





The Oberoi Spa offers a selection of Ancient Indian Wellness treats and Contemporary Spa Treatments to restore a sense of calm and harmony. Therapists well-versed in the art of imparting wellness, guide you through elevating experiences that result in enlivening all five senses to a point beyond and experience that inner harmony and relaxation.

Choose from an array of Ancient Indian, Oriental and Western influenced treatments to restore the vital energies of the body, or select from our range of beauty treatments that impart nourishment and radiance.

Whatever your preference, your time at The Oberoi Spa will leave you refreshed, renewed and re-energised. All you need to decide is the time you wish to spend at our spa, and then allow our team to deliver an experience that you will cherish forever.

Massages

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall health and well-being. The Oberoi spa offers the most effective Eastern and Western spa treatments that soothe the senses, restore vitality and revive the spirit.

Oberoi Signature 75/90 minutes

Relax your mind, body and senses with our signature massage. Rooted in Ancient Indian healing, use of 'kasa' metal for its therapeutic effects on body and mind has been mentioned in Ayurveda. Your therapist works into your muscles using rhythmic soothing strokes coupled with deeper strokes using warm 'kasa bowls'. This treatment is excellent for releasing muscular tension, increasing circulation and relieving stiffness.

Hot Poultice 75/90 minutes

Carefully blended, selected herbs are soaked in a therapeutic oil. Heated and applied in tapping and gliding technique to relieve muscular tension, soothe tired and aching joints.

Swedish 60/75/90 minutes

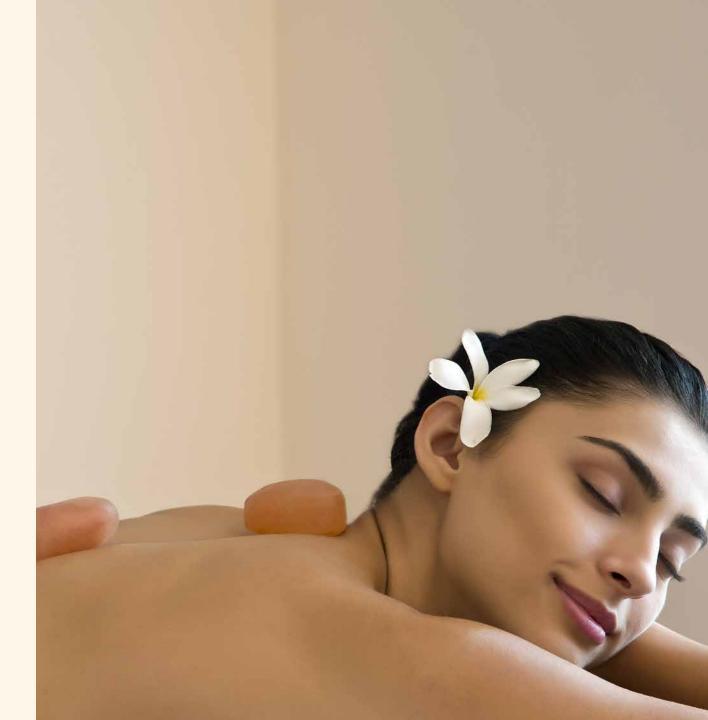
The most widely practiced and best known Western technique, Swedish massage is designed to invigorate and renew. The healing hands of your therapist provide a classic combination of strokes and pressure techniques to improve microcirculation, release muscular tension and relieve aches and pains. The experience leaves you refreshed and rejuvenated.

Balinese 60/75/90minutes

Developed on the island of Bali, this luxurious massage therapy combines the revitalising properties of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation and reflexology. A sense of calm and well-being envelops you as vital energy points are stimulated and muscle tension is eased.

Mother to be 60/75 minutes

This treatment offers expectant mothers exfoliation using a gentle scrub followed by a soothing massage bringing a sense of peace and harmony to both





Indian Foot massage

45 minutes

Using a heated kasa or bronze bowl, our therapists apply oil with long and circular strokes to the lower legs and feet. This stimulates circulation, relieves muscular stiffness and releases tense knots on the legs.

Indian Head Massage

45 minutes

A classic Indian head massage using warm oil applied with gentle and vigorous brushing strokes to activate vital energy points and reduce fatigue. Marma points of the shoulders, neck, scalp and face are stimulated to balance your entire body.

ILA Facial Treatments

Ananda Glowing Radiance 60/90 minutes
Recommended for exhausted, young and sensitive skin

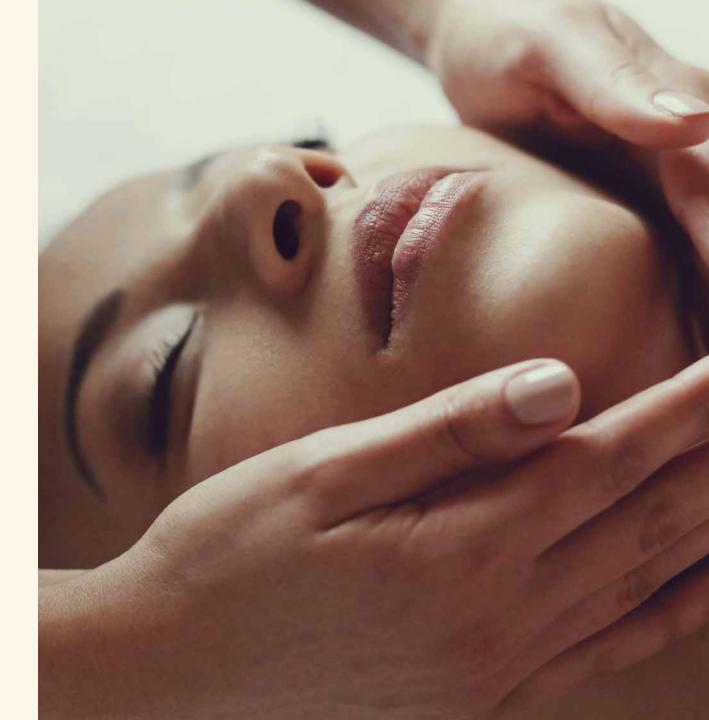
Experience the ILA Glowing Radiance Collection, a restorative facial designed for tired and stressed skin. Begin with a refreshing cleanse and a gentle exfoliation using Blackcurrant and Honey. Awaken skin vitality with Damascena Rose Otto and Sandalwood oils, followed by a soothing Marma massage to restore natural luminosity. A detoxifying green clay mask calms inflammation, leaving your skin visibly radiant and revitalised.

Gold Cellular Age Restore 60/90 minutes
Recommended for matured and congested skin

Harnessing the power of the ILA Gold Cellular Age Restore Collection, this intensive treatment incorporates a blend of the world's most undiscovered elements scientifically proven to enhance the skin's natural healing and protective abilities against the various signs of aging. Three distinct types of naturally occurring gold, and the rarest Frankincense from Ethiopia's Gardens are delivered deep into the skin. ILA's exclusive BosTriWell® and hyaluronic extract, instantly boost collagen production, and reduce cellular inflammation. As a result, the skin undergoes complete reprogramming.

Renewed Recovery 60/90 minutes
Recommended for environmentally damaged and dehydrated skin

Ideal for countering the effects of city pollution and long travel, this facial uses ILA's Renewed Recovery Collection to repair and replenish the skin. The treatment harnesses the potent healing properties of rainforest botanicals to support cellular repair. Through a combination of lymphatic drainage techniques, warm herbal compresses and an Amazonian clay mask, it promotes detoxification, reduces water retention, improves circulation and enhances collagen production. This results in a brighter complexion, reduced muscle tension and smoothing of fine lines and wrinkles.



Yoga Stretch & Daily Reflections

These include postures and breathing techniques that will help you attain a state of wellbeing and serenity. Please press the 'Spa' button on your guest room phone for a personalised yoga session.

For the Complete Spa Experience To ensure your spa experience is relaxing we recommend the following:

- To help you fully relax, The Oberoi Spa is a mobile and WiFi free zone.
- Out of respect to all guests, we look to start and end your treatment on time.
- Gentlemen who are having a facial are advised to shave at least 3 hours prior.
- Guests with medical conditions and ladies who are pregnant should consult their doctor before scheduling an appointment.
- The spa is designed for guests 16 and above.
- Please leave all jewellery behind when visiting the spa.
- Spa robes & slippers are available at the spa.

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 at least 4 hours in advance to avoid incurring the full charge of your service

