



OBEROI SPA

S P A M E N U



The Oberoi

VANYAVILĀS

RANTHAMBHORE, INDIA





After an encounter with the rugged beauty of nature, discover the sheer pleasure of relaxation. Feel the transformation as our therapists restore the natural balance of your body with personalised holistic therapies based on the five elements of Ayurvedic principles and incorporating international influences. Enjoy the luxurious ambience of private spa suites with the beauty of hand painted floral frescoes and the fragrance of fruit groves while you reflect on your inner self. We provide limitless ways to heal the mind and body and rejuvenate your spirit.



SAFARI SANCTUARY

3 hour spa experience

(Steam, thermal exfoliation, thermal mud wrap, Oberoi massage, bathing ritual)

Rejuvenate, restore and pamper your body with an escape to an oasis in the heart of the jungle surrounded by wild flowers, birds and wildlife. Your personal sanctuary begins with an aromatic steam to open your pores and detoxify the system. Listen to the sounds of nature as your body is gently exfoliated followed by a nourishing application of mineral-rich Hungarian mud whilst a unique facial massage revives your complexion. Your therapist will pamper you with a relaxing Oberoi massage. Your therapy concludes with a rejuvenating bathing ritual. Relax and enjoy our signature tea blend as you reflect on your journey in the jungle.



SPIRIT OF AYURVEDA

3 hour spa experience

(Ayurveda massage, herbal pouch massage, shirodhara, bathing ritual)

Inspired by the Ayurvedic principles of health and well-being, this session combines a series of traditional Indian therapies starting with a stimulating Ayurvedic massage which helps to invigorate and energise the nervous system. This is followed by a hot herbal pouch massage to ease the muscle and joint stiffness and soften and refine the skin. Shirodhara, a fine steady stream of warm oil flows onto the third eye to clear the mind and sooth your senses.

A calming bath completes this experience.



TREE OF LIFE

3 hour spa experience

(Pomegranate scrub, pomegranate orange wrap, pomegranate massage, bathing ritual)

Our signature body pampering session starts with an exfoliating therapy using refining paste of pomegranate crystals leaving your skin soft and ready to absorb the nutrients from the luscious pomegranate orange body wrap that follows. Succumb to the skillful touch of your therapist as she eases out the tension in your body with a relaxing pomegranate oil massage. Your session concludes with a soak in an exquisite bathing ritual leaving you detoxified and renewed.



CHAKRA BALANCING

1½ hour spa experience

(A combination of warm herbal poultice, sound and vibration therapy)

A warm herbal poultice massage combined with energy balancing with healing sound and vibrations. You will enjoy the benefits of the heat and therapeutic massage as your chakra energy centres are balanced and enhanced through the resonating sound and vibrations of sacred Tibetan singing bowls.



SYNERGY

Take your spa experience to a new zenith by opting for two or more consecutive therapies to suit your individual needs and create your very own spa ritual



Oberoi massage

60/90 minutes

Relax your mind, body and senses with our signature holistic massage. Your therapist provides you with a combination of wonderful soothing strokes with medium pressure excellent for releasing knots, increasing circulation and removing daily stress and tension from the body. Customised to fit your specific needs.

Balinese treatment

60/90 minutes

This luxurious spa therapy which evolved on the island of Bali is a deep pressure massage using a variety of techniques including skin rolling, deep tissue manipulation, gentle stretching and reflexology.

Thai massage

60/90 minutes

We have formulated our own version of an ancient and sacred system of healing with roots in Yoga, Ayurveda and Buddhist spiritual practice. This therapy is a combination of rhythmic massage, acupressure and gentle twisting. Our Thai massage stimulates and balances the flow of healing energy, providing you with a powerful release of stress, tension and increased vitality. You are given loose comfortable clothing for this oil free therapy.



Hot lava shell massage

60/90 minutes

This massage offers unparalleled benefits with continuous heat and pressure creating the most powerful and long lasting results. Smooth lava shells are heated from the inside by combining natural ingredients of minerals, sea kelp, algae and salt water. As they seamlessly glide over your body, they create a synergy of warmth and deep therapeutic work, promoting the highest level of myofascial release, relaxation and a feeling of unsurpassed bliss.

Couples massage

90 minutes

A magnificent massage suite filled with soothing music and blissful aromas is the perfect setting to share a spa experience with a friend or loved one. Beginning with an Indian foot wash ritual followed by a massage of your choice, this wonderful experience promotes bonding and togetherness in a unique setting. Your therapy concludes with an aromatic bathing ritual.



REVITALISING BODY THERAPIES



Pomegranate orange exfoliation

90 minutes

Crushed pomegranate crystals along with uplifting essential oil of orange exfoliate, refine and polish your skin to a natural lustre. A soothing pomegranate oil massage follows. A pomegranate mist to rejuvenate your spirit completes this therapy.

Pomegranate orange body envelopment

90 minutes

An anti-oxidant, detoxifying and anti-ageing body wrap repairs, tones and tightens your skin leaving you radiant and relaxed. Your therapy begins with a full body exfoliation followed by an aromatic steam bath opening your pores to benefit from the anti-oxidants pomegranate has to offer. You are wrapped in a fragrant blend of pomegranate and orange mask to infuse vitamins and hydration. While your body luxuriates, your therapist provides a face, scalp and neck massage. This therapy concludes with an application of our pomegranate orange moisturising aromatic blend and topped off with a pomegranate mist to complete your experience.

Healing Waters

120 minutes

This calming mind and body experience begins with a gentle yet thorough exfoliation of the body, using a blend of sea salt, Hungarian moor mud and capsicum peptide. Once you have rinsed in an aromatic bath, you will receive a soothing massage with a firming body oil infused with sage, rosemary, chamomile, geranium, plum and apricot kernel, the skin is left feeling hydrated, soft and silky smooth.

Classic Hungarian body wrap

90 minutes

More than an ordinary wrap, this body experience begins with a vigorous yet gentle detoxifying exfoliation using sea salt and mineral-rich Hungarian thermal mud. Your body is then lathered with deep cleansing and detoxifying Hungarian mud mask. While the mud cleanses and the body is wrapped, relax even further with a soothing scalp massage. A toning moisturizer completes your experience.





The world renowned spa brand Omorovicza is used exclusively for all our facials. With a rich and romantic heritage, the brand uses the latest scientific advances in mineral cosmetology, applying unique healing waters to innovative skin care.

Soothing

60 minutes

For sensitive skin in need of special attention, gentle products are used to cleanse and exfoliate. A unique Hungarian facial massage stimulates micro-circulation whilst relieving tension. A nourishing organic poultice supplies ample nourishment and moisture, leaving the skin glowing with new found health.

Purifying

60 minutes

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a thorough cleansing and exfoliation using rosemary and pineapple extracts to refine your pores. This facial is certain to revitalise all skin types.

Brightening

75 minutes

This anti-aging, firming and brightening facial defies time, creating a bright and radiant complexion. This therapy includes an intense eye firming treatment to enjoy the renewed benefit of a youthful glow. Pressure point techniques work in harmony with our products to provide immediate results.

Pomegranate and fig spa manicure

45 minutes

Using one of nature's most potent antioxidants to keep your hands in good health, this deluxe pomegranate and fig 'facial for the hands' is the ultimate renewal therapy. An intense 2-step exfoliation will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. The therapy concludes with a hand massage using essential oil infused with pomegranate, fig and vitamin and a perfect polish of the nails. Your hands are left radiant and glowing.

Pomegranate and fig spa pedicure

60 minutes

Soothe your feet with a combination of pomegranate and fig. Your feet are soaked in a wonderful aromatic blend followed by a scrub to remove rough spots leaving your skin soft and silky. A luxurious foot massage with our pomegranate blend and an application of enamel completes your therapy.

Salon facilities

The Oberoi Spa offers a range of salon therapies including hair care, waxing and threading.



FOR GENTLEMEN



Facial

60 minutes

This deep cleansing, therapeutic facial for men is designed to cater to your specific skin care needs such as razor burn and skin sensitivity. This therapy includes a de-stressing facial massage and a mask of Hungarian moor mud to refine the pores. A relaxing scalp and shoulder massage relieves tension and rejuvenates your senses.

After workout massage

60/90 minutes

This powerful full body massage is designed to relieve aching muscles and joints after periods of physical stress and strain. Using a double layer of aromatherapy oils that will soothe away any muscular discomfort, your therapist will apply advanced deep tissue techniques to ensure effective absorption.

Back therapy

60 minutes

Created especially for men, this therapy begins with a deep cleansing exfoliation and hot compress followed by a warm thermal mud mask to draw out impurities. Your therapy concludes with a soothing back massage leaving you feeling refreshed and renewed.

Manicure

45 minutes

A gentleman's manicure with special attention to the distinct needs of men's hands. Includes nail buffing.

Sports pedicure

60 minutes

This aroma therapeutic ritual soothes and hydrates your feet. Beginning with a relaxing therapeutic soak, followed by a warm mineral scrub to exfoliate and smooth the skin. Your therapy is finished with a moisturizing foot massage, nail grooming and buff of the nails.





AYURVEDA INSPIRED RITUALS



Ayurveda is a holistic system of healing which evolved among the sages of ancient India for over 5000 years. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between you and nature. At the Oberoi Spa, our therapists help determine your body type or dosha and recommend the appropriate massage and oils. Ayurvedic therapies detoxify the body and restore the natural balance of the energies within.



Abhyanga

75 minutes

A traditional Indian massage applying a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous system of the body. The warm herbal oil chosen according to your body type balances the doshas. A steam bath is recommended following this massage.

Hot herbal poultice therapy

60 minutes

This therapeutic massage begins with an application of warm oil, specific to your dosha. A warm herbal fomentation is applied to relax the muscles while stimulating circulation and energy flow. Heat and herbs reduce aches and pains, increase lymphatic drainage and condition the skin leaving you refreshed and relaxed.

Shiroabhyanga

45 minutes

Using Ayurvedic oils, vital points of the shoulder, neck, head and face are massaged to loosen tight muscles and encourage circulation. With a special focus on 'Marma' points around the head, you will feel an immense calming and balancing effect throughout the body. This therapy concludes with a mild fomentation, leaving you totally relaxed.

Padabhyanga

60 minutes

This Ayurvedic reflexology is an ancient massage for the sole which focuses on the marma points of the feet and lower legs. Padabhyanga promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body. This therapy incorporates the use of a kasa bowl which is warmed and oiled creating a more intense therapy as the metal interacts with the energy force of the body.

Marma point therapy

60 minutes

Marma points are energy pathways where the body and mind communicate. Using pure Ayurvedic oils according to your dosha, marma point therapy is a cleansing and harmonising therapy. It is a combination of energy balancing along with a subtle stimulation of the marma points. This therapy will leave you with a long lasting sense of calm.

Shirodhara

60 minutes

Shirodhara is an ancient Indian therapy using warm, medicated oils which flow from a specially designed copper vessel. A gentle stream of warm oil is directed onto the third eye which in turn triggers healing, restores balanced health and calms the mind.



SPECIALTY BATHS



Neem purifying bath

Since ancient times, neem has been used as an antiseptic and a natural purifier. Soak in a tub filled with warm water and neem tea. A mixture of boiled neem leaves and milk powder provides a mild natural scrub and relaxing therapeutic bath.

Milk and rose bath

Drawing from royal recipes, this bath pampers you with the soothing and softening qualities of milk combined with rose water, which tones the skin. Sprinkled with fresh rose petals, the effect of this bath is truly royal.

Marigold bath

A warm relaxing bath with marigold petals. Marigold has astringent qualities and leaves the skin feeling firm and fresh.

Detox herbal bath

This bathing ritual relieves the skin of excess subcutaneous toxins. A warm soak accompanied by a gentle scrub with a herbal powder bag exfoliates dead skin cells.





Yoga and meditation

Yoga, meditation and pranayam.

Yoga sessions include meditative postures and breathing techniques that will help you attain a state of well-being and serenity.

Please call the spa at extension 43 or press “Spa” button on your guest room phone for a personalised yoga session.

For the complete spa experience

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

Schedule your therapy 24 hours in advance in order to ensure availability.

Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.

Cellular phones and electronic devices must be switched off.

Enjoy a relaxing shower before your therapy.

Arrive at the spa reception 30 minutes prior to your therapy in order to change and prepare yourself.

Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.

Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.

Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.

Home spa - Most of the body and skin care products that we use in our therapies are available for purchase.

We encourage you to ask your therapist how to use these products to continue your spa experience at home.

Reservations and cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4 hour time frame to avoid the full charge of your service.



The Oberoi

VANYAVILĀS

RANTHAMBHORE, INDIA

Ranthambhore Road, Sawai Madhopur, Rajasthan - 322 001

Telephone: 91 7462 22 3999 Facsimile: 91 7462 22 3988

E-mail: reservations@oberoi-vanyavilas.com

Website: www.oberoihotels.com



Printed on
recycled paper