

our
native village
eco resort



**“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.

CAPSULES FOR THE QUICKIES!

If you are on a short visit and pressed for time, we recommend the following for immediate and maximum benefit:

SHIRO MARDHANAM

If you are carrying life-stress / pressure from work, this 30 minutes Head & Shoulder Massage following the classic Ayurveda techniques improves blood circulation and balances the sense organs and rejuvenate your body.

PADA MARDHANAM

If you are someone who are excessively on the road, with pressure on your feet, this relaxing 30 minutes massage from your knee to toe - a refreshing foot soak followed by a soothing warm oil massage for the legs & feet - is a perfect solution.

GHARSHANAM

A 45 minutes full body massage, Garshanam is a 5000 years old Indian skin therapy from the authentic Ayurveda manuscripts, done using traditional herbs and oils that bring alive the skin's natural vitality.

TRAVEL-LAG RECOVERY

If you're exhausted by your travel schedules, this very relaxing session is a specific massage of the scalp, face, lower back and legs to relieve fatigue and muscle ache and promotes the re-distribution of fluids that may have accumulated in specific areas



AYURVEDA FOR THE HEALTHIES!

If you are health conscious and an advocate of authentic Indian Experience, choose from our range of classic Ayurveda treatments perfected over 5,000 years in ancient India.

ABHYANGA SNANA

The benefits of this full body classic Ayurveda massage outweighs all the reasons of not having enough time. This is 01 hour blissfully rhythmic full body massage with long fluid strokes and warm medicated oils. Relieves fatigue and body aches.

KIZHI - SPICE & HERB BUNDLE

One full hour of thorough massage using the classic Ayurveda spices & herbs bundles - a unique experience that offers deep relaxation and a perfect skin and tissues repair....

SHIRODHARA

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

INSPIRED - FACIAL MASSAGE

Achieve younger looking healthier skin with this facial rejuvenation session. Ayurveda facial is done using combinations of herbal oils and mixtures that has antiaging and refreshing properties, clears the debris, opens clogged pores, provide fresh nutrition to the face.



WESTERN FOR THE BALANCED!

If you are here for 2 nights / 3 days stay or more, you will want to experience full rejuvenation options from Chinese and European healing practices

NIRAAMAYA SPICE MAGIC

Spice Magic is a harmonious integration of Indian and Western methodologies, long loopy movements and aromatic blended oils that helps channels toxins out of your system.

MAYOMAYA - DEEP TISSUE

A natural oil massage with muscles massaged and kneaded with gliding with gliding strokes to softly ease tendons and knots. Helps improve blood circulation and soothingly dissolves tensions.

AROMAYA - FEATHER TOUCH

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

REFLEXMAYA - SOLE'FUL!

An ancient Chinese art, based on specific manipulation with pressure on reflex zones in the sole of your feet to stimulate or sedate body systems and promote total balance and sheer wellbeing.

CRYSTAL SEA SALT BODY SCRUB

A hydrating treatment with Arabian Sea Salt that will help you to shed scales and dead skin cells in your body. Sensual rose oils blended in a nourishing apricot and almond oil base for glowing skin is used to compliment an absolutely relaxing experience.





SPA ETIQUETTE

SPA RESERVATIONS

For information on spa treatments and massages, dial 9. Advance booking is recommended to secure your preferred time. SPA OPENING HOURS: Daily 8 a.m. to 8 p.m.

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 male guests and female therapists will attend to female guests for all massages and therapies.

VALUABLES

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

LATE ARRIVAL

Out of respect for other guests' reservations, should you be late for an appointment, you will receive the best treatment possible within the time remaining.

CANCELLATIONS

- Please allow a 12-hour cancellation notice to help us reschedule your appointments, subject to space availability at the Spa.
- 50% of the treatment price will be charged for cancellations made less than 3 hours prior to the appointment; 100% of the treatment will be charged 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.
- May we mention that treatments at the Spa involves massages and pressure at various points on the body. We expect our patrons to be aware of their physiology before opting for any treatment
- To preserve the tranquil environment of the spa, and in consideration of other guests, we request you to switch off your mobile handsets and other electronic devices 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 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 to use spa facilities.
- Spa Management reserves the right to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

