ESPAG 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.
CONTENTS

ESPA SIGNATURE AYURVEDIC TREATMENTS...1
AYURVEDIC ABHYANGA
DOSHA SPECIFIC INSPIRED MASSAGE & WRAP
SHIROBHANGA
PADABHYANGA
SHIRODHARA

ESPA FACIAL FOCUS......................3
INSTANT RADIANCE FACIAL
RE-HYDRATOR FACIAL
OIL CONTROLLER FACIAL
DE-SENSITISER FACIAL
MEN'S FACIAL, SHOULDER & SCALP MASSAGE
REGENERATING & FIRMING EYE TREATMENT

ESPA HOLISTIC HOT STONE TREATMENTS...5
HOLISTIC TOTAL BODY CARE
WITH HOT STONES
ADVANCED BACK, FACE & SCALP TREATMENT
WITH HOT STONES

ESPA ESSENTIAL BODY MASSAGES............6
SWEDISH MASSAGE
AROMATHERAPY MASSAGE
DETOXIFIER
BODY TONER
DE-STRESSER
MUSCLE SOOTHER
IMMUNE BOOSTER
ENERGY ENHANCER
JET LAG ELIMINATOR

ESPA ULTIMATE BODY ENVELOPMENTS......7
DETOXIFIER
BODY TONER
DE-STRESSER
MUSCLE SOOTHER
IMMUNE BOOSTER
ENERGY ENHANCER
JET LAG ELIMINATOR
SKIN HYDRATOR

ESPA SPECIALITY TREATMENTS...............8
PRE-NATAL TREATMENT
STIMULATING HIP & THIGH TREATMENT
SALT & OIL SCRUB

ESPA FINISHING TOUCHES...............9
NOURISHING HAND & ARM TREATMENT
WITH HOT STONES
NOURISHING FOOT & LEG TREATMENT
WITH HOT STONES
ESPA MANICURE
ESPA PEDICURE

WELLNESS CLASSES.....................10
YOGA
MEDITATION

LEELA UDAIPUR CEREMONIES...............11
ROYAL PRINCESSES OF RAJASTHAN
ROYAL KNIGHTS OF RAJASTHAN
DIVINE RELAXATION
ART OF AYURVEDA
AYURVEDIC TOUCH
SUITE TIME TOGETHER

HOW TO SPA.......................12
ESPA Signature Treatments harmonise ancient Ayurvedic healing disciplines with western practices to create treatments that nurture and rebalance the body in times of change, pressure and stress. Each treatment is a truly personal experience created to meet the specific needs of the moment beginning with a foot cleansing ritual.

AYURVEDIC ABHYANGA
2 Hours
Following a foot ritual and consultation to establish your Dosha type, the treatment will commence with a refreshing facial cleansing treatment to restore and uplift. Dosha specific Ayurvedic oils rich in powerful and medicinal herbs unite with long, soothing symmetrical strokes of Abhyanga massage to offer total rejuvenation, restore the natural balance and suppleness to the body, increase vitality and enhance well being. Choose either Shirodhara or Shiroabhyanga to complete this exquisite treatment and to ensure a renewed sense of awareness and inner peace.

BRAHMI ABHYANGA
The ultimate treatment to rejuvenate the mind and body, using long rhythmical strokes to calm and regulate the circulatory and nervous system and promote inner peace and vitality. Cooling to the mind, Brahmi eases tension and anxiety helping to improve clarity and concentration.

BHRINGARAJ ABHYANGA
Bhringaraj is affectionately known as ‘Ruler of the Hair’ this treatment delivers exceptional nourishment to the hair and scalp. Bhringaraj is calming to the skin and enhances the skins natural texture and radiance as well as promoting a good night’s sleep to ensure an increased sense of wellbeing.

ASHWAGANDHA ABHYANGA
An exquisite experience that nourishes, revitalises energy levels and builds stamina helping the body to endure the stresses and strains of a busy lifestyle. A warming and regenerating treatment that relieves aching and tired muscles; Ashwaganda enhances the respiratory and nervous system, restoring the body’s natural energy levels.
ESPA SIGNATURE AYURVEDIC TREATMENTS

DOSHA SPECIFIC INSPIRED MASSAGE & WRAP
2 Hours
These traditional yet sophisticated Ayurvedic inspired treatments commence 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 onto the body and hot stones are used for the Dosha specific massage. The body is covered in an application of warm Marine Algae, Marine Mud or traditional Oshadi Clay and natural linens are used to envelop the body. The luxurious oriental head massage that follows uses deep inhalation of therapeutic aromatic oils to relax and clear the mind.

Following a consultation to establish the Dosha, the treatment will be uniquely designed based on your needs.

VATA COMFORTER
When Vata is out of balance the skin may feel dry, and the body and mind may suffer with anxiety and hyper-activity. The warmth, nourishment and hydration of this treatment will restore equilibrium and bring comfort to mind and body.

PITTA PACIFIER
In a state of high Pitta, stressed minds and bodies may be over active and agitated; benefitting from soothing, cooling and calming. This treatment will bring peace to the mind, reduce muscular tension and comfort and cool the skin.

KAPHA STIMULATOR
In a state of Kapha the skin may be dull or oily; there is a tendency for puffiness, lack of energy and poor circulation. Balance is achieved through purification and stimulation to improve circulation and energise the mind and body.

SHIROBHYANGA
30 Minutes
A calming yet energising scalp massage focusing upon vital energy points. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and boost feelings of wellbeing. Ideal combined with an essential body massage.

PADABHYANGA
30 Minutes
This treatment uses a Dosha specific blend of warm Ayurvedic oils and begins with foot bathing and exfoliation, continuing with a deeply therapeutic Marma Point massage to the feet. A deeply relaxing foot and lower leg treatment that revitalises tired muscles whilst easing aches and pains. Ideal complement to an intensive facial.

SHIRODHARA
30 Minutes
Traditionally an Ayurvedic treatment, Shirodhara is the process of running a fine stream of warm oil onto the forehead and through the scalp. This rejuvenating and revitalising treatment helps ease the stress of the body and calm the emotions of the mind. This treatment is a wonderful addition to any of our ESPA Ayurvedic treatments.
ESPA FACIAL FOCUS

Designed to naturally improve the condition of the skin and enhance its appearance. Each intensive facial includes specialised triple cleansing techniques, gentle exfoliation, acupressure facial massage, and an intensive face mask. A detailed skin analysis is performed using a dermatologist’s woods lamp to ensure the treatment is individually tailored to every skin type.

INSTANT RADIANCE FACIAL
1 Hour
Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity. This revitalising facial treatment helps refresh tired skin giving a noticeably brighter and naturally radiant appearance. A special application of Super Active Skin Brightener, rich in natural AHA’s and BHA’s from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin. The Organic Red Mandarin oil and other skin regenerating products also rich in anti-oxidants help deliver instant and long-term skin radiance.

RE-HYDRATOR FACIAL
1 Hour
An intensive and regenerating moisture boost for dry, dehydrated skin in need of hydration. Gentle cleansing and soft exfoliation help the skin to absorb nourishing and replenishing facial oils and masks; specifically chosen for their deeply moisturising and soothing properties. This rehydrating facial leaves skin smooth, supple and nourished.

OIL CONTROLLER FACIAL
1 Hour
Ideal for oily, congested and problematic skin or those suffering from hormonal imbalance. This deep-cleansing and deeply relaxing, oil-controlling facial helps to regulate oil secretions and refine open pores. Essential oils of Tea Tree and White Thyme, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin encouraging a more balanced and clearer complexion.

DE-SENSITISER FACIAL
1 Hour
A comforting facial for sensitive, fragile skins prone to redness and irritation. Soothing, and de-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins. This soothing facial helps to reduce the skin’s sensitivity and minimise high-colour leaving skin calmed, nourished and comfortable.
ESPACIAL FOCUS

MEN’S FACIAL, SHOULDER & SCALP MASSAGE
1 Hour
This facial works at a deep level to cleanse, purify, balance and hydrate the skin. An advanced triple cleansing technique and hot towels are used to soothe the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows releasing tight muscles and tension, leaving you feeling totally de-stressed.

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 using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension for those suffering from eye-strain and computer headaches and is a luxurious addition to any ESPA Intensive facial.
ESPA HOLISTIC HOT STONE TREATMENTS

ESPA has combined the ancient method of Hot Stone Therapy with modern day practices to create a unique range of treatments. This traditional therapy has been used for thousands of years to harmonise, cleanse and relax the body at its deepest level.

Volcanic in origin, Basalt lava stones are rich in minerals and are heated and used for deep body massage; the stones are used to work on specific energy points known as Chakras to help the body clear blocked energy centres.

ESPA Holistic Hot Stone Treatments will help to relax the body and dissolve stress, drawing excess hyper-energy away from stimulated areas and bringing new energy to depleted zones.

HOLISTIC TOTAL BODY CARE WITH HOT STONES
2 Hours
This deeply relaxing treatment focuses on rebalancing and harmonising the mind and body both physically and emotionally. The treatment begins with skin brushing, body exfoliation and a facial cleanse followed by the placing of hot stones at vital energy points to harmonise the seven subtle energy centres known as Chakras. An indulgent body massage follows using individually chosen essential oils to release tension and restore energy and equilibrium. This full body treatment then focuses on easing pressure around the neck and shoulders with a calming acupressure head massage and gentle stretching to leave your body feeling soothed and your spirit calm.

ADVANCED BACK, FACE & SCALP TREATMENT WITH HOT STONES
2 Hours
Designed to target the classic areas of stress, from headaches, neck pain and shoulder tension and the effect these have on the skin. A stimulating and deep cleansing back exfoliation is followed by a powerful back massage using hot volcanic stones and aromatic oils to melt away any tension. The personalised ESPA facial uses specific products designed to suit the needs of your skin, and follows with a stress relieving scalp massage. The result is re-hydrated, revitalised skin, and a sense of deep relaxation for mind and body.
ESPA ESSENTIAL BODY MASSAGES

Choose from our luxurious selection of holistic massages. Therapist consultations and analysis will ensure that treatments are personalised to the individual’s specific needs.

**SWEDISH MASSAGE**
**1 Hour / 1 Hour 30 Minutes**
A truly traditional massage with regulated pressure; excellent for releasing knots and tension in the body. Stimulating, strong movements effectively ease a tired aching back and limbs to leave you energised and invigorated.

**AROMATHERAPY MASSAGE**
**1 Hour / 1 Hour 30 Minutes**
A deeply therapeutic, holistic massage using blends of essential oils whose aromatic appeal is a personal response to each individual’s needs.

**DETOXIFIER** – An invigorating blend of essential oils of cleansing Lemon and refreshing Grapefruit, stimulating Cypress and uplifting Juniper to assist in the detoxification process.

**BODY TONER** – A combination of Sweet Orange, Myrrh and Palmarosa essential oils have a toning and firming effect.

**DE-STRESSER** – Soothing aromatherapy oils of Frankincense and Myrrh have relaxing and sleep-enhancing properties to de-stress mind and body.

**MUSCLE SOOTHER** – Warming and comforting essential oils of Clove, Rosemary and Peppermint help to relieve muscular tension and soothe aching and tired limbs.

**IMMUNE BOOSTER** – A powerful blend of Tea Tree and Eucalyptus helps to support the immune system and strengthen the body’s natural defences.

**ENERGY ENHANCER** – Uplifting and stimulating essential oils of Eucalyptus and Rosemary help give the body a natural boost to enhance concentration levels.

**JET LAG ELIMINATOR** - Rebalance your energy levels with uplifting Eucalyptus and Rosemary Energising Oil or relax into untroubled sleep with soothing Frankincense and Myrrh.
ESPA ULTIMATE BODY ENVELOPMENTS

1 Hour
This tailor-made experience includes lymphatic skin brushing, body exfoliation and a complete body wrap of Algae, Marine Mud or Oshadi Clay combined with essential oils blended to meet your specific needs. The body wrap is designed to comfortably raise your temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils in the wrap. Ultimate tranquility is achieved with a mind calming Oriental head massage during this treatment.

DETOXIFIER
The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin minimising the dimpled appearance of cellulite.

BODY TONER
The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy, this envelopment is deeply nurturing, moisturising and leaves the skin smooth, toned and nourished.

DE-STRESSER
A tension relieving envelopment comforts and warms the body and will help restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

MUSCLE SOOTHER
The Muscle Warmer is soothing and relaxing, eases tension and tightness in the muscles and helps to restore mobility and reduce aches and pains.

IMMUNE BOOSTER
This envelopment is ideal when resistance is low, perfect to help combat the effects of environmental pollution, air travel, crowded trains and congested cities.

ENERGY ENHANCER
The systemic cleansing of Marine Algae combines perfectly with the refreshing uplifting blends of essential oil to re-establish a sense of well-being and inspired energy.

JET LAG ELIMINATOR
When long haul travel leaves you not knowing what time of day it is, this envelopment uses powerful aromatherapy oils to either soothe and relax ready for sleep, or revitalise and energise leaving the mind clear and fresh to enjoy the day ahead.

SKIN HYDRATOR
The Skin Hydrator is pure luxury and brings true rehydration to dry or sensitive skin, leaving it nourished and soft. Excellent after a holiday or a wonderful preparation for a special occasion.
PRE-NATAL TREATMENT
1 Hour 30 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 massage techniques to areas prone to tension and stress during pregnancy. Following is a warm application of Deeply Nourishing Body Mask to the whole body including the bust and stomach; then gently covered in warm linens, a relaxing scalp massage takes place. This indulgent treatment leaves you glowing, your spirit calm and the skin toned.

STIMULATING HIP & THIGH TREATMENT
1 Hour
An effective massage targeting areas which are prone to cellulite, fluid retention and uneven skin texture. The body is exfoliated using a special blend of seaweed, salt and oil and removed using iced mitts to tone and firm the skin. A brisk and powerful detoxifying massage follows, stimulating the lymphatic system to instantly improve the appearance of the skin. Relevant reflex zones and pressure points on the feet are activated to leave you feeling totally revitalised and refreshed. A course of treatments is recommended to maximise the effects.

SALT & OIL SCRUB
30 Minutes
This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. Perfect as a standalone treatment or in preparation for an Aromatherapy massage.

RELAXING SALT & OIL
An exquisite combination of essential oils of Rosemary, Clove, Cinnamon and Bay.

DETOXIFYING SALT & OIL
A detoxifying blend of essential oils of Cypress, Eucalyptus and Grapefruit.

INVIGORATING SALT & OIL
An invigorating and refreshing blend of cooling Menthol, Grapefruit and Lavender.
ESPA FINISHING TOUCHES

NOURISHING HAND & ARM TREATMENT
WITH HOT STONES
1 Hour
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
1 Hour 15 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
1 Hour
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
1 Hour
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
1 Hour
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.
LEELA UDAIPUR CEREMONIES

The Leela Udaipur Ceremonies offer a unique Private Spa Experience. Specifically designed treatment combinations that reflect a fusion of Eastern and Western therapies are performed in stunning Rajasthan inspired tents with private outdoor swimming pools, beautiful gardens and shaded sun decks, relaxation lounge and treatment areas to be enjoyed together with a loved one or friend. To further enhance your day why not enjoy a healthy and delicious Spa cuisine lunch at our Spa Terrace Lounge while taking in the captivating views of the Palace and Lake Pichola.

Each ceremony begins with Relaxation Time in which to enjoy your private Spa facilities. A welcoming foot cleansing ritual with exfoliating Rosehip seeds and essential oils of Ginger, Clove and Lime prepares mind and body for the treatment experience to follow.

ROYAL PRINCESSES OF RAJASTHAN
4 Hours
Salt & Oil Scrub
Aromatherapy Massage (1 Hour)
Facial with Regenerating and Firming Eye Treatment
Conditioning Hair & Scalp Treatment

AYURVEDIC TOUCH
3 Hours
Ayurvedic Abhyanga Massage
Shirodhara or Shirobhyanga

ROYAL KNIGHTS OF RAJASTHAN
4 Hours
Men’s Facial, Shoulder & Scalp Massage
Aromatherapy Massage (1 Hour 30 Minutes)
Padabhyanga

SUITE TIME TOGETHER
3 Hours
Select any 2 hours of treatment for two people

DIVINE RELAXATION
4 Hours
Holistic Total Body Care with Hot Stones
Intensive Facial

ART OF AYURVEDA
3 Hours
Dosha Specific Inspired Massage & Wrap
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.

HOME CARE
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.