



OBEROI SPA

MENU


The Oberoi
SUKHVILĀS SPA RESORT
NEW CHANDIGARH



The Oberoi Spa is a tranquil, light-filled space, designed so that guests can enhance their wellbeing with Ayurvedic, Eastern & Western therapies. Hydrotherapy pools, an aromatic steam, an infrared sauna and heated tepidariums enhance the efficacy of treatments.

Welcome to The Oberoi Spa at The Oberoi Sukhvilās.

A Customised Experience

We desire that you experience healing therapies in their fullest sense; which means that the ideal therapy for you is based on what your body and mind actually demand.

Our experienced spa team will work with you to customise therapies. 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.

60 minutes INR 7,500

75 minutes INR 8,000

90 minutes INR 9,000

120 minutes INR 11,500

**All 45 minute treatments available as an add-on*

ALQVIMIA

ALQVIMIA uses 100% natural products and promises one of a kind experiences, with methods based on ancient alchemic wisdom, and treatments that evoke physical, energetic and emotional sensations.

ALQVIMIA believes that the balance between mind, body and spirit is essential to beauty; holistic care is requisite for internal and external wellbeing.

The ALQVIMIA method determines the appropriate treatment for you using a Polarity Test to check your energetic balance of Yin and Yang, and a Biological Age Test to discern your metabolic age, physical health and condition.

Signature Therapy

Duration: 75 minutes

Renew your spirit with our carefully designed signature massage. Includes a uniquely created massage technique using a Kasa bowl to help release deeply held tensions from the body and mind.

Aromatherapy

Duration: 60 minutes

The blissful aroma of natural oils extracted from herbs and flowers will soothe your senses as your therapist delivers a massage that will infuse the body, mind and spirit.

Chinese Meridian Acupressure

Duration: 60 minutes

This oil-free massage clears blockages in your *qi* or energy pathways, redresses imbalance and improves vitality.

Volcanic Hot Stones

Duration: 90 minutes

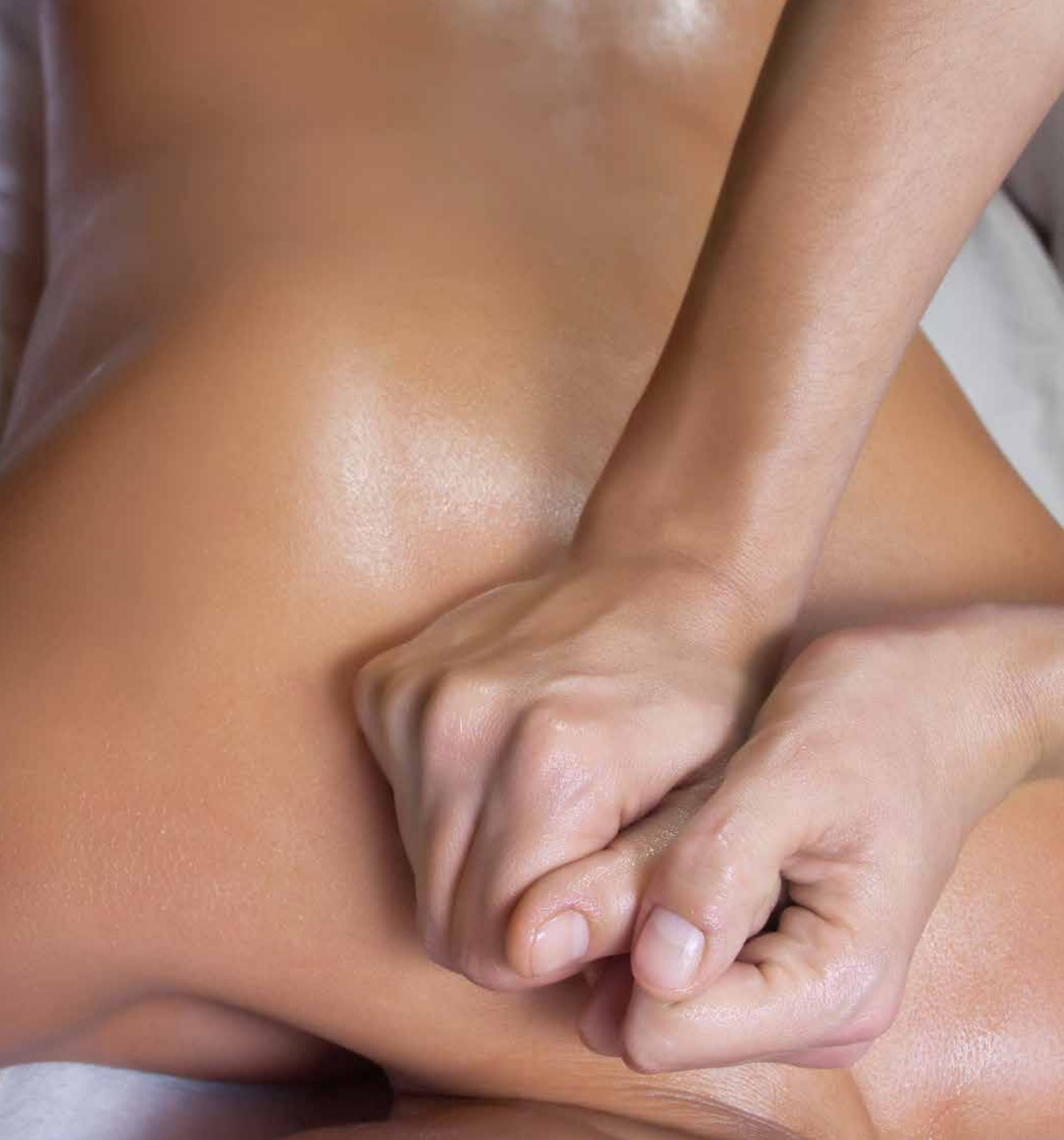
Smoothened volcanic stones, suffused with the earth's energies, glide over and knead your body, stimulating deep relaxation and promoting good sleep.

Himalayan Singing Bowl

Duration: 90 minutes

Long, stimulating massage strokes help remove blockages in the body's energy points while a Himalayan singing bowl creates sonic vibrations that promote a deeply meditative, relaxed state.





ALQVIMIA Experiences

Peace and Serenity

Duration: 90 minutes

A holistic treatment for the face and body, designed to dissolve stress and envelop you in the aura of physical and mental wellbeing you need to live your life from a place of inner harmony.

Queen of Egypt

Duration: 90 minutes

Cleopatra, one of the most fascinating and seductive women in history, inspired this delicious ritual of beauty that uses Dead Sea wraps and salts, along with nature's purest incense and myrrh, to rejuvenate your skin; leaving it looking and feeling beautifully radiant.

Mother To Be

Duration: 90 minutes

Make this magical time even more special. Enjoy a body massage with Body Stretch Stopper Body Oil and an Absolute Beauty facial treatment. There has never been a better time to look after you.

Eternal Youth

Duration: 120 minutes

The exclusive formula used in Eternal Youth facial and body treatments helps restore, rejuvenate and leave you with glowing, younger looking skin. This ritual uses the exclusive Eternal Youth products; a range formulated to attain holistic harmony for body, mind and spirit, while restoring and rejuvenating. Includes a Biological Age Test.

Garden of Desire

Duration: 120 minutes

- Sensual Woman - Enhance your sensuality to seduce, attract and charm with a facial and body ritual inspired by the extraordinary properties of rose, neroli and jasmine.
- Seductive Man – A facial and body ritual designed for men and based on a potent blend of essential oils from seeds and exotic woods to recharge masculine energy.

Body Treatments

Silhouette Body Treatments

Duration: 60 minutes

Using a Kinesiology Test, we will help you choose the most appropriate Silhouette treatment and customise it; leaving you with smooth and nourished skin.

- **Shape Reducer**
Has a draining, lipolytic effect that improves micro-circulation and catalyses the exchanges needed for reduction, toning and cell renewal.
- **Body Sculptor**
Shapes the figure through lipo-reductive, restructuring action. It firms, moisturises, tones and stimulates the skin. It is suitable for those who want to reduce fat in specific areas.
- **Anti-Cellulite**
Improves elasticity, smoothness of the skin and promotes lipolysis. The anti-cellulite oil is applied with a massage of various techniques that disperse accumulated fats and fluids.
- **Firming**
Restores firmness to the skin and helps recover skin tone. ALQVIMIA Body Oil for Firm and Healthy Skin is applied for its firming, toning, nourishing and rejuvenating effects.





Absolute Beauty Facials

These personalised facial treatments use products from ALQVIMIA's Absolute Beauty range and include a facial scrub, a face mask and moisturisation.

- Nourish
Duration: 60 minutes
Suitable for dry skin.
Stimulates the epidermis, helping to keep the skin young and supple.
- Calm
Duration: 60 minutes
Suitable for sensitive skin.
A reconstituting treatment with a calming, decongestant, deeply moisturising effect.
- Balance
Duration: 60 minutes
Suitable for oily skin.
Rebalances excessive oil secreted from the sebaceous glands and encourages their normalisation in order to harmonise the skin.
- Rejuvenate
Duration: 60 minutes
Suitable for mature skin.
Activates deep cellular regeneration and visibly softens existing fine lines, with antioxidants that counteract premature ageing.
- Illuminating
Duration: 60 minutes
Suitable for tired, dull looking skin.
Helps restore your skin's natural radiance and stimulates cellular regeneration for healthy looking, glowing skin.
- Eternal Youth
Duration: 90 minutes
Suitable for fatigued skin.
The Eternal Youth range uses natural products of the highest quality in a unique, deeply regenerating treatment to activate fresh and youthful looking skin. Includes a Biological Age Test.
- Revitalising for Men
Duration: 60 minutes
Suitable for all skin types.
Calms and soothes the skin, especially sensitive or irritated masculine skin.

Hamмам Scrubs

A hammam scrub is a deep cleansing, Mughal tradition that removes dead skin cells, stimulates the circulation and leaves your skin looking radiant. The use of hydrotherapies prior to experiencing a hammam is essential for efficacy of the treatment.

- Essential Hammam

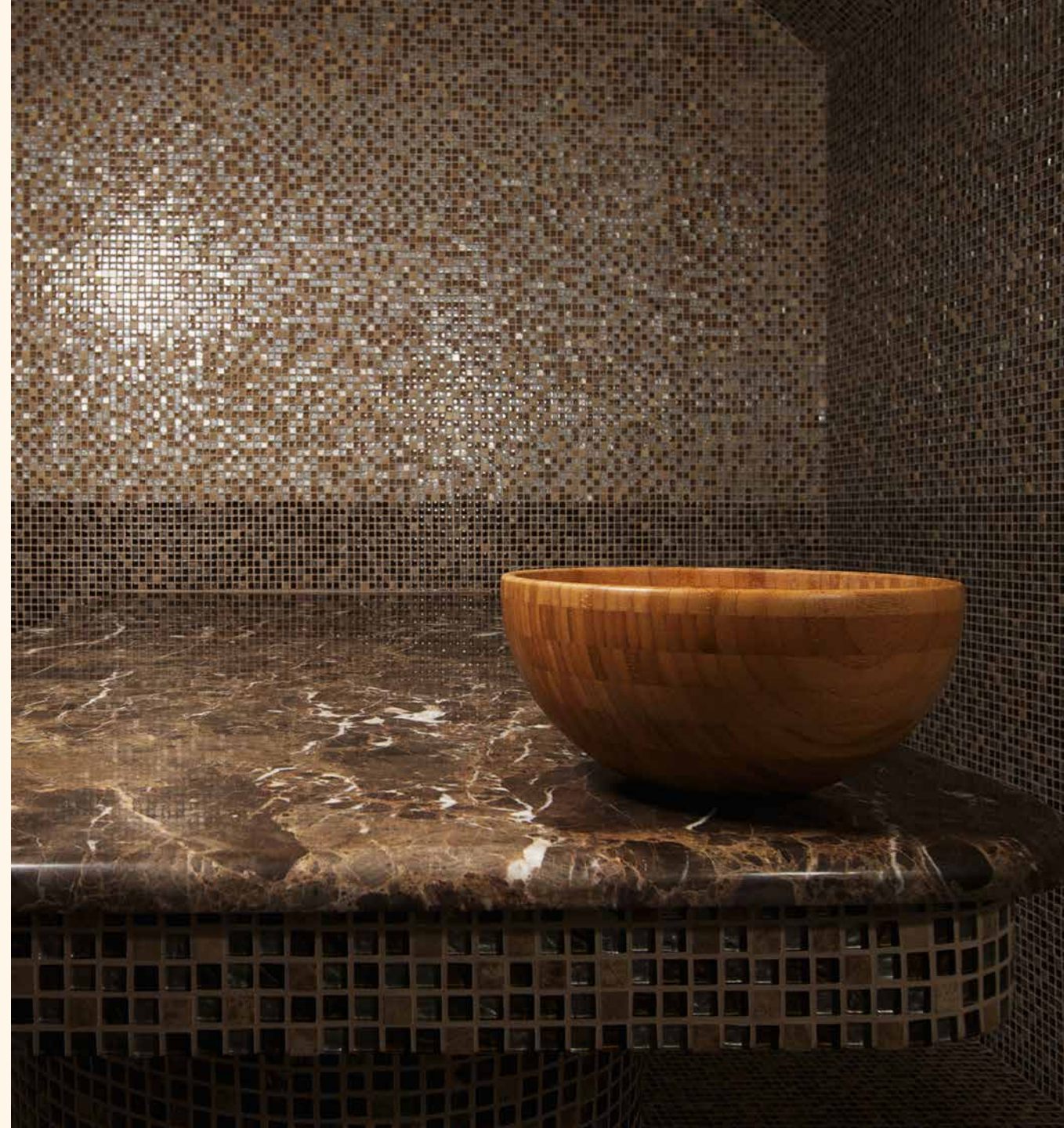
Duration: 45 minutes

In a dedicated hammam room, your body is cleansed and then vigorously scrubbed with an exfoliating glove, leaving your skin looking and feeling like new.

- Luxury Hammam

Duration: 60 minutes

This traditional hammam involves a deep cleanse, a vigorous full body scrub, a nourishing body mud, a conditioning hair cleanse and a scalp massage that will leave you feeling like new, from top to toe.





Hands, Feet & Hair

Perfect Hands or Feet

Duration: 45 minutes

Regenerating, nourishing and refreshing treatments for your hands or feet that help strengthen the skin's own natural protection systems and are ideal for softening your skin. Treatments include nail clipping, shaping, buffing, scrubs, masque, massage and removal of hard skin.

*Does not include nail polishing.

Wellness Foot Reflexology

Duration: 45 minutes

A non-clinical foot reflexology massage in which pressure is applied to the acupressure points on your feet, activating the vital reflex energy points and aiding circulation throughout the body.

Vitalising Scalp

Duration: 45 minutes

A head massage using warmed Ayurvedic hair oil to stimulate the circulation, rehydrate dry hair, promote shine and reduce hair fall. After washing, it is left to dry naturally, leaving glossy-looking, nourished hair.

Ayurveda

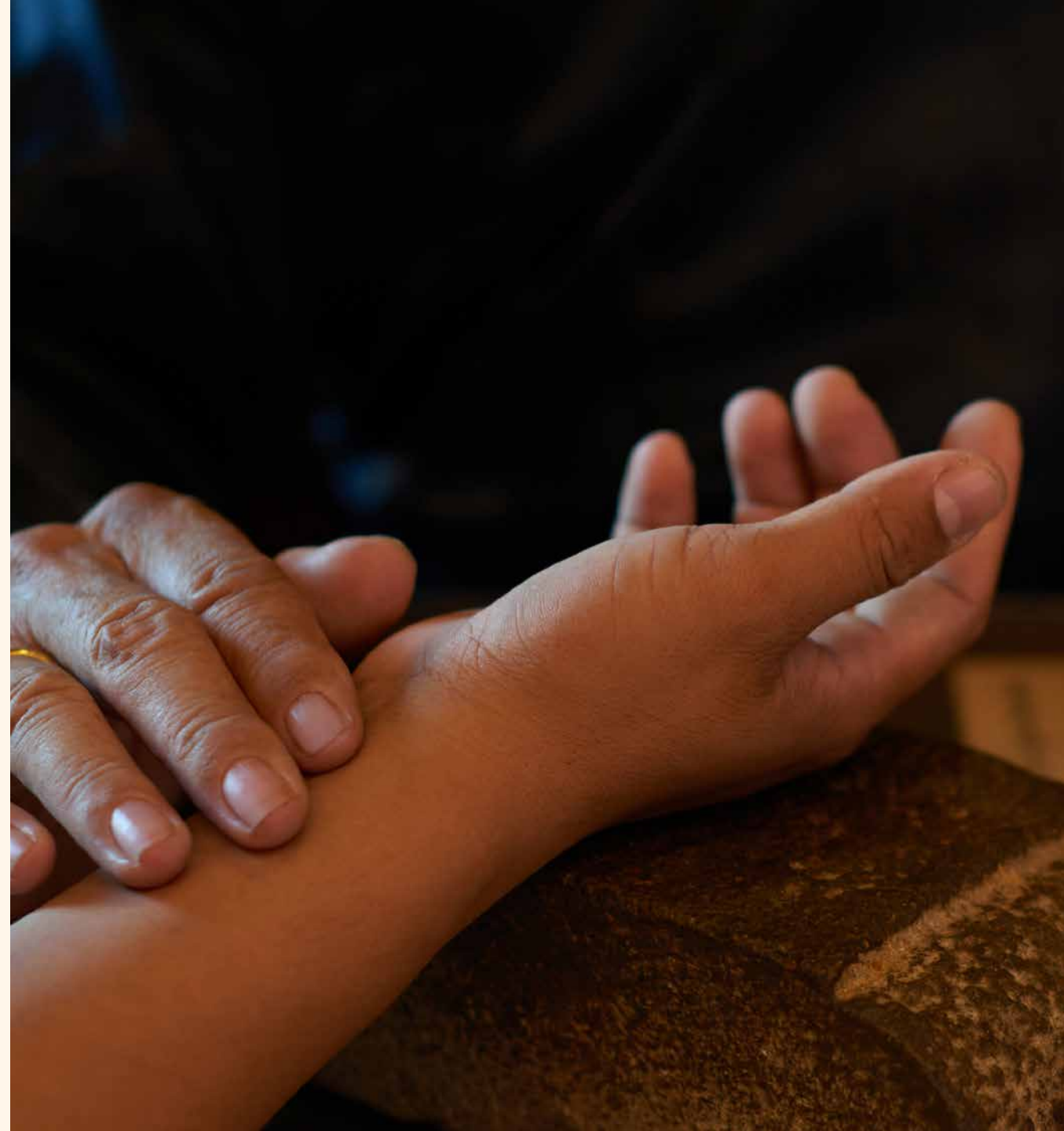
Ayurveda is a sophisticated mind-body-health system and a science of life. Ayurveda identifies the root causes of physical ailments and redresses imbalances in the body's vital energies to ensure long term, sustainable wellness.

Dinacharya

Duration: 90 minutes

In Ayurveda, Dinacharya is a routine practiced daily to ensure a healthy lifestyle. It incorporates a deep-rooted sense of peace and gradually energises your entire body. A set of six treatments work with each of the senses to enable greater clarity of perception and consequently, improved attention, better sleep and renewed energy. Dinacharya includes cleansing of the following:

- Anjana – a medicated liniment to cleanse the eyes
- Nasya – medicated oil droplets put into the nostrils to cleanse the respiratory channels
- Dhumapana – inhalation of medicated smoke to clear the sinuses
- Gandusha – holding of medicated fluid in the mouth to strengthen the teeth and gums
- Karnaporana – medicated oil droplets put into each ear to prevent the accumulation of earwax
- Abhyanga – liberal application of medicated oil in gentle strokes over the whole body to enhance good sleep, remove fatigue, aches and pain



For the Complete Spa Experience

To ensure your spa experience is relaxing we recommend the following:

- Our spa is designed for adults only. We consider 16 and above to be suitable.
- To promote satvic energy in the spa area, we refrain from serving meat or alcoholic beverages.
- To fully relax and enjoy The Oberoi Spa, we encourage you to leave your electronic gadgets behind to experience timelessness.
- To be fully free, we insist you do not bring your personal valuables to the spa.
- Out of respect to all guests, please bring your favourite swimwear to enjoy our wet facilities.
- In case you have any health concerns, please notify our spa staff and keep the usage of heat facilities to a minimum, for your own safety.
- Our spa is designed to be barefoot friendly and we invite you to go footloose.
- We invite you to spend the entire day at the spa to fully benefit from your spa experience. In between treatments, we challenge you to do nothing but paint, read or just doodle. We will provide you with the props.
- Timekeeping is stressful and we encourage you to let go of Chrono time and learn to tune into Kairo time, which means surrendering to the ripe moment. Our spa booking slots are indicative but not absolute. Please alert us if you have any commitments you are bound to.
- For your benefit, we encourage you to drink plenty of water, especially our freshly prepared herbal water infused with cumin, coriander and mint.
- To discover *Sukh*, we encourage you to participate in the *Upavāsa* programme, which promotes a simple two meals, no television and an empty bar in your accommodation. Please speak to our physician for further information.
- To enhance your hearing, we invite you to listen to the birds and the sounds of nature which sing for you unconditionally.
- When you are at The Oberoi Spa, you are considered immediate family and therefore are invited to join our satsang.
- Our spa is open early for yoga and we intend to put you and our therapists to bed by bed time.



