



# A Customised Experience

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 chat result in enlivening all five senses to a point beyond and experience chat 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 chat impart nourishment and radiance.

Whatever your preference, your time at The Oberoi Spa will leave you refreshed, renewed and re-energized.

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.



## Oberoi Experiences

Our specially curated wellness and beauty spa rituals combine select treatments to rejuvenate and relax the body and being. Each Oberoi Experience caters to your specific needs, delivers holistic care and transports you to a state of peace and calm.

### Rejuvenate

180 minutes Spa Experience

The journey begins with long, symmetrical massage strokes delivered with a warm poultice, prepared with Indian herbs and warm therapeutic oil.

This is followed by a customized facial to suit your needs. This experience concludes with a classic head massage for the scalp, neck and shoulders. This experience promotes a profound sense of oneness and wellbeing.

(Hot Poultice • Facial • Head massage)

### Revitalise

150 minutes Spa Experience

This treatment pulls you into instant relaxation, starting with a calming back massage to ease muscular knots, aches and tension. A nourishing customized facial treatment follows. Your therapist then delivers a hand massage to hydrate the skin, giving it a burst of radiance. An intensive leg and foot massage is administered to relieve stress and restore balance.

(Back Massage • Facial • Hands • Feet)

## Relax

120 minutes Spa Experience

The experience commences with a gentle and thorough exfoliation of the body. A full body massage follows, with select oils to nourish the skin and restore the body's natural balance. Choose either a Balinese or a Swedish massage to ease deep-seated tensions and relax your body and mind.

(Body Exfoliation • Full body massage)



## Massage

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall health and wellbeing. The Oberoi Spa offers the most effective massage therapies 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. Our Signature Massage with 'kasa' bowls offers an experience of 'Sense of Place'. 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.1his treatment is excellent for releasing muscular tension, increasing circulation and relieving stiffness. Customized to suit your specific needs.

#### Swedish 60/75/90 minutes

This most widely practiced and best known Western technique, Swedish massage is designed to invigorate and renew. This 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 luxurious massage therapy combines the revitalizing 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.

### Hot Stone 75/90 minutes

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

## Dry Massage 60/75 minutes

Anticipating guests 'sensitivity to 'touch therapies' during post pandemic period, this specially curated 'Dry massage' is designed to deliver an experience that involves minimal skin to skin contact. This treatment begins with a breathing practice followed by a full body massage involving stretching, dry muscle manipulation and activation of certain vital pressure points



## **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 work together to gently remove dead skin cells, revealing a satin-smooch texture as your body cakes on a noticeably brighter tone.

#### • Indian rose and salt scrub

This mineral-rich blend creates gentle abrasion and sloughs away pollutants, detoxifying the skin. This coarse texture effectively refines the pores and draws out impurities to reveal a youthful freshness. You are left with plump and glowing skin.

## Body Envelopment 30 minutes

This treatment starts with a ful1 body brushing to prepare the body for a wrap. The application of a masque follows, and the body is cocooned in a warmth-inducing wrap to facilitate natural detoxification, firming and nourishment. Relax with a dry head massage while the masque is working its way into the deeper layers of your skin.

#### Red Mud

An indigenous Indian herbal mixture, chis cleansing masque envelopes you in a cocoon of heat and nourishment. Heat-inducing herbs and spices such as ginger, rice and nutmeg are combined to relieve muscular stiffness, aches and pains. This masque gently exfoliates the skin, fires up your body's systems and relaxes the nerves.

#### Indian Sandalwood

A centuries-old concoction from India, this masque draws out impurities and deeply conditions the skin. Your therapist lathers your body with the smooth textured salve, forming a snug sheath of nourishment. Your skin is rejuvenated and bathed in the sweet, earthy aromas of sandalwood that cling to you enticingly for the rest of the day.



### Indian Treatments

Treatments offered under this section are 'Ayurveda inspired' treatments that help redresses imbalances in the body's vital energies to ensure long term, sustainable wellness.

Our therapists offer these nuanced ancient healing techniques to restore the energy and balance of the body and mind, fostering a palpable sense of calm and wellness.

Hot Poultice 75/90 minutes

Carefully blended, spicy Indian herbs are soaked in a therapeutic herbal oil to create a warm fomentation. 1his is then applied to your body; the heat and herbs working to ease muscular stiffness. Your therapist delivers long gliding strokes and tapping techniques to 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 entire body.

Foot Massage 45 minutes

Using a heated kasa or bronze bowl, potent with natural healing energies, our therapists apply 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.



### Facial Treatments

Soundarya Facial – For dry and mature skin 90 minutes

This exceptional facial helps to slow down the signs of premature aging. Specialized lifting massage techniques combined with the unique precious ingredients in this facial will help lift the skin and reduce signs of aging. Empowered with rejuvenating properties of gold and the anti-oxidant properties of other precious minerals, this treatment begins with a back massage and concludes with either a hand massage or a foot massage while the masque is on.

Tejas Jasmine & Patchouli Facial – For oily skin 60 minutes

A corrective treatment customised to restore the balance of the skin. This purifying facial uses specific herbs, floral essence of pure jasmine, tea tree and patchouli oils, renowned for their therapeutic qualities. Potent ingredients soothe the skin, neutralize oil production and give an even skin tone. Skin impurities are gently removed, pores are tightened to leave your skin feeling clean, fresh and glowing with health.

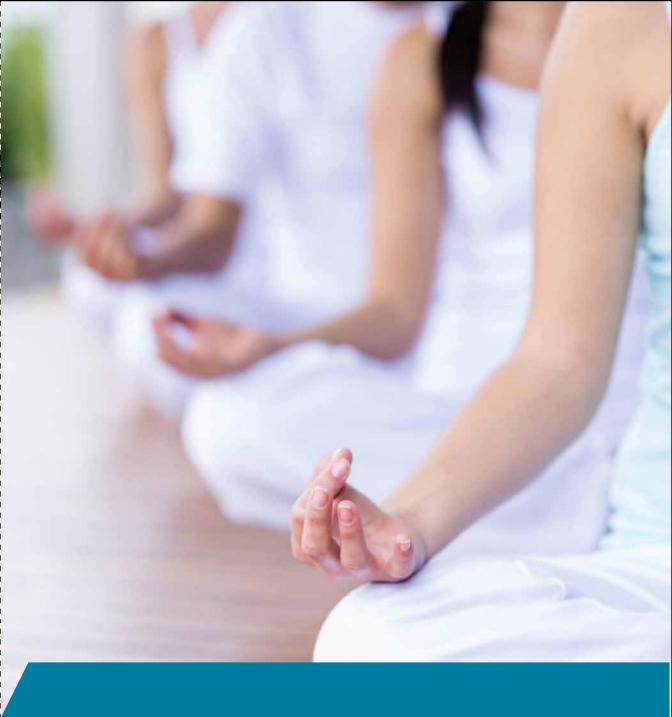
Vedica Hydrating Facial – For dry and sensitive skin 60 minutes

Designed especially for sensitive skin, this calming and restorative skin treatment includes a combination of antioxidant herbs and roots, and pure rose infusion to rebalance and restore your skin's vitality. It includes cleansing with traditional Indian, hand pounded Ubtans and fresh flower infused mists and lotions to create a hydrating facial experience.

Revitalising Men's Facial – All skin types 90 minutes

A deep skin cleansing and detox treatment, this purifying facial decongests the skin by unclogging blocked pores, rapidly accelerating skin repair and neutralising impurities. Fast-acting and targeted botanical ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clearer.

This treatment begins with a relaxing back massage and includes a choice of either a foot or hand massage while the masque is on.



## 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.
- Thee 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.

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