

## 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 quietens 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

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

# 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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