



OBEROI SPA
MENU



Oberoi
HOTELS & RESORTS



A Customised Experience

The Oberoi Spa offers a selection of ancient Indian and contemporary massage treatments to relax, rejuvenate or revitalise. Our range of beauty therapies impart nourishment and radiance, while our specially curated Oberoi experiences help rebalance energies and relieve stress.

We hope that your time at The Oberoi Spa will leave you refreshed, renewed and re-energised. All you need to decide is how long you wish to spend with us and allow our team to deliver experiences personalised to suit your needs.

Oberoi Experiences

Our specially curated wellness and beauty rituals combine treatments to rejuvenate or relax the body and mind. Each Oberoi experience can be customised to suit your requirements.

Rejuvenate *180 minutes*

The journey begins with long, symmetrical massage strokes delivered with warm poultices prepared with Indian herbs and warm therapeutic oil. This is followed by a facial and concludes with a classic head massage for the scalp, neck and shoulders.

(Hot poultice • Facial • Head massage)

Revitalise *150 minutes*

This treatment starts with a back massage to ease muscular knots, aches and tension. A nourishing facial treatment followed by a hand massage hydrate the skin, giving it a burst of radiance. Finally, an intensive leg and foot massage relieves stress and restores energy.

(Back massage • Facial • Hands • Feet)

Relax *120 minutes*

The experience commences with a gentle and thorough exfoliation of the body. A full body Balinese or a Swedish massage follows, with select oils to nourish, soothe and leave you feeling calm.

(Body exfoliation • Full body Balinese or Swedish massage)





Massage

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall wellbeing. The Oberoi Spa offers a wide range of massage therapies to soothe the senses, restore vitality and revive the spirit. Our unique experiences combine methods based on ancient wisdom with contemporary therapies, to evoke physical, sensorial, energetic and emotional stress release.

Oberoi Signature *75/90 minutes*

Rooted in Ayurveda, 'kasa' metal has potent therapeutic effects on the body and mind. With our Oberoi Signature Massage, your therapist works into your muscles with soothing, rhythmic strokes using warmed 'kasa' bowls to release tension, increase circulation and relieve stiffness.

Swedish *60/75/90 minutes*

This widely practiced massage therapy is designed to invigorate and renew. The healing hands of your therapist provide a classic combination of strokes and pressure techniques to improve micro circulation, release muscular tension and relieve aches and pains. The experience leaves you refreshed and rejuvenated.

Balinese *60/75/90 minutes*

Developed on the island of Bali, this vigorous 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 wellbeing envelops you as vital energy points are stimulated, and muscle tension is eased.

Hot Stone *75/90 minutes*

This massage uses a combination of heat and pressure for long lasting benefits. Smoothened volcanic stones, suffused with the earth's energies and natural oils, are heated to intensify the experience. As these glide over and knead your body, a sense of deep relaxation and balance follows.

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

Body Treatments

Body Exfoliation *30 minutes*

Exfoliation is a deep cleansing technique whereby accumulated dead cells are gently scrubbed away to reveal fresh, radiant skin. A selection of natural blends is used to nourish and buff the skin, improving cell regeneration and blood circulation. The therapy is concluded with a hydrating application of body butter.

- **Himalayan rice scrub**
An ancient Indian preparation, this blend replenishes moisture and restores the skin's natural sheen. Almond powder and Grains of Himalayan rice and almond powder work together to gently remove dead skin cells, revealing a satin smooth texture as your body takes on a noticeably brighter tone.
- **Indian rose and salt scrub**
This mineral rich blend creates gentle abrasion and sloughs away pollutants, detoxifying the skin. Its coarse texture effectively refines the pores and draws out impurities to reveal a youthful freshness, leaving you with plumper, glowing skin.

Body Envelopment *30 minutes*

This treatment starts with full body brushing to prepare the skin. The body is then cocooned in a warmth-inducing wrap to facilitate natural detoxification and firming. While the masque is nourishing your skin, you can relax with a dry head massage.

- **Red Mud**
An indigenous Indian herbal mixture, this cleansing masque envelopes you in a cocoon of heat and nourishment. Herbs and spices such as ginger, rice and nutmeg are combined to relieve muscular stiffness, as well as gently exfoliating the skin, warming the body and relaxing the nerves.
- **Indian Sandalwood**
A centuries-old concoction from India, this masque draws out impurities and deeply conditions. Your therapist lathers your body with a salve, forming a snug sheath that nourishes, rejuvenates and wraps you in the sweet, earthy aromas of sandalwood for the rest of the day.





Indian Treatments

Inspired by Ayurvedic wisdom, these treatments help address imbalances in the body's vital energies and promote wellness.

Hot Poultice *75/90 minutes*

Carefully blended Indian herbs are soaked in a therapeutic herbal oil to create a warm fomentation. As this is applied to your body, the heat and herbs start to ease muscular stiffness. Your therapist delivers long gliding strokes and tapping techniques to further relieve muscular tension, increase lymphatic drainage and soothe tired, aching joints.

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 body and mind.

Foot Massage *45 minutes*

Using a heated kasa or bronze bowl, potent with natural healing energies, your therapist applies oil with long and circular strokes to the marma points of the lower legs and feet. This stimulates circulation, relieves muscular stiffness and releases tense knots.

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

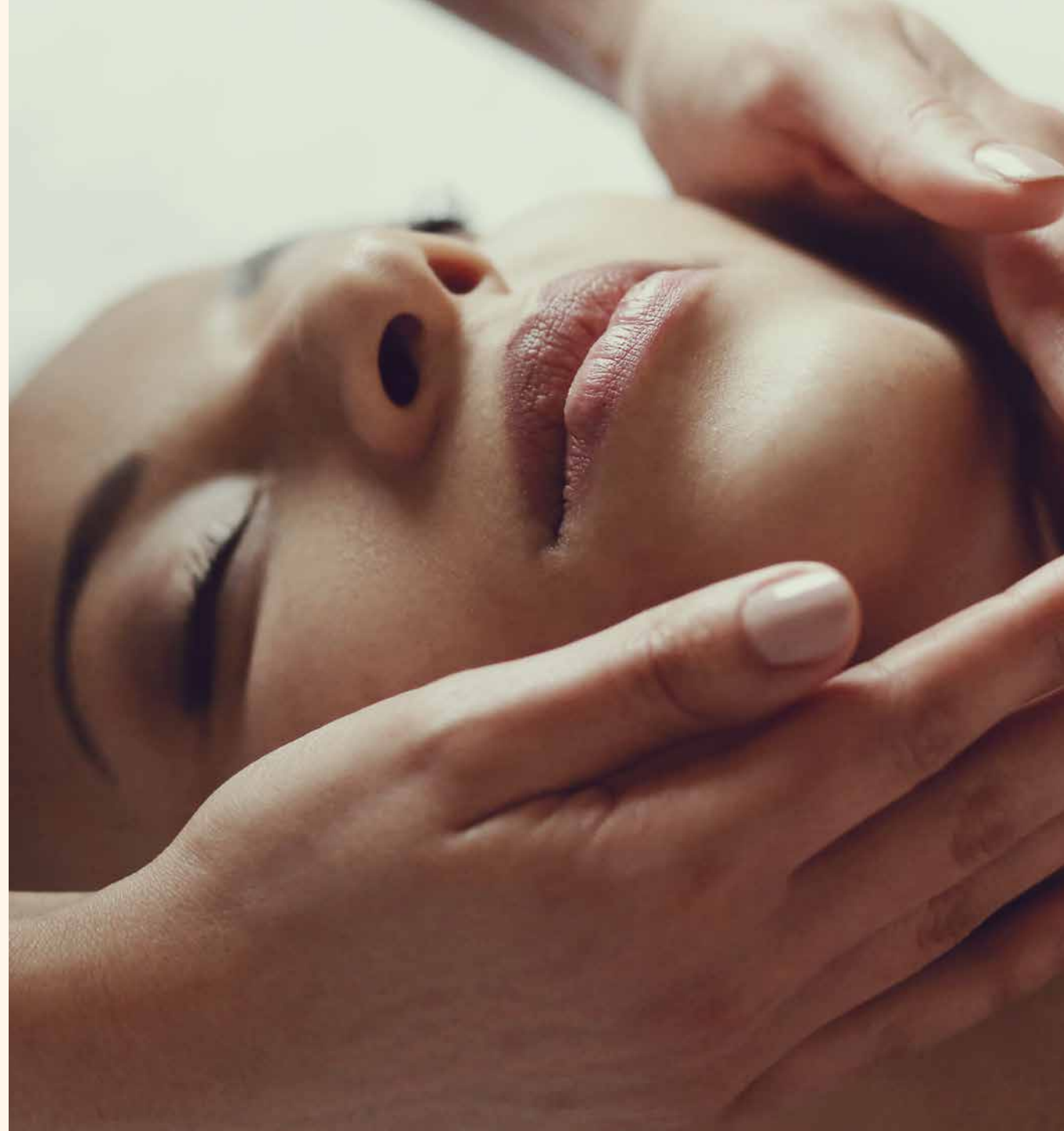
Ideal for countering the effects of city pollution and long travel, this facial uses ILA's Renewed Recovery Collection to repair and replenish the skin. The treatment harnesses the potent healing properties of rainforest botanicals to support cellular repair. Through a combination of lymphatic drainage 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.

Impeccable Hands and Feet *30 minutes*

Release tension from your hands and feet, and restore a noticeably younger, smoother appearance with this blissful combination of scrub, Marma massage and hydrating gel mask.

Eye Treatment *30 minutes*

This treatment is specially designed to target the delicate skin around eyes. It will leave your under-eye area looking calmer, brighter, smoother and well rested.



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 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 welcomes guests aged 16 and above.
- Please leave all jewellery off when visiting the spa.
- Spa robes and 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.



