




JIVA
SPA SERVICES







THERAPIES



SIGNATURE EXPERIENCE

TRUPTI Contentment	(120 Mins)
JIVANIYA Invigorate	(120 Mins)
PEHLWĀN MĀLISH Warrior Massage	(90 Mins)
JAGR Awaken	(45 Mins)



INDIAN THERAPIES

SAMMARDANĀ Indian Deep Tissue Massage	(60/90 Mins)
PĀDA MARDANĀ Indian Foot Massage	(60/30 Mins)
PRISHTA MARDANĀ Back Treatment	(60/30 Mins)
CHAMPI	(45/30 Mins)



INDIAN AROMATHERAPY

VISHRĀM Relaxation Massage	(60/90 Mins)
PAVITHRI Lymphatic Drainage	(60/90 Mins)
ORJA DAYAKA Energizing massage	(60/90 Mins)



BODY RITUALS

NARIKELĀ House Favourite	(45 Mins)
MASĀLĀ Spice Scrub	(45 Mins)



BEAUTY

PĀDA SNĀNĀ	(75 Mins)
HAST SNĀNĀ	(60 Mins)
HAIR SPA	(90 Mins)
ĀNANA LEPĀ	(60 Mins)
JIVA Signature Facial	(90 Mins)
JAMAROSA ROOT Deep Cleansing Facial	(60 Mins)
TULSI Nourishing Facial	(60 Mins)
CHAMPAK Soothing Facial	(60 Mins)
NEEM FACIAL For Gentlemen	(60 Mins)
SPA Energising Facial	(30 Mins)
SHAVE STUDIO	(45 Mins)





SIGNATURE EXPERIENCE

THESE TREATMENTS ARE EXCLUSIVE TO JIVA AND HAVE BEEN CAREFULLY RECREATED FROM THE FABLED LIFESTYLE AND CULTURE OF INDIAN ROYALTY AND THE HEALING THERAPIES THAT EMBRACE INDIAN SPIRITUALITY.

TRUPTI Contentment Duration - 120 Mins

Embrace harmony and loose yourself in this entrancing experience designed to lead you to a state of nostalgia. Inspired to give you a captivating night's sleep, this experience begins with our Indian head massage to relax and improve circulation and ease sore tired neck muscles. Let the gentle rhythm of our therapists hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.

JIVANIYA Invigorate Duration - 120 Mins

An energizing treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from the hills of India, a heat-stimulating wrap, followed by a revitalizing massage.

PEHLWĀN MĀLISH Warrior Massage Duration - 90 Mins

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature aromatherapy oil or mustard oil, which is extremely good for the skin, and relieves aching, sore and tense muscles.

JAGR Awaken Duration - 45 Mins

Inspired by the Sanskrit word Jagr, which means to awaken, this treatment will erase your fatigue and restore your being.

Commence with a warm foot soak that will soothe you. Follow it up with a relaxing Champi (Indian head massage). Let the pressure of our therapists' hands ease your tired back with strokes that will elevate you to a state of alertness.

Feel your tension dissipate gradually and exhilarate as your body reaches a plane of intense wellness. End the therapy with an energizing beverage that refreshes and renews.



INDIAN THERAPIES

JIVA PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

(M) SAMMARDANĀ Indian Deep Tissue Massage **Duration - 60 Mins**

A customised technique of muscle massage performed by specially-trained hands, which works on your deep-seated stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

(M) PĀDA MARDANĀ Indian Foot Massage **Duration - 60 Mins ***

A sublime massage treatment performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

(M) PRISHTA MARDANĀ Back Treatment **Duration - 60 Mins ***

The first casualty of a stressful life is the shoulders and back, resulting in pain and tension. This treatment has been created to eliminate tension and bring relief through an ultimate back and deep shoulder massage. Our treatment includes deep cleansing, exfoliation steam and the application of a herbal mask. Ideal for sore back muscles.

(M) CHAMPI Indian Head Massage **Duration - 45 Mins ***

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves and Neem are known to propagate long lasting and enriching benefits. This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation and joy as well as clarity of thought.

* These treatments can also be availed for a shorter duration of 30 minutes. For a prolonged relaxing experience, the longer duration is recommended.



INDIAN AROMATHERAPY

AROMATIC OIL BLENDS FROM AYURVEDA PHARMACOPOEIAS HAVE BEEN CAREFULLY CHOSEN FOR THESE TREATMENTS, WHICH HAVE POWERFUL HEALING PROPERTIES. ALL INGREDIENTS USED FOR THESE TREATMENTS ARE NATIVE TO INDIA.

Choose from our selection of specially prepared signature oil blends to meet your need of the day.

VISHRĀM Relaxation Massage Duration - 60/90 Mins

A full-body relaxing massage to melt away your stress. Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant signature oil blends with the richness of Kewda, Frankincense and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquillity to your entire system.

PAVITHRI Lymphatic Drainage Duration - 60/90 Mins

A unique blend of oils with the goodness of Tulsi, Ginger and Lime, combined with the lymphatic drainage technique, works from within, eliminating toxins and refining the whole system. Cleansed anew, you will face the world again revived and re-energised.

ĪRJA DĀYAKĀ Energising Massage Duration - 60/90 Mins

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Pachouli, Tulsi and Aswagandha, will work on your deep-seated aches, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle and sinew will pulse with new-found vigour.

BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING AND NOURISHING PROPERTIES OF OUR SCRUBS AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES AND INDIAN HERBS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

An exfoliating and cleansing scrub is applied and the treatment is completed with a wrap, which aids in nourishing your skin and drawing out impurities.

Scrubs & Wraps are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil.

Choose from the luxuriant treatments mentioned below:

NARIKELĀ House Favourite Duration - 45 Mins

Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. We will gently exfoliate and moisturise your body with a mix of ingredients. This all-over treatment has a cooling effect on the body.

MASĀLĀ Spice Scrub Duration - 45 Mins

For this invigorating treatment, a traditional mixture of Indian spices is used to promote deep cleansing, relieve muscular soreness, and improve blood circulation, leaving you refreshed and recharged.

BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT TAJ SPA. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

Our facials and other beauty rituals will pamper your senses to the fullest.

PĀDA SNĀNĀ Spa Pedicure Duration - 75 Mins *

Our revitalizing pedicure commences with cleansing and nail grooming. Your feet are immersed in a warm aromatherapy footbath to soften any calluses, followed by an exfoliation. A pampering foot and calf massage leads you to a state of relaxation followed by a nourishing or paraffin mask application, to restore the youthful appearance. The treatment ends with the application of our all-natural “Rasa” foot balm made from a special blend of Spearmint, Peppermint, Eucalyptus enriched with moisturizing Patchouli, Neem and Clove oil, which revives and deeply moisturizes your feet. The ultimate extravagance for weary soles.

HAST SNĀNĀ Spa Manicure Duration - 60 Mins *

Our manicure begins with cleansing and nail grooming followed by an aromatherapy soak to soften hands and cuticles. This is followed with an exfoliation and a pampering massage to rejuvenate the hands, leaving them radiant and glowing. A nourishing or paraffin mask is then applied to restore its youthful appearance. The treatment is wrapped up with the application of our signature all natural “Rasa” hand balm made from extracts of Papaya, Orange blossom, Vitamin E and Cardamom, which revives and deeply moisturizes your hands.

HAIR SPA Duration - 90 Mins

Our luxury hair care spa treatment is inspired by spa rituals and traditions; taking the stress off your shoulders whilst cleansing and nourishing your hair. This tailored care of hair bath, masque and wrap, enriched with indulging ingredients, is customized to suit your specific hair and scalp conditions, taking you to a feeling of absolute bliss.

ĀNANA LEPĀ Facial Duration - 60 Mins

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.

* These treatments can also be availed for a shorter duration of 30 minutes. The express pedicure and manicure treatments will include cleansing and nail grooming only.

(M) JIVA Signature Facial (For all skin types) **Duration - 90 Mins**

Using our exclusive range of 100% natural and rare hand blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged and moisturized. A therapeutic mask completes this wonderfully relaxing treatment. Your hands and feet will be gently massaged during the facemask. Immerse yourself in this luxurious experience for a balanced and radiant glow. Your treatment is complimented with a full back massage and a fresh juice.

(M) JAMAROSA ROOT Deep Cleansing Facial (For oily and acne prone skin) **Duration - 60 Mins**

This treatment focuses on deep cleansing using our natural hand-made products. The key ingredients of Green Tea, Jamarosa Root and Ginger lend properties that offer a visible difference and a clearer complexion.

(M) TULSI Nourishing Facial (For dry/dehydrated skin) **Duration - 60 Mins**

Using our exclusive products of Neem, Tulsi and Rose, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

(M) CHAMPAK Soothing Facial (For normal/sensitive skin) **Duration - 60 Mins**

A balancing facial using Magnolia, Lavender and Jasmine to soothe, calm and restore the skin's natural texture and radiance.

(M) NEEM FACIAL For Gentlemen **Duration - 60 Mins**

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. Our cleanser, toner and face mask contain extracts of neem that gently heals and nourishes the skin. Get a fresh, clean masculine look with this men's facial.

(M) SPA Energising Facial (For all skin types) **Duration - 30 Mins**

This cleansing express mini-facial is designed to stimulate and tighten skin. A quick pick-me-up for men and women who want to look brighter and feel younger.

(M) SHAVE STUDIO **Duration - 45 Mins**

Recreate the classic barbershop experience to enhance one's appearance. The traditional shave every man looks for with products that stimulate and nourish the skin. Our special shaving ritual with high quality active ingredients pampers the skin and its anti-oxidant properties keep the skin looking young and fresh, naturally!

A luxury your skin deserves.

Note:

All the above facials include our eye wrap and lymphatic drainage massage.



SPA INDULGENCE

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY MONITORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS – AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

SOUNDARYA Beauty Duration - 5.00 Hrs

A Day of Beauty to draw out your inner radiance.

- Begin with a deeply nourishing scrub and wrap of your choice
- Invigorate your senses with an indulgent Aromatherapy Massage
- Then give your skin a natural glow with a nourishing Ānanā Lepā Facial
- As a final touch, give in to a Spa Manicure and Pedicure, coupled with a cup of green tea and a fresh fruit

SUKHA Bliss Duration - 3.30 Hrs

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage – Pehlwān Mālīsh
- End with a relaxing luxury spa facial

AJINV Refreshing Boost Duration - 90 Mins

For those short of time but in need of a quick pick-me-up.

- Enjoy a 30 minute “Pada Mardana”
- Follow it up with a half-hour “Champi”, our Indian head massage
- End with a hair wash and blast dry



SPA INFORMATION

SPA FACILITIES

Two single treatment rooms, one couple treatment suite, a beauty salon with a manicure station, pedi-spa and a facial room, a unisex Fitness Centre and separate changing areas for men and women with lockers, change and shower facilities. Our wet area encompasses steam, sauna, chill shower, regular shower. In addition, we have a outdoor swimming pool. We provide robes, towels, slippers and personal amenities.

TIMINGS

The Spa is open daily from 8 am to 8 pm.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five minute pre-therapy and post-therapy ritual.

VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for loss of your valuables. We urge you to leave your valuables in the safe located in your room.

CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a “No Show” without any prior cancellation as specified above.

Entire charge will also be levied for cancellation of a 30 minute treatment.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa wet area facilities. However, we have a special spa treatment menu designed for children.
- Jiva is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility.
- Appropriate swim wear is to be worn in the wet areas. Underwear / disposable underwear (which is provided by the spa), must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non – adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions or who have any medical complications, are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- As a policy, we do not offer spa treatments to pregnant women
- Entry to Jiva is at guests' own risk and although strict policies and procedures are implemented to maximise safety, Jiva, its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.

VIVANTA

GUWAHATI

A **TATA** Enterprise

Vivanta Guwahati

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PRICES



THERAPIES

SIGNATURE EXPERIENCE

Trupti	120 Minutes	Rs. 8000
Jivanaya	120 Minutes	Rs. 8000
Pehelwan Malish	90 Minutes	Rs. 6500
Jagr	45 Minutes	Rs. 3800

INDIAN THERAPIES

Sammardana	60/90 Minutes	Rs. 4000 / 5500
Prishthamardana	30/60 Minutes	Rs. 1750 / 3200
Padamardana	30/60 Minutes	Rs. 1750 / 3200
Champi	30/45 Minutes	Rs. 1750 / 3200

INDIAN AROMATHERAPY

Vishram	60/90 Minutes	Rs. 4000 / 5500
Pavithri	60/90 Minutes	Rs. 4000 / 5500
Orja Dayaka	60/90 Minutes	Rs. 4000 / 5500

BODY RITUALS

Narikela	45 Minutes	Rs. 3200
Masala	45 Minutes	Rs. 3200



SPA EXPERIENCE

Soundarya	5 Hours	Rs. 11500
Sukha	3.5 Hours	Rs. 11250

PRICES



HAIR

Cuts & Style

Shampoo & Conditioner S/M/L	Rs. 600/800/1000
Hair Cut inc. Shampoo	
• Men	Rs. 800
• Women	Rs. 1200
Child Hair cut	Rs. 500
Blow Dry / Styling S/M/L	Rs. 800 / 1000 / 1200
Hair Ironing	Rs. 1200
Roller Set	Rs. 1200
Beard and Moustache Trim	Rs. 500
Shave	Rs. 400
Shave Studio	Rs. 1500
Head Shave	RS. 500

Hair Treatments

Roots Touch-Up	Rs. 1800
Global Hair Color S/M/L	Rs. 2500 / 3500 / 4500
Highlight	Rs. 500 per Streak
Hair Spa Men	Rs. 2500
Hair Spa Women	Rs. 3500
Hair Do	Rs. 1000 - 2500
Hair straightening L	Rs. 12000
Hair straightening M	Rs. 8000
Hair straightening S	Rs. 5000

BEAUTY

Hasta Snana	60 Minutes	Rs. 1800
Pada Snana	75 Minutes	Rs. 2000
Spa Energizing Facial - Clean up	30 Minutes	Rs. 1800

PRICES

FACIALS

Jiva Signature Facial	90 Minutes	Rs. 3800
Anana lepa Facial	60 Minutes	Rs. 3300
Jamarosa Root Facial	60 Minutes	Rs. 2800
Tulsi Facial	60 Minutes	Rs. 2800
Champak Facial	60 Minutes	Rs. 2800
Neem Facial- For Gentlemen	60 Minutes	Rs. 2800



BEAUTY

Nail Care

Nail Cut & File (Hands)	Rs. 350
Nail Cut & File (Feets)	Rs. 400
Nail Cut, File & Polish	Rs. 500
Change of polish	Rs. 250
French nail paint	Rs. 350

Threading

Eyebrows	Rs. 200
Upper lips	Rs. 1500
Chin	Rs. 1500
Fore Head	Rs. 1500
Side Locks	Rs. 200
Full Face	Rs. 600

Waxing

Under Arms	Rs. 400
Full Arms	Rs. 800
Half Arms	Rs. 600
Full Legs	Rs. 1200
Half Legs	Rs. 800
Bikini Wax	Rs. 1200
Brazilian Wax	Rs. 1400
Full Face	Rs. 700

PRICES

Waxing

Chest	Rs. 750
Back	Rs. 1200
Stomach	Rs. 750

- Prices are in Indian Rupees, exclusive of applicable government taxes
- Body treatments can also be offered in the spa, two hours prior and two hours beyond the spa's operational hours, with prior intimation as mentioned below, at an additional charge of Rs. 1200/- per treatment.
 - For early morning appointments i.e. before 8 a.m, intimation is required by 6 pm the prior evening.
 - For late evening appointments i.e. after 8 p.m. intimation is required by 6 pm the same day.