



NIRAAMAYA
RETREATS



**“Sarve Bhavantu Sukhinah
Sarve Santu Niraamaya”**

“May all mankind be happy, may all mankind enjoy good health”

**INFUSE YOURSELF WITH NEW VIGOR AT
NIRAAMAYA SPA**

Niraamaya Spa draws from natural therapeutic traditions across the world to reinvigorate, rejuvenate and restore your body, mind and soul. The spa includes Ayurveda; perfected over 5,000 years in ancient India, authentic Thai therapies, Chinese treatments like reflexology and the best of European natural healing practices.

At Niraamaya Spa, our trained physicians and therapists explore the essence of these time-honored disciplines to help you attain good health and a comprehensive sense of well being.

SIGNATURE MASSAGES

“Unique therapies, designed to integrate the best from around the world”

SPICE MAGIC

A harmonious integration of Indian and Western methodologies. Long loopy movements, and aromatic blended oils, help channel toxins out of your system. Warm herbal compresses help you attain the state of Niraamaya, or ‘freedom from ailments’.

Duration: 90 min

Recommended for: Detox and anti-stress

AROMAYA

A deeply relaxing holistic therapy with gentle strokes that infuse aromatic essential oils to help calm, and uplift you mentally.

Duration: 60 min

Recommended for: Relaxing and clarifying

MAYOMAYA

A natural oil massage with muscles massaged and kneaded with gliding strokes to ease tendons and knots. Helps improve blood circulation and melts tension.

Duration: 60 min

Recommended for: Anti-stress and stiffness

REFLEXMAYA

An ancient Chinese art, based on specific manipulation, with pressure on reflex zones, to stimulate or sedate body systems - and promote total balance and sheer well-being.

Duration: 60 min / 30 min

Recommended for: Specific ailments and relaxation

JETLAG REVIVER

A specific massage of the scalp, face, back and legs to relieve fatigue and muscle ache from a long flight. It promotes the re-distribution of fluids that may have accumulated in specific areas, and targets specific lymph nodes to relieve pressure and to energize and “ground” your body after you land.

Duration: 45 min

Recommended for: Recovery from after effects of travel

Niraamaya Spa recommends: Indian rose crystal whole body salt scrub before the signature massage.





AYURVEDA MESSAGES

“Traditional massages based on Ayurveda for overall well being”

ABHYANGA SNANA

A blissfully rhythmic body massage with long, fluid strokes and warm medicated oils, facilitates circulation, relieves fatigue and body aches.

Duration: 60 min

Recommended for: Anti-ageing, skin nourishing, vitality, detox and body pain

JEEVANIYA SUSHUMNA

A specially designed massage technique to de-stress and relax the muscular and skeletal tensions of the upper body.

Duration: 30 min

Recommended for: Relaxation, de-stress and aches

SHIRO MARDHANAM

A head and shoulder massage that improves blood circulation, balances the sense organs and rejuvenate your body.

Duration: 30 min

Recommended for: Rejuvenation and relaxation

PADA MARDHANAM

A refreshing foot soak, followed by a soothing warm oil massage for the legs and feet. Rounded off with a relaxing warm towel wipe-down.

Duration: 30 min

Recommended for: Easing fatigued and tired feet

Niraamaya Spa recommends: Gharshanam - an Ayurvedic scrub and polish after the massage.

CLASSICAL AYURVEDA THERAPIES

“Therapeutically administered Ayurveda treatments as advised by our specialist”

SHIRODHARA

A relaxing therapy with lukewarm medicated oil gently poured in a stream over the forehead. Well known for diffusing mental tension and easing headaches, improving sleep, strengthening hair roots and preventing premature graying. It is also effective in countering jetlag.

Duration: 60 min

Recommended for: Easing mental tension, improving quality of sleep

KATEE VASTHI

Warm medicated oil is placed on the back for a specified time.

Duration: 30 min

Recommended for: Lower back pain and spinal problems

NASYAM

A few drops of medicated oils or herbal extracts are introduced into the nostrils after an oil massage for the face. It is followed by a massage around the nose and sinus areas.

Duration: 20 min

Recommended for: Sinus problems, congestion relief

PATHRA PINDA SWEDANAM / CHOORNA PINDA SWEDANAM

Warm oils are applied over the body and warm linen pouches filled with herbs are applied on joints and muscles to induce sweating. This fomentation therapy helps relieve pain and expels toxins.

Duration: 60 min

Recommended for: Easing pain and inflammation in joints, relieving stiffness, improving muscle tone

UDWARTHANAM

A therapeutic procedure of scrubbing dry herbal powders on the skin to target subcutaneous fat deposits, reduce wrinkles, and help get rid of metabolic waste. It makes the body firmer, reduces excessive perspiration and discolouration of the skin.

Duration: 60 min

Recommended for: Vitality, anti-ageing, toning and weight reduction



AYURVEDA AFFAIRS AT NIRAAMAYA SPA

“Pre-set combination therapies to maximize the benefits in one session”

NIRVANA

The ultimate stress buster, this therapy combines Abhyanga Snana and Shirodhara to virtually guarantee Nirvana - a state of complete mental and physical bliss.

Duration: 90 min

Recommended for: Relaxation, stress buster

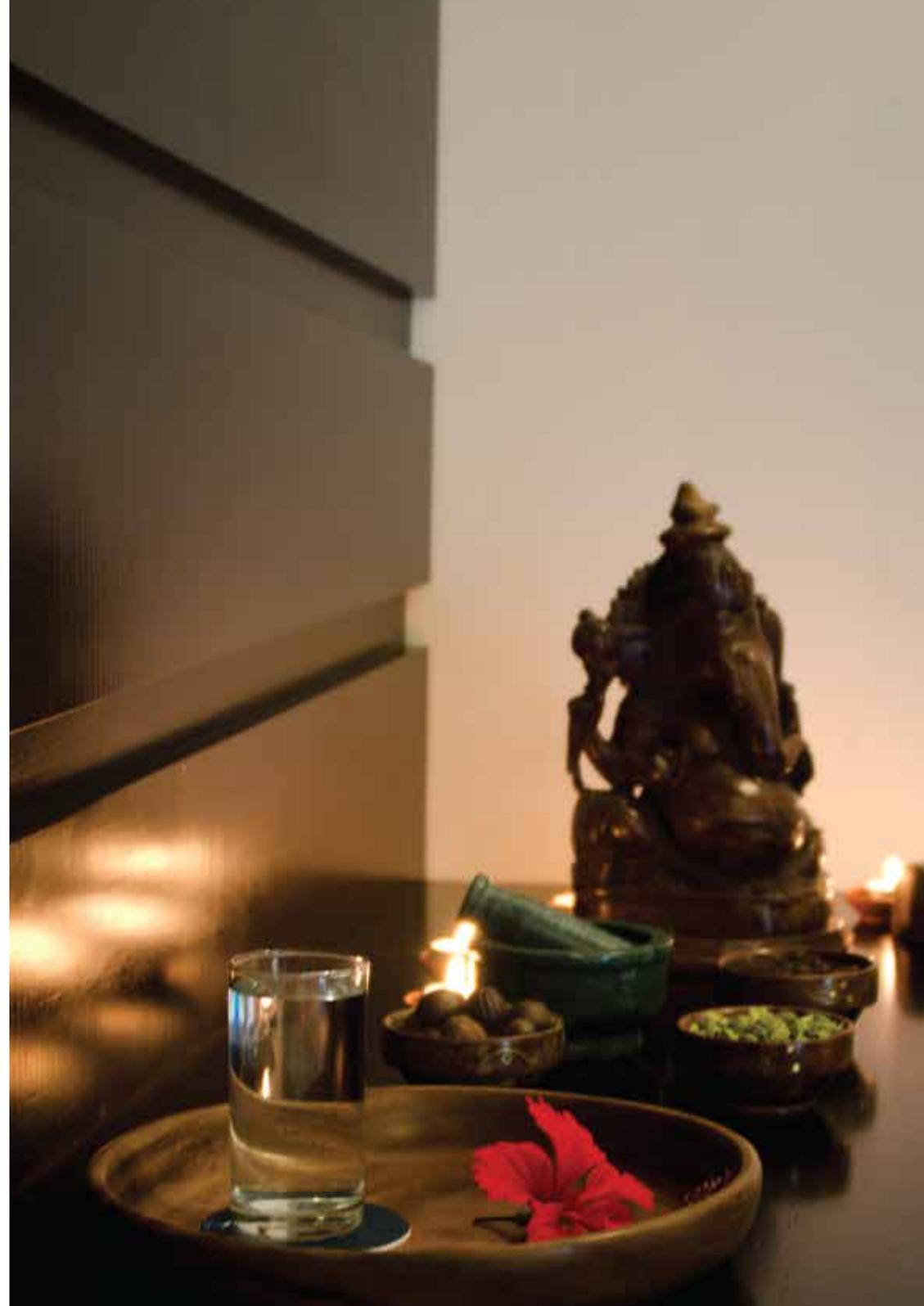
SANTHWANAM

It combines Abhyanga Snana to ease physical stress, warm herbal compress to take care of aches and tensions followed by Shirodhara to further aid the healing process.

Duration: 120 min

Recommended for: Back problems and mental stress.

(the ideal executive stress buster)



SKIN CARE RITUALS

“Therapies for skin health and renewal”

HYDRATING SEA SALT CRYSTAL ROSE SCRUB AND POLISH

A hydrating, exfoliation treatment with Arabian sea salt, sensual rose oils blended in a nourishing apricot and almond oil base for glowing skin.

Duration: 45 min

Recommended for: Invigoration and glowing skin

GARSHANAM – CLASSICAL AYURVEDA SCRUB AND POLISH

A 5000 year old Indian skin therapy with traditional herbs and oils that bring alive the skin's natural vitality.

Duration: 45 min

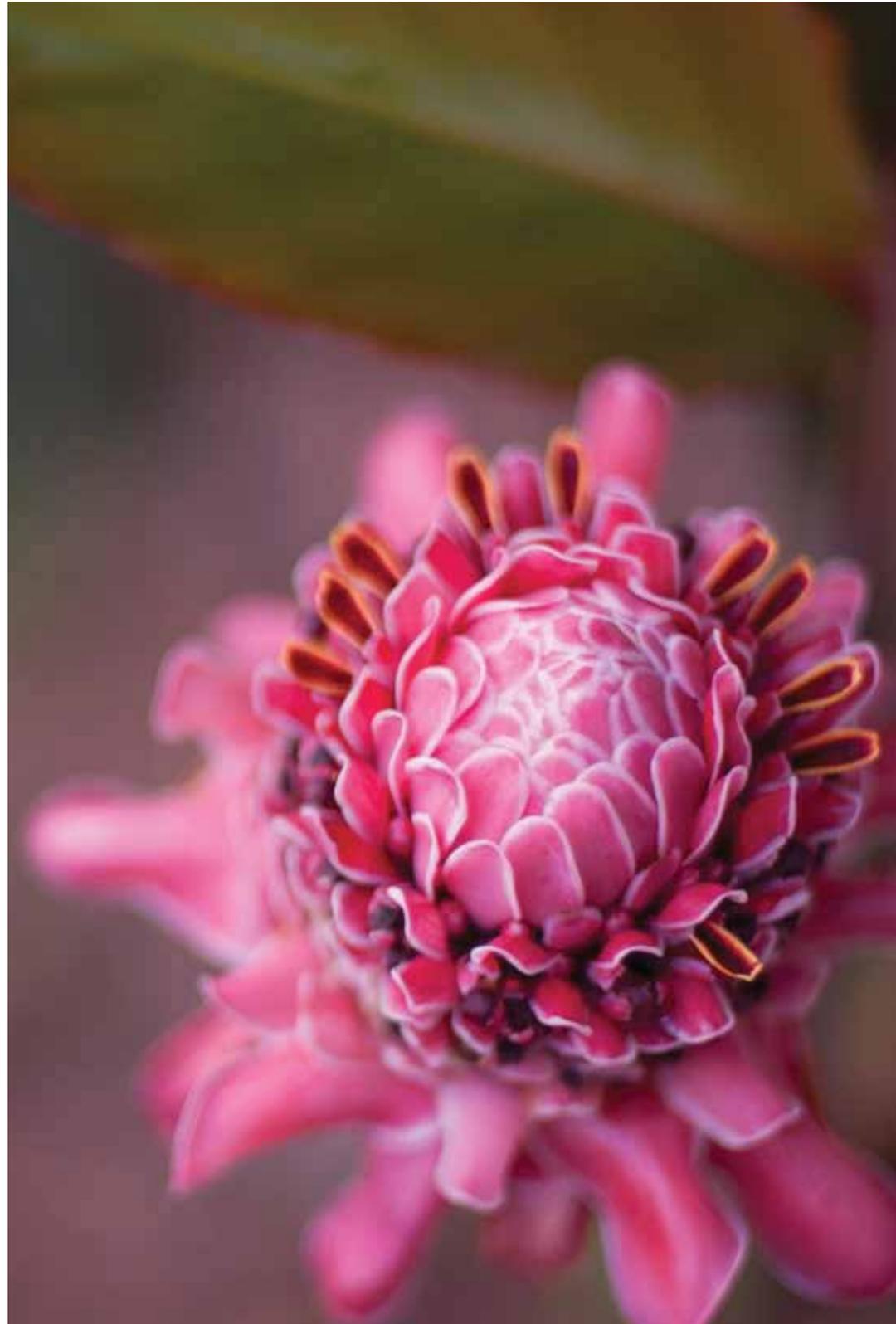
Recommended for: Reinvigorating and recharging the skin

WRAP WITH CHEMPAKA

Frangipani flowers, sandalwood powder, turmeric and fennel seeds are soaked together and smeared over the body after a natural exfoliation.

Duration: 75 min

Recommended for: Glowing skin that has been nourished.





NIRAAMAYA SPA BLISS

This destination spa package, blending luxury, privacy and wellness, comprises the essence of Niraamaya Spa experiences.

Bliss - 2 Days

(includes the following 4 sessions spread out in two days)

- Signature Body Scrub 60 min
- Spice Magic - Signature Massage 90 min
- Reflexmaya 30 min
- Ayurveda Experience 60 min

Bliss - 3 Days

(includes 6 sessions spread out in three days)

All of the above sessions plus Aromaya, 60 min and Niraamaya Mukhalepam Facial 60 min

NIRAAMAYA SPA CELEBRATION PACKAGES

“Pampering combinations of universal therapies that inspires a harmony of the senses”

AROMA MIX

Start with a steam bath and body scrub to open and exfoliate your skin, and be treated to a body wrap and a complete Aroma massage.

Duration: 120 min

NIRAAMAYA MUKHALEPAM

Unique facial care techniques and products customized by Niraamaya to suit your skin type.

Duration: 60 min





AYURVEDA DESTINATION WELLNESS RETREATS

“Niraamaya Ayurveda wellness Retreats are designed to bring balance and equilibrium to our guests. Each retreat is a customized multi-day Ayurveda program, under the guidance of our specialist, for natural healing and well being. Can also be combined with spa cuisine upon request.”

Short Stay 2 - 4 Days

Customized from a choice of below listed therapies, in 90 minute sessions, everyday for the duration of the retreat:

- Abhyanga Snanam
- Gharshanam
- Steam Bath
- Shiro Mardhanam
- Pathra Pinda Swedanam
- Shirodhara
- Herbal Face Pack

Daily Duration: 90 min

Long Stay: 5 - 28 Days

RELAX AND REJUVE PROGRAM- “RASAYANA”

Ideal for enhancing immunity, and for rejuvenation. It is believed that Rasayana was the secret of the long lives of the sages of yore. This program keeps one in a state of “Niraamaya” – Free from Ailments.

Duration: 60 min/ 90 min/ 120 min daily. Minimum 5 days

SPA ETIQUETTE

TREATMENT

- Please arrive 10 minutes prior to your appointment to check-in and change.
- If you have a medical complication you are advised to consult your doctor before signing up for a spa service.
- Certain medical conditions may preclude you from having spa treatments. Please notify the spa reception if you have any physical ailments, allergies or disabilities or you are taking any medication, or if you are pregnant before signing up for a spa service.
- Appropriate innerwear / disposable innerwear provided by the spa must be worn for all body treatments.
- Male therapists will attend to gentlemen and female therapists will attend to ladies for all massages and therapies.

VALUABLES

We recommend that you do not bring valuables like jewellery, watches etc, to the spa. While we endeavor to look after your belongings we do not assume liability for your valuables.

LATE ARRIVAL

Should you be late for an appointment, you will receive the best treatment possible within the time remaining so that the next guest's session is not delayed or inconvenienced.

CANCELLATIONS

- A 12-hour cancellation notice is required to help us reschedule your appointments, subject to space availability at the spa.
- Any cancellation with less than 3 hours notice will incur a 50% cancellation fee. Full charges will be imposed for a "no show".





OTHER CONSIDERATIONS

- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Drink water before and after all treatments.
- Entry to Spa Niraamaya is at guest's own risk. Strict policies and procedures are implemented to maximize safety. However, Spa Niraamaya, its employees, representatives and the owners will not be held liable or accountable for any incident experienced by any person entering the premises and / or undergoing spa treatments.
- To preserve tranquil environment of the spa, we respectfully request you to switch off your mobile handsets and other electronic devices or keep them in silent mode, while you are inside the spa.
- We also request you to speak softly in the spa, as other treatments may be in progress.
- Use of Spa therapies and facilities are limited to guests who are aged 16 years and above.
- Please remember that our Spa is a smoke and alcohol free zone. Guests under the influence of alcohol and drugs will not be allowed

