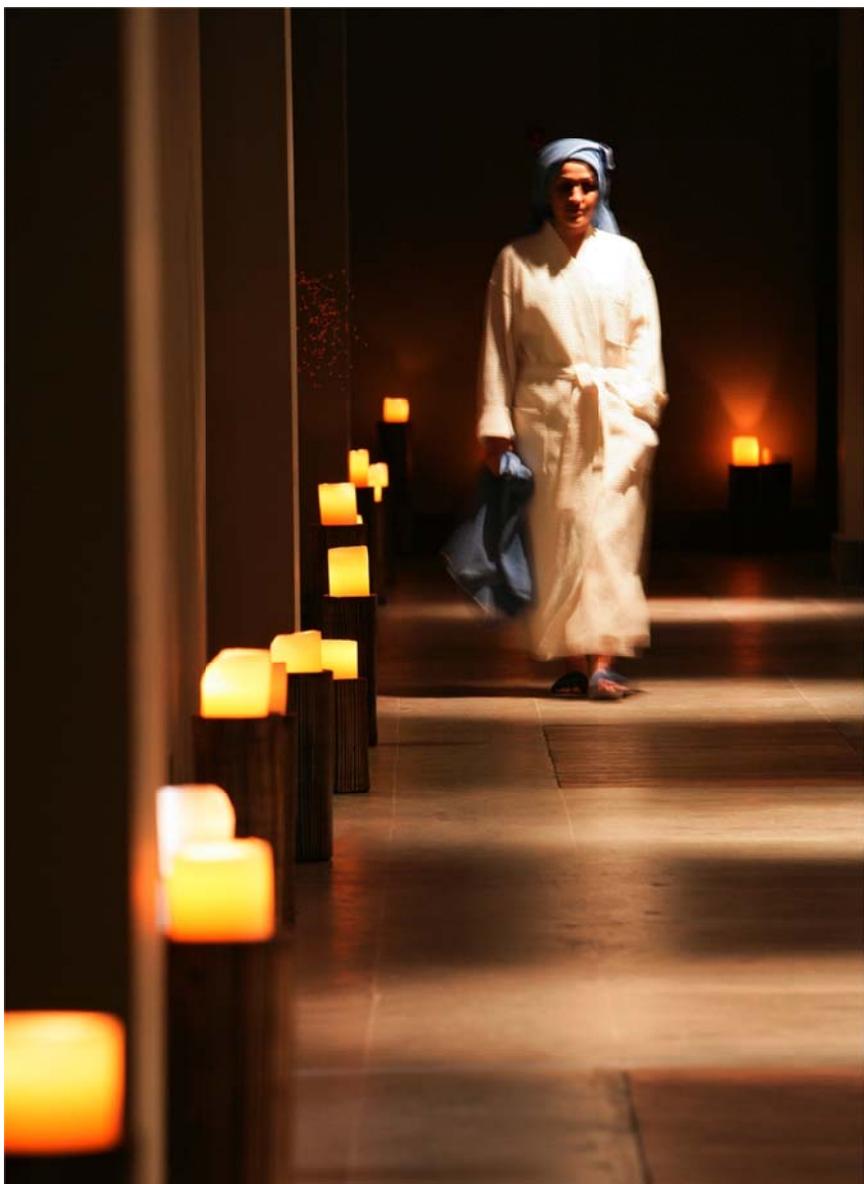
This Ayurvedic Therapy starts with the application of warm herbal poultice after oil massage all along the spine. Luke warm oil is allowed to stay on the low back/ upper back or neck for 30 minutes in a dam made with dough. Relieves occupational tension build ups, stiffness, spasm, pains and aches. This is a very effective for sciatic pains and spondylosis.

**60 minutes**

### **Sunetra**

Your eyes can often reflect poor nutrition, the demands of your daily lifestyle, travel fatigue and other factors. Formulated with Ginkgo Biloba, this in-spa treatment effectively relieves dark circles and unappealing puffiness for refreshed, radiant eyes.

**45 minutes**



# Body Scrubs & Wraps

## **Aromatic Silky Skin Body Scrub**

The first step for a successful body care program. Gentle and deep cleansing, it eliminates dead cells, superficial toxicity, impurities, and sebum accumulation. Renders dry and rough areas soft and smooth, resulting in a mineralized more youthful skin. Recommended for all skin types.

**45 minutes**

## **Aromatic Moor Mud Wrap**

This unique holistic, healing black magma dates back over 40,000 years. As warm Aromatic Moor Mud rich in 350 natural vitamins, minerals and enzymes is generously applied to the entire body, sore muscles, aches and pains are alleviated. This superb mud offers a gentle thermal action which stimulates and invigorates the body bringing a state of deep relaxation and wellbeing.

**75 minutes**

## **Green Coffee Body Wrap**

This wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. 100% pure micronized Green Coffee, naturally rich in Chlorogenic acid, polysaccharides and proteins as well as essential oils will smooth and enhance the skin's overall texture thus visibly reducing spongy, dimply, cellulite areas.

**75 minutes**

### **Yogurt Wrap With Mango-passion Fruit Wrap**

Firming and brightening, this delightful tropical body wrap counteracts aging, evens skin tone, and delivers invigorating and toning benefits. Combining the tropical extracts of Mango and Passion Fruit, this wraps rich in malic, tartaric, and citric acids, as well as anti-aging ingredients. The skin emerges revived, refreshed, smoother, firmer, and vividly brighter.

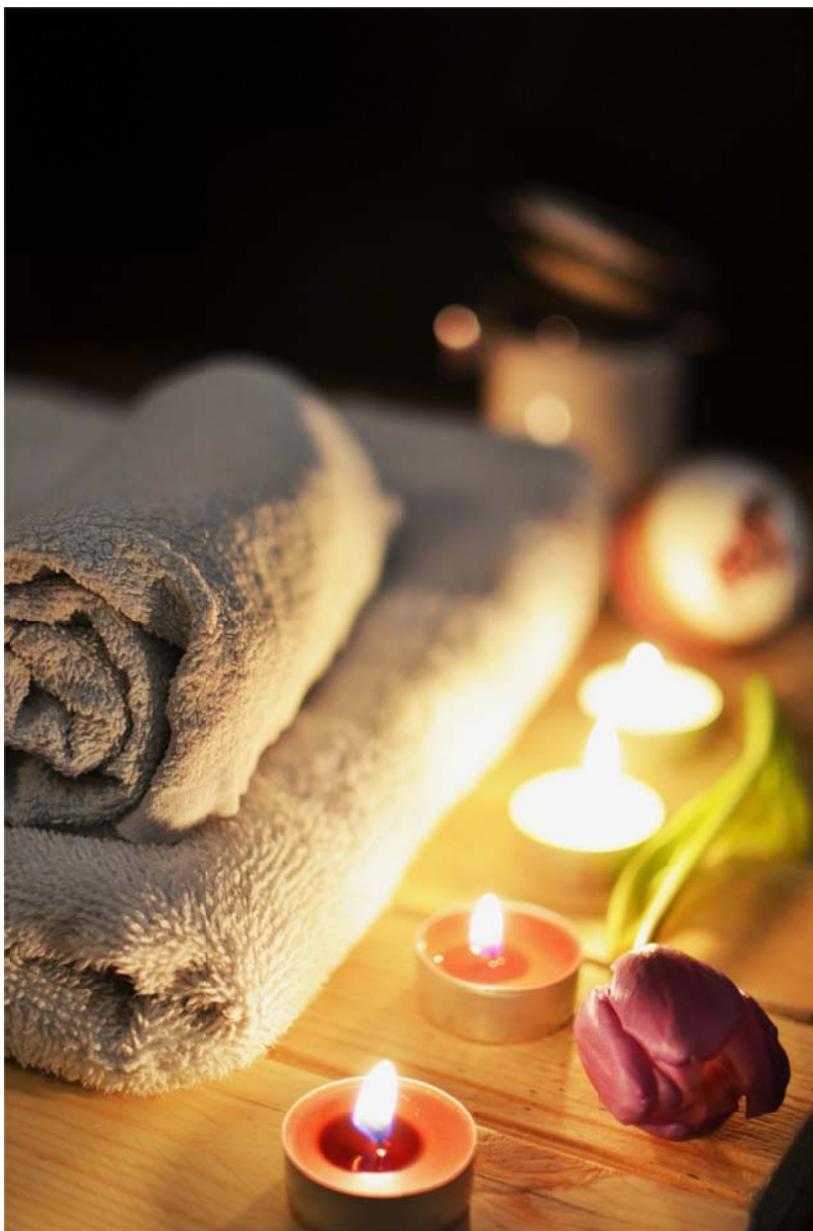
**75 minutes**

### **Turkish Hammam Bath Treatment**

Experience the traditional bathing ritual from Turkey at Shanaya Spa. This authentic luxurious bath is performed in our Turkish suite lying on the heated (108 degree) white onyx table, in a candle lit rosemary scented environment.

A full body exfoliation starts with the application of traditional mix of Hammam soap and natural herbs. The body is lathered and the remaining dead skin cells are removed the body is rinsed with warm water, then the water is gradually decreased to tighten the skin and pore to complete the treatment, then followed with the rejuvenating Turkish Massage and after that the client is immediately wrapped up in the traditional Hammam body wrap and warm towels.

**80 minutes**



# *Shanaya Signature Journeys*

## **Stress Away**

An exceptional fusion Ayurveda treatment for both mental and physical relaxation! This is helpful to relieve the muscle pains and aches, swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

**2 hours**

## **Scrub N' Trim**

This massage is designed for reducing weight. This includes an herbal powder scrub after an exotic and vaso-dilating massage with warm herbal bags in oil/decoction. Repeated sessions help in Obesity.

**2 hours**

## **Shanaya Harmony**

With a harmonious blend of scrubs, massage and facial, Shanaya Harmony is a total relaxing ritual. This special treatment begins with a scrub to a smoother, silkier skin followed by various rhythmic massage strokes. Shanaya Harmony includes a skin type relaxing facial besides.

**2 hours**

# Facial Treatments

## **'C' & Sea Facial: Luminous Renewal!**

The in-spa treatment features a potent blend of stabilized vitamin "C" combined with the latest high-tech formulation of freeze-dried seaweed. It reduces fine lines, strengthens elasticity, and provides relief for dull, sun-damaged skin. Your complexion resurfaces renewed, firm and extremely smooth with a luminous glow.

**75 minutes**

## **Plantomer® Facial: Soothing refreshing hydration**

Visibly enhancing your skin's texture and maximizing hydration, this effective lift-off mask combines the replenishing benefits of Seaweed with revitalizing Propolis, a natural healing and desensitizing substance. Soothing, nourishing, and calming, it renders skin undeniably radiant.

**75 minutes**

## **Lumafirm Facial: Lift & Glow**

The Pevonia Lumafirm® Lift & Glow facial treatment renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance. Exclusively formulated with the latest in freeze-dried technology, this remarkable treatment with cumulative benefits is ideal for any skin type showing signs of aging, or works as the perfect instant repair boost when you want to look your absolute best.

**75 minutes**



### **Myoxy-Caviar & Pearl Facial: Timeless Rejuvenation**

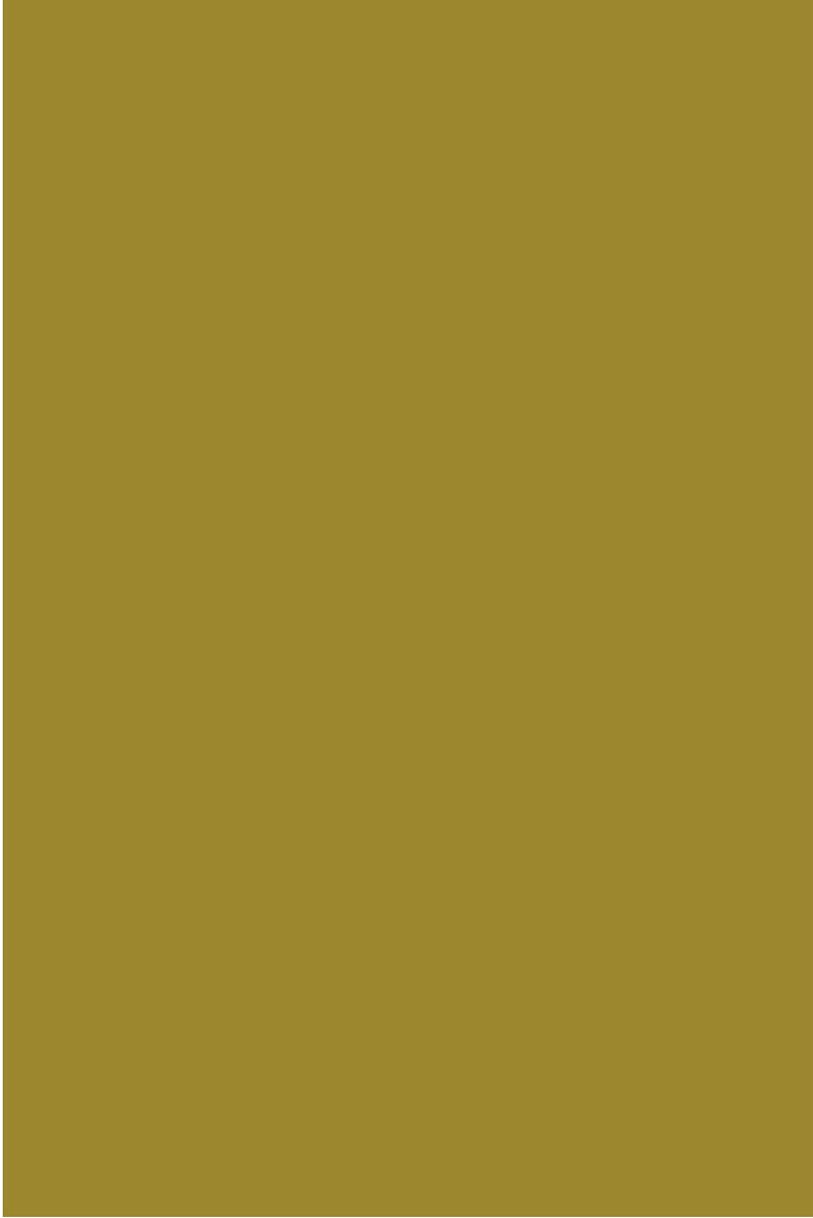
The most advanced defense against ageing. This opulent anti-ageing treatment lavishes your skin with pure Caviar Extract, Pearl Extract, and a revolutionary blend of phyto-extracts: Escutox<sup>®</sup>, a natural botox. Improving elasticity, this luxurious mask increases skin oxygenation and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces expression lines and wrinkles.

**75 minutes**

### **Anti-ageing Caviar Facial For Men**

Age gracefully and maintain a competitive edge. Counteract the ageing process with this proven-effective advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox<sup>®</sup> replenish skin while counteracting ageing aggressors. Visibly resurfacing, this mask promotes healthy, youthful-looking skin.

**75 minutes**



# *House Suggestions*

1. Allocate a minimum of 30 minutes prior to your treatment to allow yourself ample time to change and get ready.
2. If you have any health concerns, always consult your doctor before going for a massage. Please inform your therapist if you are pregnant or have any allergies, heart problems, or have any medications, or any recent surgeries that may hamper the treatment process.
3. Please remove any contact lens before treatment to prevent any injury to the eyes.
4. It is appreciated that you take massage better on empty stomach or keep an interval of at least 1 hour after food.
5. Rest for one hour is advised after the massage; restrain from cold exposure, swimming, sun, drinking cold water/ cold food soon after Ayurvedic treatments .
6. For those who take treatment programs are advised to avoid sleeping in day time, heavy & oily meals, yogurt, direct cold exposures, keeping awake at nights, over exertion.
7. In order to continue your spa experience at home and to obtain maximum results from your treatment professional recommendations and prescriptions are available from our treatment specialists.
8. Please do not bring your valuable and jewellery to the Spa. We are not responsible for any lost Items