



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.



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.





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.

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.



