

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

90 Minutes

“ Our Signature massage”

Specialized oils blended with ashwagandha and bala root herbs helps to rejuvenate both aching muscles and tired mind.

SWEDISH MASSAGE

60 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

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.

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/60 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.

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.

REFLEXOLOGY

60 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.

HEAD, NECK AND SHOULDER MASSAGE

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. This is then followed by a mild fomentation to promote complete relaxation.

HOLISTIC PACKAGES

3 DAYS PACKAGE

This package offers a very balanced care to the body and mind.

Day - 1

Body Scrub or Body Polish (60 mins)

Followed by Indian Back Kama (30 mins)

Day - 2

Hot Stone Massage (90 mins)

Day - 3

Indian Magic - 'Signature Massage'

5 DAYS PACKAGE

Relaxation exclusively created to address the mind and the body.

Day - 1

Body Scrub or Body Polish (60 mins)

Followed by Indian Back Kama (30 mins)

Day - 2

Hot Stone Massage (90 mins)

Day - 3

Swedish Massage (60 mins)

Day - 4

Reflexology (60 mins)

Day - 5

Indian Magic - 'Signature Massage'

BODY POLISHES AND SCRUBS

SEA MINERAL SCRUB

60 Minutes

A synergistic blend of both essential oils and sea minerals nourishes and softens your skin. Essential oils are applied to infuse the nutrients and essential oils for toning cell renewal and deep relaxation.

DETOXIFYING SCRUB

60 Minutes

A combination of oats and fresh papaya absorbs body toxins, removes dead cells, stimulates the skin and improves blood circulation.

ANCIENT INDIAN SCRUB

60 Minutes

A blend of both globe thistle and Indian olive to exfoliate, sandalwood to cool and soothe, this traditional recipe with honey leaves your skin soft and glowing.

MARIGOLD AND BASIL SAND SCRUB

60 Minutes

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

CANE SUGAR AND TAMARIND SPARKLING BODY POLISH

60 Minutes

Real cane sugar crystals which is soaked in a sparkling blend of citrus oils with pure tamarind pulp adds a therapeutic dimension to this body polish. The fresh fragrance of bitter orange and bergamot leaves the entire skin feeling invigorated, while the pure raw sugar content exfoliates, intensively hydrates and also repairs the skin, leaving it gleaming and glossy.

TREATMENT CHARGES

MASSAGE THERAPIES

INDIAN MAGIC.....	90 Minutes.....	INR 5,200
SWEDISH MASSAGE.....	60 Minutes.....	INR 4,200
AROMATHERAPY MASSAGE.....	60 Minutes.....	INR 4,200
JET LAG REVIVER.....	60 Minutes.....	INR 4,200
INDIAN BACK KAMA.....	30 Minutes.....	INR 2,400
INDIAN BACK KAMA.....	60 Minutes.....	INR 4,200
HOT STONE MASSAGE.....	90 Minutes.....	INR 5,200
REFLEXOLOGY.....	60 Minutes.....	INR 4,200
HEAD NECK & SHOULDER MASSAGE.....	30 Minutes.....	INR 2,400

BODY POLISHES AND SCRUBS

SEA MINERAL SCRUB.....	60 Minutes.....	INR 3,900
DETOXIFYING SCRUB.....	60 Minutes.....	INR 3,900
ANCIENT INDIAN SCRUB.....	60 Minutes.....	INR 3,900
MARIGOLD AND BASIL SAND SCRUB.....	60 Minutes.....	INR 3,900
CANE SUGAR & TAMARIND SPARKLING BODY POLISH.....	60 Minutes.....	INR 3,900

SPA PACKAGES

MASSAGE THERAPIES.....	3 Days.....	INR 14,900
MASSAGE THERAPIES.....	5 Days.....	INR 21,900

"All prices are quoted in Indian Rupees and are subject to prevailing government taxes,
prices are subject to change without prior notice"