

ESPA AT THE LEELA PALACE, UDAIPUR

In the heart of the historic city of Udaipur; overlooking the idyllic lake Pichola presides The Leela Palace; a window to the ancient and modern world. Splendour; beauty and decadence awaits, enjoy majestic architecture, opulent and lavish hospitality and experience the essence of ESPA at The Leela Palace, Udaipur.

ESPA has created a personal spa experience encompassing outstanding treatments that uniquely reflect a fusion of the latest scientific advances with Ayurvedic and European therapies. Together with the award winning ESPA range, the exceptionally natural, high quality skin care products, anti-stress oils, revitalising seaweeds and cleansing muds, all achieve outstanding results to restore balance and equilibrium to mind and body.

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ESPA COUPLE RITUALS – LAKE SPA

Our Private Spa Suites allow you complete privacy to enjoy the ultimate spa experience.

ROYAL PRINCESSES OF RAJASTHAN (4 HOURS)

- Salt & Oil Scrub
- Aromatherapy Massage (1 Hour)
- Facial with Regenerating and Firming Eye Treatment
- Conditioning Hair & Scalp Treatment

Concluded with a traditional tea ritual and locally sourced sweet delights.

Includes: Foot ritual, full body exfoliation, full body massage, cleanse, skin vision analysis, exfoliation, facial and eye massage, application of eye and facial mask

ROYAL KNIGHTS OF RAJASTHAN (4 HOURS)

- Men's Facial, Shoulder & Scalp Massage
- Aromatherapy Massage (1 Hour 30 Minutes)
- Padabhyanga

Concluded with a traditional tea ritual and locally sourced sweet delights.

Includes: Foot ritual, Double cleanse, exfoliation, steam and extraction if required, face massage, Personalised mask, scalp massage, full body massage and a marma point foot massage

DIVINE RELAXATION (4 HOURS)

- Holistic Total Body Care with Hot Stones
- Intensive Facial

Concluded with a traditional tea ritual and locally sourced sweet delights.

Includes: Body exfoliation, full body massage with hot stones, scalp massage, facial cleanse, skin vision analysis, exfoliation, relaxing massage, personalised mask

AYURVEDIC TOUCH (4 HOURS)

- Ayurvedic Abhyanga Massage
- Intensive Facial
- Shirodhara or Shirobhyanga

Concluded with a traditional tea ritual and locally sourced sweet delights.

Includes: Foot ritual, facial cleanse, Ayurvedic body massage, Warm oil pouring to scalp or calming scalp massage

LEELA SIGNATURE AYURVEDIC TREATMENTS

AYURVEDIC ABHYANGA RITUAL

120 Minutes

Following a foot ritual and consultation to establish your Dosha type, the treatment starts with a refreshing facial cleansing to restore and uplift. Dosha specific Ayurvedic oils unite with long, soothing symmetrical strokes of Abhyanga massage to totally rejuvenate and restore natural balance, increasing vitality and enhancing well being. Complete with a Shirodhara treatment.

Includes: Foot ritual, facial cleanse, Ayurvedic body massage, warm oil pouring to scalp

DOSHA SPECIFIC INSPIRED MASSAGE & WRAP

120 Minutes

These two traditional, sophisticated Ayurvedic inspired treatments begin with a foot cleansing ritual followed by a full body exfoliation to enhance circulation. Individually prepared warm ESPA oils combined with Ayurvedic blends are poured on during a Dosha specific massage with hot stones. Then, the skin is covered in an application of warm

Marine Algae, Marine Mud and wrapped in natural linens. The luxurious oriental head massage that follows uses deep inhalation of therapeutic aromatic oils to relax and clear the mind.

Includes: Foot ritual, body exfoliation, algae or mud wrap, scalp massage, dosha specific aromatherapy massage using hot stones

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.

Includes: Calming scalp massage

PADABHYANGA

30 Minutes

This lower body treatment uses a Dosha specific blend of warm Ayurvedic oils beginning with a foot bath and exfoliation. A deeply therapeutic Marma point massage is then applied to each foot, working up the lower leg until all tension is relieved. Padabhyanga revitalizes tired muscles and helps ease aches and pains.

Includes: Foot cleansing ritual, marma point massage to foot and lower leg

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.

Includes: Warm oil pouring to scalp

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: Foot ritual, deep cleansing, skin analysis with SkinVision™ lamp, exfoliation, steam and gentle extraction (if required), a treatment specific massage & mask

Complement your treatment with the following:

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.

Includes: A cleanse, skin analysis with SkinVision™ lamp, exfoliation, massage, firming eye mask 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.

Includes: Foot ritual, cleanse, skin analysis with SkinVision™ lamp, exfoliation, steam & extraction (if required), a cooling rose quartz facial massage,

application of Lifting and Smoothing mask & scalp massage

AGE-DEFYING FACIAL WITH FIRMING EYE TREATMENT

90 Minutes

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

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

Includes: Foot ritual, deep cleanse, skin analysis with SkinVision™ lamp, exfoliation, steam & extraction (if required), specialised age-defying facial massage techniques, lifting and firming eye massage, personalised mask & scalp massage

ESPA MESSAGES

1. Choose from the following time:
90 or 60 minutes
2. Choose your type:

ESPA AROMATHERAPY

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: Foot ritual, Aromatherapy Massage to back, legs, arms, abdomen, neck/shoulder areas

ESPA BALINESE WITH HOT STONES

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.

Includes Foot ritual, Balinese massage to back, legs, arms, abdomen, neck/shoulder massage with hot stones

ESPA SWEDISH

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.

Includes: Foot ritual, Swedish massage to back, legs, arms, abdomen, neck/shoulder massage

ESPA ABHYANGA

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.

Includes: Foot Ritual, Ayurvedic body massage

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.

Includes: Double cleanse, skin analysis with Skin Vision™ lamp, exfoliation, steam and extraction (if required), face massage, personalised mask & scalp massage

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.

Includes: Foot ritual, back massage, neck and shoulder massage and a pressure point foot massage

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.

Includes: Foot ritual, Specialised targeted massage to specific areas of concern

ESPA BODY TREATMENTS

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 scalp massage completes this luxurious experience.

Includes: Foot ritual, full body detoxifying salt scrub, full body massage and scalp massage

PRE AND POST NATAL TREATMENT

90 minutes

Nourish skin and calm the mind with this soothing and deeply nurturing treatment. Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage to safely target areas prone to stress and tension during or after pregnancy and alleviate muscular aches and pains, leaving you feeling relaxed and revitalised.

Includes: Foot ritual, Back exfoliation (if required), personalised body massage and scalp massage

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.

Includes: Full body Salt & Oil exfoliation

ESPA FINISHING TOUCHES

NOURISHING HAND & ARM TREATMENT WITH HOT STONES

60 minutes

The holistic arm and hand treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil. Hot volcanic or cold marble stone massage techniques are incorporated into the treatment to enhance relaxation. Hands and nails are treated to an envelopment of paraffin wax to nourish and condition skin and nails. An application of your chosen nail colour completes the experience.

NOURISHING FOOT & LEG TREATMENT WITH HOT STONES

75 minutes

This holistic foot and leg treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil. Cold marble or hot volcanic stone massage techniques are incorporated into the treatment to enhance relaxation. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth. An application of your chosen nail colour completes the experience.

ESPA MANICURE

45 Minutes

Care for natural nails with shaping, deep nourishment for cuticles, relaxing hand massage and an application of your chosen nail colour.

ESPA PEDICURE

60 minutes

A nourishing foot treatment to soften hard skin and shape the nails; including a soothing foot massage and an application of your chosen nail colour.

WELLNESS CLASSES

Wellness is an integral element to achieving a balanced lifestyle, classes are offered on an individual basis offering complete focus and dedication to your personal wellness needs. Classes may take place within the yoga tent or one to one tuition on the outdoor sundeck.

YOGA

60 minutes

An ancient system of breathing practices, physical exercise and postures designed to balance mind and body. Yoga is an excellent way to de-stress as it works the nervous system in conjunction with muscles, bones and joints. The benefits of yoga are numerous; incorporating stretching, toning, strength, stamina and correct posture whilst learning how to calm and quiet the mind.

MEDITATION

60 Minutes

Learning to focus the mind is a powerful form of de-stressing and a beneficial discipline to help improve the attention span, powers of concentration and memory. Meditation can be used daily to combat stress and anxiety through the power of quiet thought, contemplation and reflection.

HOW TO SPA

OPENING HOURS

Daily from 9am – 9pm

ARRIVAL TIME

You are encouraged to arrive a minimum of 45 minutes prior to your treatment to enjoy the serenity of The Spa at The Leela Palace. Please be advised that late arrivals may result in a reduction of your treatment time.

SPA TREATMENTS

All treatments are available to in-house guests of The Spa at The Leela.

For non-in-house guests, all treatments are also available; with a minimum treatment booking time of two hours. All bookings require a credit card as guarantee.

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.

In-house guests can press the Spa button on the room telephone or use EXT 1230.

From outside the Hotel please call +91 294 6701230. To ensure your preferred time and service is available we do advise booking in advance.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. 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 years.

HEALTH CONDITIONS

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

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

PREGNANCY

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

HOMECARE

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available from the Spa Reception.

PRICES

All prices are quoted in Indian Rupees and include local tax.

CONTACT US

For further information about ESPA at the Leela Palace, Udaipur or to make a treatment booking please contact the Spa Reception on +91 294 6701230 extension 1230.

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