



S P A ALILA

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## Wellness

Spa Alila at Fort Bishangarh offers guests unique and customised spa experiences in an opulent and authentic environment. A variety of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive spa hosts. Spa Alila fervently believes in using only natural products for spa therapies and all products are handmade using pure, natural ingredients. In addition, the spa offers a range of yoga classes for guests who seek to invigorate their senses, along with a variety of self-care recommendations to maintain a balanced sense of well-being. The charming interiors and warm ambient lighting of Spa Alila, together with soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa menu combines both Eurasian and Ayurveda therapy techniques and showcases Spa Alila's selection of natural active ingredients. Guests are able to choose from a wide range of therapeutic massages and beauty rituals. These include deep tissue, relaxing, nurturing and a special pregnancy massage for expectant mothers. Custom spa treatments include specialized facials, body scrubs, nourishing wraps and detox baths. Dedicated spaces are devoted to Ayurveda services where our therapists express their local knowledge of this 5000year old healing tradition. Spa Alila also takes pride in its nurturing techniques passed down for generations but rarely practiced in today's spa treatments. These nurturing movements, known as "Sayang Sayang", calm not just the body but also the mind and spirit. Guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

Guests looking to take home a piece of their spa experience can purchase from Spa Alila's extensive range of skin care products. Available at the merchandise section at the spa reception, these products are made from all-natural ingredients.



## AYURVEDA AND INDIAN INSPIRATIONS

### The Roots of Jaipur

Our signature spa experience highlights an age-old tradition with the use of medicinal herbs and spices from the region. Treatment includes a detoxifying full body scrub made from local green gram and turmeric that is known to soften and relieve dry or damaged skin. A combination of soothing and deep tissue massage strokes are combined with the healing oils of camphor, mustard and coconut oil that help increase blood flow and relieve muscle pain. Treatment concludes with a basil and ginger infused steam that clears the lungs and removes built up toxins.

90 min | INR.6500 /couple: 12000

### Shiro-Abhyangam

Using the healing powers of medicated oils, this Indian head, neck and shoulder treatment begins with a reviving scalp massage that helps to improve circulation, and prevent hair loss, dryness and breakage. Pressure and drainage techniques encourage the flow of cerebrospinal fluid that strengthens the nervous system while also balancing the pineal and pituitary glands. As a result, our lungs, eyes, heart, colon, brain and stomach become toned. Head massage is also great for improving stability and alertness.

30 min | INR.3000 / couple:5000

### Pada-Abhyangam

Using the healing powers of medicated oils, this Indian foot massage is designed to rejuvenate tired feet and lower extremities. This treatment improves blood circulation in the legs and is best for relieving post flight stress, tension and lethargy in the lower leg.

30 min | INR.3000 / couple: 5000

### Uzhichil

This traditional Ayurveda de-stressing massage is conducted with warm medicated herbal oils known for their anti-ageing benefits. The use of long fluent strokes induces complete relaxation of the body and mind, helping to pacify the vatha component in the body, improve circulation, relieve fatigue and revitalize the skin.

60 min | INR.4500// couple:: 8000

### Ayurvedic Rejuvenating Massage

This most popular Ayurvedic treatment works deeply on the key pressure points of your body with an abundance of herbal medicated oils to enhance the process of purification and regeneration. Ayurvedic rejuvenating massage is exceptionally helpful in combating stress, strengthening your immune system and toning your body. It is extremely beneficial in relieving aches and pains, arthritis and general fatigue.

60 min | INR.4500/ couple: 8000

### **Udwartanam**

A unique treatment where dry herbal powders are massaged on to the skin. This treatment is highly effective in reducing cellulite by burning subcutaneous fat and improves circulation leaving the skin glowing and hydrated.

60 min | INR.4500/ couple: 8000

### **Shirodhara**

Incorporating a continuous flow of warm medicated oil on the third eye, this treatment relaxes the mind and is known to improve memory, regularise sleep patterns and regulate blood pressure. A complete de-stress regime for those in need of mental clarity and rebalancing of the seven chakras. The warm oil helps to calm the aggravated vata in the nervous system, thus restoring the nervous function and remove feelings of helplessness, hopelessness or that cloudy, dull feeling we sometimes get.

60 min | INR.5200/ couple: 9500

### **Ayurvedic Detoxifying Facial**

A special Ayurvedic facial using traditional herbs to cleanse and exfoliate the skin. It includes a gentle facial massage targeting the key stimulation points followed by the application of a 'Soundarya' mask and vitamin C infusions that hydrate and leaves skin fresh and radiant.

60 min | INR.4400/ couple: 7500

Note: As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender. Oil used is significantly more compared to Western therapies.

## FACE

### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating rice bran, detoxifying white clay, and toning and rejuvenating oils of lavender and ylang ylang. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous.

75 min | INR.4400/ couple: 7500

### Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with rice bran, a detoxifying mask of volcanic clay and lemon, then finished with an ultra-moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

75 min | INR.4400/ couple: 7500

## HANDS & FEET

### Manicure

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and grooming. Combinations of sea salt and lavender gently exfoliate, while shea butter and aloe nourish your skin. An infusion of mandarin, lemon and cucumber seed essential oils provides an added layer of protection for the cuticles.

75 min | INR.2500 / couple: 4000

### Pedicure

Treat your feet to the attention they deserve! This pampering spa pedicure includes an invigorating foot scrub, relaxing foot bath, foot massage and essential nail care. Exfoliates of sea salt and tea tree smooth and buff your skin, while extracts of ginger and lemongrass fight bacteria to leave feet feeling as fresh as can be.

75 min | INR.2500 / couple: 4000

### Manicure & Pedicure Combination

75 min | INR.4000 / couple: 8000

## HAIR & SCALP

### Avocado and Coconut Hair Smoothie

A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while pressure point massage and palm strokes soothe the neck and shoulders. A 10-minute warm wrap is applied to open the pores followed by a cool wash with our signature shampoo and conditioner – the finishing touch for a renewed healthy sheen.

60 min | INR.4100

## MASSAGE

At Spa Alila, we draw on the benefits of Eurasian and Indian massage techniques that can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

### Balinese Massage

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60 min | INR.4400 / couple: 7500

90 min | INR.5500 / couple: 9500

### Therapeutic Massage

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

60 min | INR.4400/ couple: 7500

90 min | INR.5500 / couple: 9500

### **Reflexology**

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 min | INR.4400 / couple: 7500

### **Warm Stone**

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

90 min | INR.5500 / couple: 9500

### **Pregnancy Massage**

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | INR.4400 / couple: 7500

## CREATE YOUR OWN JOURNEY TO RENEWED BALANCE

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our spa hosts. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### **Balinese Beauty Ritual**

Balinese Lulur is an ancient village remedy originating from the rice farmers of Bali. It has been handed down through generations and is recognised as a traditional medicine, believed to help warm the body, relieve aching joints and help treat skin problems. Herbs of sandalwood, fennel seed, star anise, eaglewood and fenugreek create this powerful healing remedy. Treatment includes a 60-minute Balinese Massage, a traditional lulur body scrub, a skin-softening body mask, and a brightening mini facial.

150 min | INR.8600 / couple: 15000

### **Best of Both Worlds**

Chose any 60 minute massage, a body scrub and skin repairing body mask to achieve a complete body beautifying overhaul.

120 min | INR.8200 / couple: 15000

INTERCHANGEABLE PRODUCT ELEMENTS PERSONALISED TO YOUR WELLNESS NEEDS.

### **Scrubs**

Comfort and Cleansing – local green gram and turmeric.

Brightening and Softening – pure honey, coffee and coconut.

### **Body Masks and Wraps**

Softening and Whitening – fenugreek, white clay and sandalwood.

Detoxifying – turmeric, fennel seed and clay.

### TREATMENT ENHANCERS

Add a little something extra special to your spa journey with any of these therapeutic experiences.

### **Lung Cleaning Herbal Steam**

30 min | INR.1000

### **Face**

Awakening and hydrating facial massage

20 min | INR.1700

### **Massage**

Stimulating scalp, back, foot, hand, arm, neck and shoulders

15 min | INR.1300

30 min | INR.2000

### **Body Scrubs or Wraps**

Selected from the Interchangeable Product Elements and tailored to your needs.

30 min | INR.2800

### **PERSONAL PACKAGES**

Please ask our spa host to assist you in creating your desired spa experience.

In-room Spa treatment are available on request

## FOR THE YOUNG ONES

### **Children's Massage**

A gentle and nurturing massage therapy dedicated to your little one's health, well-being and development, featuring a citrus bubble foot bath and gentle coconut oil massage. Treatment may assist with pain reduction, anxiety, gastric problems and sleep patterns. But most of all, it just feels like fun!

Suitable for ages 6-12 years.

45 min | INR.3000

### **Seriously Spoilt**

This package is designed for teens aged 16 years and under who wish to enjoy a pamper-filled day of spa and beauty rituals. Treatment includes a signature foot bath, 30-minute back massage, mini facial and manicure.

These treatments can be combined with other treatment elements or with the parent's spa sessions.

120 min | INR.7000

### **Princess Pedicure or Manicure**

A bubbly version of our Traditional Spa Manicure designed for young children. Little fingers or toes are soaked in cleansing bubbles, exfoliated, sanitised and nails trimmed and shaped. A natural chocolate and honey moisturiser applied with a final touch of nail polish.

Suitable for ages 5-12 years.

45 min | INR.2500

## MY BATH

### **Champagne and Berry Bath**

Relaxing blend of pure essential oils

Rose petals and citrus bubbles

Bottle of Champagne

Cherries with dark chocolate

30 min | INR.12500

### **Baileys Milk Bath**

120ml of Baileys, skim milk, ice and vanilla beans

Whole milk and virgin coconut oil bath infusion

Rose petals and relaxing blend of pure essential oils

Cherries with dark chocolate

30 min | INR.2500

## MY BODY

### **Gym**

Keep in shape in our fully-equipped 24-hour gym.

## YOGA SCHEDULE

Yoga brings physical, mental and spiritual discipline into our lives. One can easily achieve better health and improve one's quality of life with this ancient treasure of knowledge. Spa Alila offers various sessions that combine Sun Salutation, asanas(postures) and pranayama (breathing exercises) to help find your balance. Our yoga instructor will be happy to help guide you through your yogic journeys.

### **Ashtanga Yoga Private Session**

We practice Ashtanga yoga, which brings a balance to mind and body. In this session, our yoga instructor will help you understand your body better. Get to know your specific body type and the areas that need focus. Our yoga session is specially designed with individual guest's needs in mind.

60 min | On Request

### **Sun Salutation**

The Sun Salutation is a set of 12 asanas (postures) performed in a continuous sequence. The session begins with a brief introduction on the concept and some mobility exercises, and ends with relaxation.

30 min | On Request

### **Private Sessions**

Available upon request

## Spa Etiquette

### Arrival

Try to be early. Kindly arrive at least 15 minutes before your treatment is scheduled. A late arrival means less spa time.

### Cancellation

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our spa host.

### Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

### Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although not essential, it is definitely beneficial.

### Mothers-to-be

We have our very own blend of 'Mother-to-be' massage oil and modified therapeutic treatments specially for expecting mums.

### Allergies

Our spa host will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### Products

All products used throughout Spa Alila are 100% natural, free from synthetic preservatives and additives.

### Continued Glow

To continue your spa regime at home, our complete range of 100% natural products and testers is available at [www.shopalila.com](http://www.shopalila.com) or within our Alila Living and Spa Alila retail stores.

### Service Charge

All treatments are subject to government tax and service charge.

In-room Spa treatments are available on request.

## Contact

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Bishangarh

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[www.alilahotels.com](http://www.alilahotels.com)

[www.shopalila.com](http://www.shopalila.com)