

ESPA AT THE LEELA PALACE, NEW DELHI

*Leave the hectic city behind and
escape to a world centred on you*





ESPA COUPLE RITUALS - VIP ROOM

Our Private Spa Suite allows you complete privacy to enjoy the ultimate spa experience.

Enjoy the ultimate spa experience in our Private Spa Suite for Two. This indulgent escape allows you to relax and unwind in your own exclusive spa surroundings whilst you enjoy luxurious ESPA treatments. This exceptional spa experience is ideal for socializing amongst friends or colleagues, while the romantic bath for two and double steam showers provide the utmost luxury for you and a loved one.

ROMANCE

The ultimate couple's treatment experience
2 hours of treatment per person in our VIP treatment suite

The treatment experience is followed by one hour of private relaxation.

Choose from the following:

Essence of Leela 120 minutes

Tan Lepa 120 minutes

Includes: A Choice from a delightful healthy fruit smoothie or highly nutritious salad from our award winning spa menu.

PURE INDULGENCE

1 hour 30 minutes of treatment per person plus 30 minutes of private relaxation time.

Choose from the following:

Advanced Radiance Facial 90 minutes

ESPA Massage 90 minutes

Includes: A choice from delightful healthy fruit smoothie or highly nutritious salad from our award winning spa menu.

Lose yourself in moments of calm

Surround yourself with style and elegance
in the sleek, contemporary spa facilities.

Striking Amethyst crystal steam rooms warm and
soothe the muscles, while breathtaking Indian stone showers
drench the body to wash away the day.

Unwind by the enchanting central fireplace and
lose yourself in a seamless and memorable spa journey.

LEELA SIGNATURE TREATMENTS

ROYAL LEELA FACIAL

90 minutes

Achieve a healthy radiant complexion with our luxurious signature facial. This facial treatment visibly improves the appearance of your skin using advanced massage techniques. The skin is cleansed and exfoliated, prior to a regenerating marma point massage using warm poultices infused with indigenous herbs to restore and rejuvenate. A replenishing mask is then smoothed onto your skin to reveal a more radiant and youthful complexion.

ESSENCE OF LEELA

120 minutes

Essence of Leela begins with body brushing and full body exfoliation, followed by placing of hot stones on vital energy points. This harmonises the seven subtle energy centres known as Chakras to balance body and mind physically and emotionally. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. This full body treatment ends with a luxurious head massage and facial cleanse to clear the mind and calm the spirit.

KIZHISWEDANA SYNCHRONISED RITUAL

90 minutes

This indulgent ritual is performed by two therapists working in perfect unison, using synchronised movements to achieve the ultimate in relaxation. A cleansing foot ritual begins the treatment followed by aromatherapy oils designed to warm your skin before two therapists perform a tension releasing full body massage. Warm herbal poultices combined with advanced massage techniques help to deeply soothe tight muscles. A therapeutic scalp massage completes this treatment, relieving any remaining stress.

ESPA AYURVEDIC INSPIRED TREATMENTS

TAN LEPA RITUAL

120 minutes

Revive and energise your mind and body with the Tan Lepa Ritual full body treatment. This Ayurvedic inspired ritual begins with an exfoliation to revitalise skin and stimulate the senses. A tailored body mask of Algae, Marine Mud or Oshadi Clay fused with aromatherapy oils is then smoothed onto your skin, before the body is cocooned in warmed linens. A personalised marma point massage helps to release muscular tension and rebalance mind and body.

ABHYANGA

60/90 minutes

Restore harmony with a full body Ayurvedic massage, personalised to suit your needs. This traditional massage uses a warm fusion of individually selected essential oils and specialised techniques such as applying gentle pressure on the vital marma points to achieve a total sense of wellbeing.

SHIROBHYANGA

30 minutes

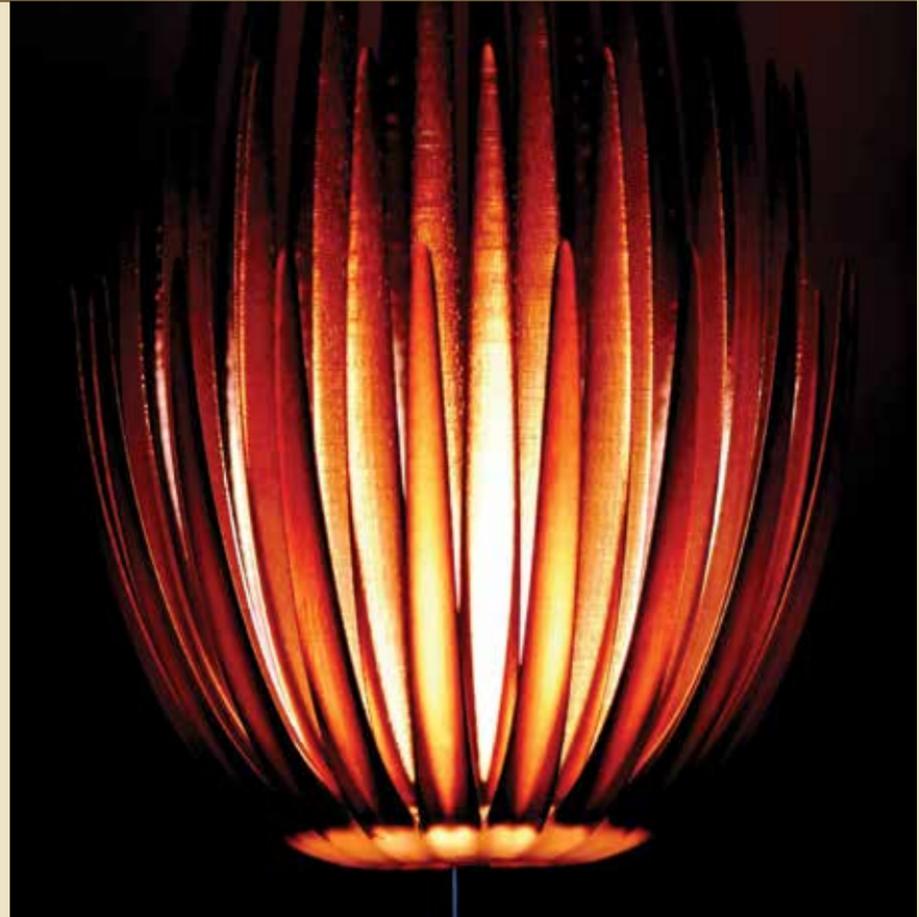
Based on Ayurvedic Philosophy, Shirobhyanga is a calming scalp massage that focuses on vital energy points. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave you feeling energized. Ideally pair this treatment with a holistic body massage or intensive facial.

ESPA AYURVEDIC INSPIRED TREATMENTS

SHIRODHARA

30 minutes

Shirodhara is the practice of running fine streams of warm oil onto the forehead and through the scalp to create a profound sense of relaxation. This traditional Ayurvedic treatment helps ease stress and calm the mind.



The secret to skin radiance

Reveal a youthful, radiant complexion
with award-winning ESPA products;
known for their natural and effective ingredients,
to achieve outstanding and long lasting results.



ESPA FACIALS

ESPA INTENSIVE FACIALS

60 minutes

Why face the frustration of dehydration, damaged and dull skin tones when our uniquely personalised intensive facial uses techniques and products selected specifically to suit your individual skin needs following a SkinVision™ analysis.

Whether to hydrate, desensitise, brighten, lift & firm or purify, your expert therapist will choose the perfect ESPA skincare products including an intensive booster serum to achieve maximum results.

Includes: Deep cleansing, exfoliation, steam and gentle extraction (where needed), a treatment specific massage & mask

Complement your treatment with

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, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, pressure point massage and application of our Lift & Firm Intensive Eye Serum.

ROSE PRINCESS FACIAL

60 minutes

This luxurious advanced facial is ideal for all skin conditions, but particularly anyone concerned with early signs of aging, sensitivity or dull lifeless skin. Gentle deep cleansing and exfoliation freshen and balance the skin while cooling rose quartz crystals improve the micro circulation, reduce redness and tone. A deep facial massage is followed by the application of a Lifting and Smoothing Mask to leave the skin beautifully soft, smooth and toned.



ADVANCED FACIALS

ADVANCED RADIANCE FACIAL

90 minutes

This powerful, results driven facial will boost cell regeneration and give an instantly smooth, brighter appearance – perfect prior to any special event.

Combining our unique ProCleanser, that gently exfoliates as it melts into the skin, An age defying and soothing massage using rose quartz crystals follows to help cool and calm, finishing with the Lifting and Smoothing Mask and the revolutionary new Radiance Serum to reveal an ultra-smooth, brighter complexion.

Includes: Unique ProCleanser, age defying rose quartz crystal massage, professional Lifting & Smoothing Mask & revolutionary Radiance Serum

ADVANCED ANTI AGING LIFT AND FIRM FACIAL

90 minutes

Our most effective Age-defying facial, targets all the visible signs of ageing. Unique Natural Encapsulation Technology (NET) releases, stage-by-stage, ten powerful active ingredients to liberate your skin from signs of stress and strain to prolong cell vitality, safeguard elasticity, look good and feel wonderful.

This luxurious facial uses our award winning LifeStage product range and will help minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness, to leave skin visibly more plumped, with a firmer appearance.

Includes: Skin Radiance Mask, specialised age defying, contouring & lifting facial massage technique, professional Lifting & Smoothing Mask & the ultimate LifeStage product range. Finished with Prodefence for protection from the environment.

ESPA MASSAGES

ESPA AROMATHERAPY

60 or 90 minutes

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Includes: Aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

ESPA BALINESE with HOT STONES

60 or 90 minutes

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

ESPA SWEDISH

60 or 90 minutes

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.

ESPA ABHYANGA

60 or 90 minutes

Restore harmony with a full body Ayurvedic massage, personalised to you. This traditional massage uses a warm infusion of individually selected essential oils and specialized techniques to help release tension and balance your mind and body. Gentle pressure is applied to the vital marma points to achieve a total sense of wellbeing.

ESPA BODY TREATMENTS

PRE AND POST NATAL TREATMENT

90 minutes

A nurturing body treatment carefully designed for pregnant and nursing mothers to relax the body and tone the skin during this very special time. This treatment begins with gentle body exfoliation and uses a natural Calendula infused oil and advanced techniques to massage areas prone to tension and stress during pregnancy. Following a warm application of Deeply Nourishing Body Mask to the whole body; before being gently covered in warm linens. A relaxing scalp massage completes this indulgent treatment to leave you glowing, your spirit calm and the skin toned.

DETOX RITUAL

90 Minutes

An effective ritual designed to improve circulation, smooth the skin and revive body and mind. The body is exfoliated using a special blend of aromatic sea salts and nourishing oils to condition and moisturise. An energising detox massage follows stimulating the lymphatic system, speeding up the elimination of toxins and excess fluid. A pressure point head massage completes this luxurious experience.

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 stand-alone treatment or in preparation for an ESPA Massage. For a lighter application Body Polish is applied instead of Salt & Oil Scrub.



ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

MEN'S PURIFYING FACIAL

60 minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder; neck, face and scalp massage with a tailored solution to your skin's needs.

GENTLEMEN'S REVIVER

60 minutes

A deep, therapeutic massage focused on the back and feet which achieves a feeling of total relaxation. Massage techniques alleviate tension and stress stored in the neck, shoulders and back. A foot massage using pressure point techniques completes this treatment.

DEEP MUSCLE MASSAGE

60 Minutes

A powerful combination of stretches and therapeutic massage to combat stiff and tired muscles and joints. This treatment is an ideal solution for anyone looking to release deep seated tension and stress. Specialised techniques concentrate areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

LEELA FINISHING TOUCHES

LUXURY PEDICURE WITH HOT STONES

75 minutes

This luxury pedicure includes a soothing foot, leg and nail treatment with gentle exfoliation, cuticle work and a relaxing massage using essential oils and hot stones. The feet are enveloped in warm paraffin wax to soften, deeply nourish and condition, then toes are painted to achieve a polished finish.

LUXURY MANICURE WITH HOT STONES

60 minutes

This luxury manicure includes a relaxing arm, hand and nail treatment with a gentle skin refiner, cuticle work and a therapeutic massage using hot stones and aromatherapy oils. Hands and nails are treated to a warm envelopment of paraffin wax to nourish the skin and then the nails are painted to achieve a polished finish.

Why not upgrade to include

French Polish add on	15 minutes
Gelish Nail Paint add on	15 minutes

FILE AND POLISH

20 minutes

This express treatment incorporates a nail file and shape, an application of moisturiser and your chosen nail polish for either your hands or your feet.

FOOT REFLEXOLOGY

30 minutes

HAND REFLEXOLOGY

30 minutes

GROOMED HANDS

30 minutes

An essential hand treatment for men looking for instant results and nails with a smart, groomed finish.

GROOMED FEET

30 minutes

An essential foot treatment for men looking for instant results and nails with a smart, groomed finish.



HOW TO SPA

OPENING HOURS

Spa: 9am – 11pm

Treatments: 10am – 10pm

Fitness Studio: 6am – 11pm

ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to your appointment in order to change, relax and enjoy the facilities at The Spa. Please be advised that late arrivals will result in a reduction of treatment time. We would like to invite hotel guest 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

A full range of specialized ESPA treatments are available and include use of The Spa facilities including the Thermal Suite and Relaxation areas.

A minimum booking of two hours treatment time is required for non-hotel guests, guaranteed with a credit card.

THERMAL SUITE

Prior to you treatment we encourage you to enjoy the luxurious Spa facilities to prepare mind and body for the treatment experience to follow. These include the following separate facilities for female and male guests:

Crystal Steam Room

Lifestyle Experience Showers

Sauna

Changing Room

Relaxation Area

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 or dial 1230 on your room telephone. From outside the Hotel please call +91 11 3933 1234 (extension 1230).

To ensure your preferred time and service is available we recommend advanced booking.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa Guest's right to privacy and serenity. In light of this the Spa is a mobile phone, Blackberry, pager 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

We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

CANCELLATION POLICY

A credit card number is required to secure a booking at the Spa. A 50% cancellation charge will be incurred 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.

GIFT CERTIFICATES

Gift certificates are available – an ideal present for someone special. Please contact The Spa for details.

HOMECARE

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

PRICES

All prices are quoted in Indian Rupees and are not inclusive of government consumption tax and service charge. Prices are subject to change without prior notice.

For further information about ESPA at The Leela Palace, New Delhi or to make a treatment booking, please contact the Spa Reception on +91 11 3933 1234 (extension 1230).

For more information about the ESPA philosophy and products please visit www.espaonline.com