



OBEROI SPA
& FITNESS CENTRE

SPA MENU



The Oberoi
BANGALORE, INDIA





Take your body on a journey of transformation as you enter the serene and soothing spa and fitness centre. Let the healing hands of trained therapists ease away the stress of hectic urban life. Get pampered with treatments based on Aromatherapy, Ayurveda, Eastern and Western techniques and feel your body and spirit get gently revitalised. Or energise yourself at the modern gymnasium that features state of the art fitness equipment. A session at the Oberoi Spa & Fitness Centre promises to leave you refreshed and rejuvenated.

BODY MASSAGES



Aromatic massage

60 minutes

Massage strokes ranging from frictional to relaxing are blended seamlessly to allow the body's internal system to benefit from the properties of the blended oil. The oil enriches the skin and produces a warming effect to improve blood circulation and relieves tired muscles. This massage refreshes and renews the body.



Balinese massage

60 minutes

90 minutes

Originating from Bali, this is a deep pressure massage using medium-depth strokes and pressure points to reach below the superficial muscle layers. This massage helps to balance the energy centres and improve integration of your internal systems. The blended oil has properties that help relieve muscular tension, improve and balance subtle energies for a heightened sense of well-being.

Hawaiian massage

60 minutes

The renowned grace and warmth of the Hawaiian culture are translated into a unique massage that uses palms and elbows rhythmically to soothe tense muscles and allow the healing energy to flow freely. Feel the stress ebb away and be replaced by renewed vitality and a sense of tranquility.

Oberoi massage

60 minutes

90 minutes

Our signature massage uses palms and fingertips to apply pressure with continuous strokes that flow rhythmically to stimulate blood circulation, iron out the knots and induce a state of total relaxation. The blended oil used for this massage promotes concentration and rejuvenates the spirit.

Sports massage

60 minutes

Medium to strong pressure is used in this massage to relieve sore and tired muscles and improve mobility after a workout. The blended oil helps to further relax and improve blood circulation.

Jet lag massage

60 minutes

90 minutes

Drawing on the best of Eastern and Western techniques, this oil massage combines soothing strokes and stretching to loosen muscular tension, encourage lymphatic flow to balance the internal system and coax your body to respond positively to the caring language of touch.

Sole therapy *no oil*

60 minutes

The reflex points on the soles of the feet are worked on to stimulate energy flow so as to restore harmony to the body's function. A leg massage is included to promote relaxation and to produce a sense of completeness.



Thai massage *no oil*

60 minutes
90 minutes

Traditional Thai massage works on the theory of intrinsic energy flow and energy balance to promote better health and healing processes. This massage concentrates on the careful application of pressure to distribute energy, release blockages and stretch the muscles, leaving the body relaxed, energetic and free from stiffness. A natural fibre two-piece outfit is worn during this massage.

Soothing back massage

30 minutes

An invigorating massage that not only eases tense muscles and knots in the back, it also induces a deep sense of relaxation as the back consists of a network of nerves linked to the entire body. Pure sesame oil is used for its healing properties.

Apple bran polisher

30 minutes

A delightful scrub especially good for dry, sunburnt and sensitive skin. Fresh green apples and almonds are some of the ingredients used in this zesty recipe that will leave your skin soft and radiant.

Carrot scrub

30 minutes

A mild but effective cleanser for all skin types, this scrub is a rich combination of carrots, honey and other natural ingredients that are vital for healthy skin.

Lemon banana scrub

30 minutes

Exfoliate the dead skin cells with this smooth and fragrant banana lemon scrub, full of natural nutrients that help to unclog the pores of your skin. Emerge totally refreshed with skin that can breathe again.



AYURVEDIC TREATMENTS



Ayurveda is a holistic system of healing which evolved among the sages of ancient India over 5000 years ago. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between the individual and nature. In Ayurveda each person is viewed as a unique individual governed by one or more of the universal forces of nature. Good health is promoted by balancing these energies. At the Oberoi Spas our trained therapists use the finest Ayurvedic oils and herbs for treatments to refresh the mind, detoxify the body and restore the natural balance of the energies within, leaving you completely rejuvenated.

AYURVEDIC TREATMENTS



Ayurvedic massage

75 minutes

This traditional Indian massage uses a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body. The sesame based herbal oil used in the massage heightens concentration and leaves one feeling refreshed and rejuvenated.

Marma therapy

60 minutes

A healing massage using specialised pressure point techniques on the energy gateways: the palms and soles of the body. A massage with warm herbal oil on the upper and lower limbs with concentration on the reflex points promotes a feeling of complete physical and mental well-being.

Herbal pouch massage

60 minutes

A toning treatment for the whole body concentrating on the back, neck and joints. The body is gently massaged with herbal oil followed by hot fomentation using small linen bags filled with herbal powders.

Chakra head and shoulder massage

45 minutes

A complete massage of the body above the collar bone followed by hot fomentation. This massage concentrates on the vital points and provides relief to the sensory organs.

Indian head massage

30 minutes

This ancient therapy was used traditionally by ladies in India to keep their long hair in healthy and beautiful condition. Pressure points on the scalp, neck and shoulders are stimulated to improve circulation, relieve tightness and tension and promote relaxation.

Marma point facial

For all skin types

60 minutes

Adapted from the traditional Indian system of natural healing, this facial stimulates the "Marma" which are the vital energy points on the head, face and ears, with aromatic oils and herbal products to calm, refresh and reenergise.

Ayur face massage

For all skin types

30 minutes

A traditional beauty treatment in which the therapist gently stimulates the facial muscles, concentrating on the marma (vital energy points). A mild aromatic facial oil is used which leaves the skin glowing and rejuvenated.





All treatments include a head and face massage while the body draws benefits from the wrap.

Date and apricot mask

60 minutes

An enriching and hydrating mask consisting of carrot seeds, dates, apricot and orange peel. Give your skin a revitalising treat of fruits and vegetables that will inject a glow back into tired looking skin.

Jasmine green tea mask

60 minutes

Jasmine tea leaves, Indian sandalwood and ginger are some of the ingredients used in this mask to cleanse, detoxify and heal the skin. It also contains skin nourishing elements that are quickly absorbed by the skin once it is cleansed.

Luxury back treatment

30 minutes

A lavish treatment starting with a mild yogurt cleanser followed by a scrub made from natural ingredients such as oatmeal, cumin, honey and lemon juice, to remove dead skin cells and reduce excess oil. To complete the treatment, a purifying Indian clay and orange peel mask is applied, leaving the skin thoroughly cleansed and supple.

Saffron and wild turmeric mask

60 minutes

A potent mix of herbs and spices that include saffron, turmeric, mint and rose petals, all with known properties to improve complexion. This body mask works to protect your skin from the sun's UV rays, lighten skin blemishes and provide nourishment to the skin.





BEAUTY TREATMENTS

All treatments include cleansing, exfoliating, massage and mask.

Oberoi facial

60 minutes

For all skin types

Natural healing properties of fresh products are used in our signature facial. Various ingredients ranging from honey to watermelon are specially selected for each skin type. Collectively the ingredients cleanse, exfoliate, moisturize and restore elasticity, leaving the skin glowing and supple after the treatment.



BALANCED ENHANCERS

Select your preferred choice of facial from our Balanced Enhancer Packages

Calming reviver

120 minutes

Choice of facial *60 minutes*

Choice of body massage *60 minutes*

Escape from the bustle of the city with this treatment that combines a facial and a full body massage. The calming session begins with a 60 minute facial, to cleanse and nourish followed by your preferred choice of body massage that promises to energise and reduce tension for a total sense of well-being.

Express soother

90 minutes

Choice of facial *60 minutes*

Soothing back massage *30 minutes*

Give a lift to your physical, mental and emotional well-being with this relaxing treatment that starts with your preferred selection of a 60 minute facial. A soothing 30 minute back massage follows, using thumb pressure and palm strokes to loosen muscle knots and stimulate blood circulation.

Top to toe

120 minutes

Choice of Oberoi or Marma point facial *60 minutes*

Sole therapy *60 minutes*

Add a healthy radiance to your face with a facial treatment to cleanse and revitalise the skin. The session continues with sole therapy, which helps to improve energy flow by stimulating reflex points on the feet so as to rebalance the body system. A leg massage is included to complete this relaxing experience.







Revive the spirit, rejuvenate the mind and restore the natural balance of your body with a combination of treatments and massages drawn from traditional eastern therapies.



ESSENCE OF HEALING

2½ hour spa experience

Inspired by the ancient healing Ayurveda practices, this ritual treats you with traditional Indian treatments starting with an Ayurvedic massage – a combination of soothing and symmetrical long strokes with warm sesame based oil. This is followed by the Herbal pouch massage, a toning treatment for the body concentrating on the back, neck and joints. The programme is completed with an Ayur face massage using sandalwood aroma to concentrate on the Marma or the vital energy points leaving the skin glowing and rejuvenated.

Ayurvedic massage *60 minutes*
Herbal pouch massage *60 minutes*
Ayur face massage *30 minutes*



TOUCH OF SERENITY

2 hour spa experience

This rejuvenating combination of treatments starts with a gentle body scrub made of apple and banana combined with sesame seeds. This is followed by the signature Oberoi massage designed to ease tension from the body. A soothing face massage completes the programme.

Apple banana scrub *30 minutes*
Oberoi massage *60 minutes*
Relaxing face massage *30 minutes*



EXECUTIVE CLASSIC

1 hour spa experience

A quick pick me up for the busy executive. The back massage provides instant relief for tension accumulated from deskwork. This is complemented with a relaxing Indian head massage to clear the mind.

Soothing back massage *30 minutes*
Indian head massage *30 minutes*



FACILITIES

The spa offers the following facilities:

Separate sections for ladies and gentlemen with 3 single therapy rooms, saunas and a fully equipped gymnasium.

For an appointment or for further details, please call the spa at extension 72



FOR THE COMPLETE SPA EXPERIENCE

To ensure that your spa experience is a relaxing journey into a different world, we recommend the following:

- ~ Book your treatment 24 hours in advance in order to ensure availability.
- ~ Consult our therapists who will be pleased to advise you on treatments that suit your individual needs.
- ~ To fully enjoy the peaceful and tranquil environment of the spa, cellular phones and electronic devices are discouraged.
 - ~ We suggest the relaxing effect of a shower before your treatment.
- ~ For your convenience, we suggest you come to the spa reception 15 minutes prior to your treatment in order to change and prepare yourself. You may, however, wish to come to the spa already wearing the robe provided in your room.
- ~ Guests who cancel their spa appointment with less than four hours notice, or do not come for their spa appointment, will be charged for the treatment..
 - ~ Gentlemen who are having a facial are advised to shave at least three hours before their treatment.
 - ~ Relaxation is essential to the treatment process. It is advisable to book your treatment at a time when you will be able to relax for at least one hour after the treatment.
 - ~Please note that the spa is a non-smoking area.
- ~ Guests with high blood pressure, heart condition, or other medical complications should consult their doctor before making an appointment for spa treatments.
 - ~Ladies who are pregnant should consult their doctor before making an appointment for spa treatments.

