



  
OBEROI SPA  
& FITNESS CENTRE

SPA MENU



*The Oberoi*

GRAND

KOLKATA, 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.

# MASSAGES

# BODY



## 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 to 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.

### Calming head and shoulder massage *no oil*

*30 minutes*

This relaxing massage focuses on the head, face, neck and shoulder areas to loosen muscles and ease tension. Varying degrees of pressure are used in different areas to stimulate blood circulation and improve energy flow.



### Ginger lime scrub

*30 minutes*

Rich in vitamins and nourishment, this is a refreshing cleanser that lifts the grime while restoring the acid balance of the skin. It also contains honey which acts as a strong moisturising agent.

### Neem sandalwood scrub

*30 minutes*

A fragrant poultice of neem, sandalwood and cloves, this soothing scrub is especially good for oily skin. It cleanses clogged pores effectively, leaving the skin clean and soft.

### Orange sesame scrub

*30 minutes*

The fruit acids contained in the scrub helps to remove dead skin layers from the surface and stimulate cell renewal. Added to this are natural ingredients that provide minerals and nutrients to revitalise the skin.





# 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 re-energise.

## 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 cleansing, exfoliating, massage and mask.*

## Basic cleansing facial

*60 minutes*

*For all skin types*

European products suitable for each skin type are used in this treatment to remove impurities which block the pores and cause skin irritation and blemishes. The special massage movements help to deep cleanse by stimulating blood flow and loosening surface blockages while inducing relaxation. The mask provides nourishment to balance the skin.

## Gentle conditioning facial

*60 minutes*

*For dry and sensitive skin*

Dry or sunburnt skin requires special attention to restore balance, improve hydration and encourage new cell growth. The treatment products are carefully selected for this purpose, while special care is taken so as not to aggravate the skin further. The mask contains vitamins essential for skin exposed to the sun or dehydrated.

## 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, moisturise and restore elasticity, leaving the skin glowing and supple after the treatment.

## Skin balancing facial

*60 minutes*

*For oily skin*

This facial helps to clear blocked pores and remove excess oil generated by over-active sebum glands. A brief and gentle massage is administered to avoid further stimulating the oil glands before a skin balancing mask is applied to purify and tone the skin.



## Salon treatments

*The Oberoi Spa offers a range of salon treatments including manicure, pedicure, hair care, waxing, threading and make up.*



BEAUTY  
TREATMENTS

# BODY TREATMENTS



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

## Amla almond mask

60 minutes

Known for its medicinal properties, amla is combined with almond and other nutrients to make this an excellent mask to rejuvenate body cells and to tone and refine the texture of the skin.

## Enriching vegetable mask

60 minutes

Lettuce and carrot, both high in vitamins, minerals and moisture are combined for a healing and soothing mask that is particularly good for sensitive and dry skin. It enriches the complexion and makes the skin feel pampered.

## Luxury back treatment

30 minutes

A lavish treatment starting with a 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 feeling thoroughly cleansed and supple.

## Revitalising egg mask

60 minutes

A beauty mask rich with nourishment and vitamins that are readily absorbed so that the skin is softer and more supple after the treatment. It helps to close open pores and leave the skin radiant and fresh.

*(Select your preferred choice of facials from our Balanced Enhancer Packages)*

## Renewal

60 minutes

Steam  
Soothing back massage  
Calming head and shoulder massage  
A soothing herbal cloud of steam aids in the removal of toxins and induces a general sense of relaxation. This state is further enhanced by an invigorating massage on the back, where tension normally gathers from long hours of work. To complement the back massage, a calming head and shoulder massage completes this session of body renewal.

## Revival

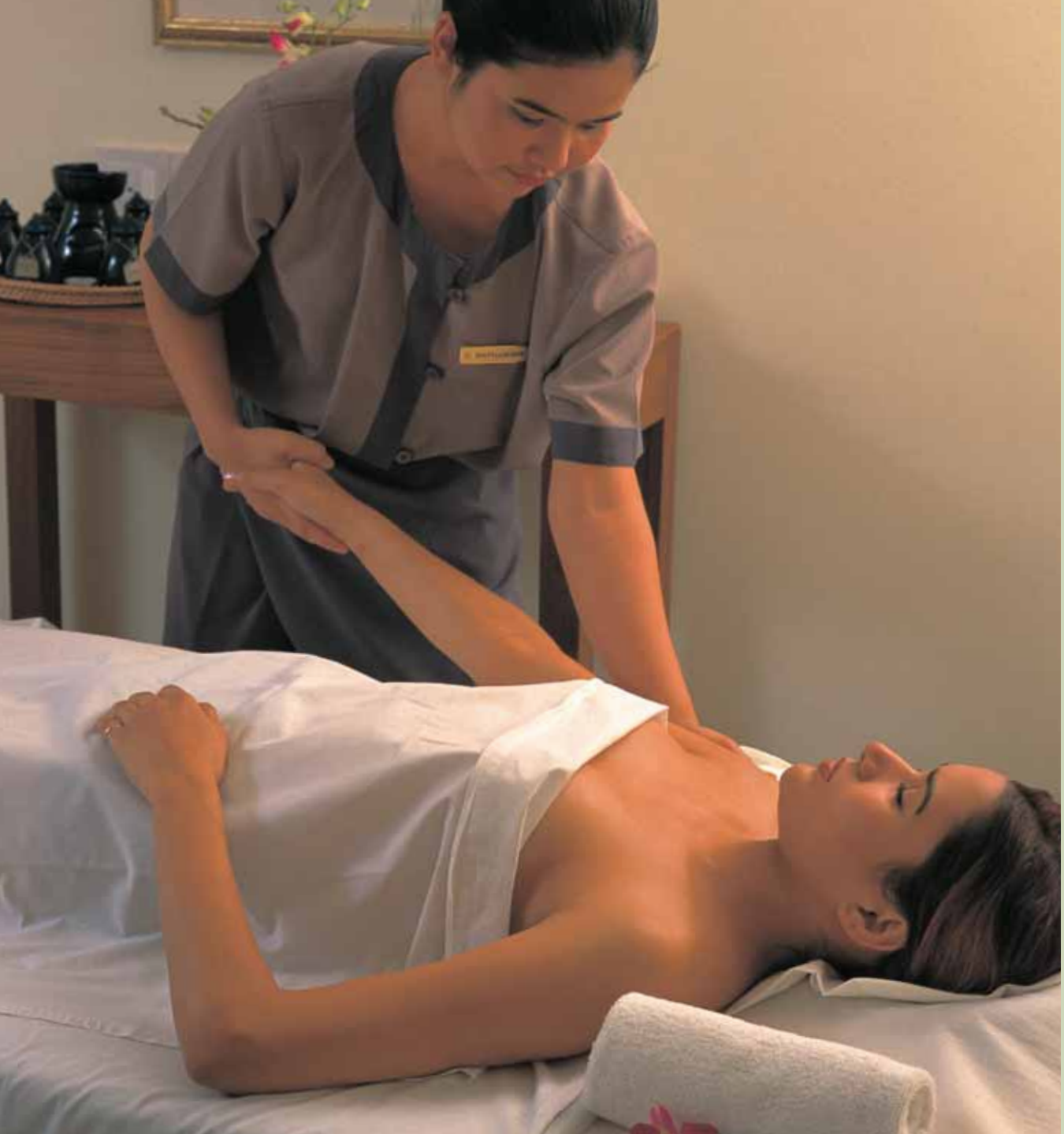
90 minutes

Steam  
Choice of body scrub  
Choice of body massage  
Floral bath  
Start your journey of revival with a herbal steam bath to stimulate the senses. This prepares you for the body scrub that removes the impurities trapped in the pores of the skin. Then, succumb to the trained hands of our therapist as they skillfully massage the tension out of your body. The session would not be complete without a floral bath that removes the last traces of stress, leaving you with a sense of lightness and well-being.



ENHANCERS

BALANCED



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. This is followed by the signature Oberoi massage designed to ease tension from the body. A soothing face massage completes the programme.

Choice of 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:

2 large double therapy suites with steam rooms and bath tubs,  
a beauty salon and a fully equipped gymnasium.

For an appointment or for further details, please call the spa at extension 87.



## 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.
- ~ 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.
- ~ Spa suites are available only for therapies, massages, body scrubs and beauty treatments mentioned in the menu.
  - ~ 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.





*The Oberoi*

**GRAND**

KOLKATA, INDIA

15, Jawaharlal Nehru Road, Kolkata-700 013  
Telephone: 91 33 2249 2323 Facsimile: 91 33 2249 3235  
E-mail: [reservations@oberoi-cal.com](mailto:reservations@oberoi-cal.com)  
Website: [www.oberoihotels.com](http://www.oberoihotels.com)