



OBEROI SPA  
MENU

  
HOTELS & RESORTS



A Customised Experience The Oberoi Spa offers a selection of contemporary spa treatments and Indian wellness treats to restore a sense of calm and harmony. Therapists well-versed in the art of imparting wellness, guide you through elevating experiences that result in enlivening all five senses to a point beyond and experience that 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 that impart nourishment and radiance.

Whatever your preference, your time at The Oberoi Spa will leave you refreshed, renewed and re-energised. 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 herbs and warm therapeutic oil.

This is followed by a customized facial to suit your needs. The experience concludes with a classic head massage for the scalp, neck and shoulders.

*(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)*

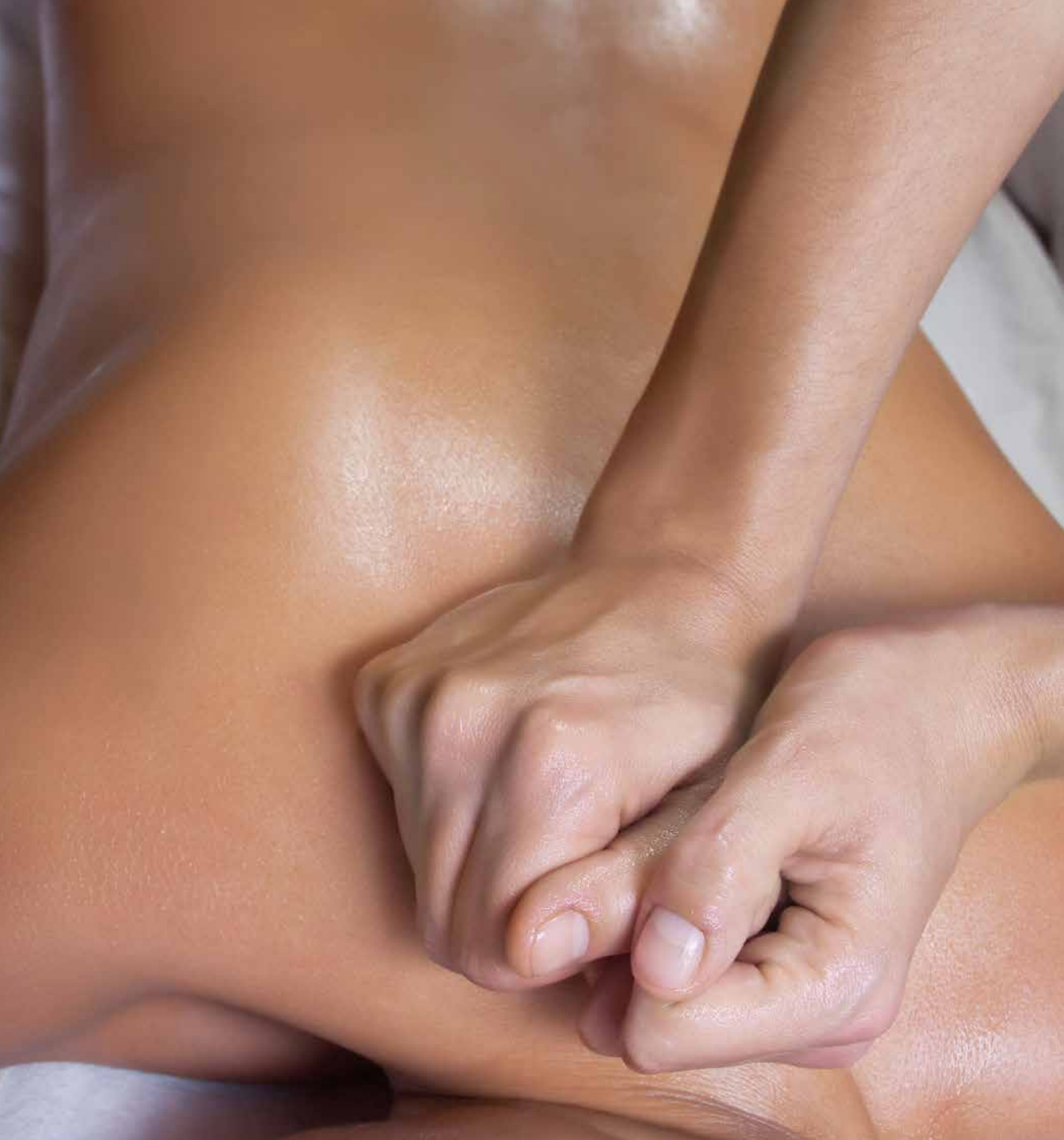
### Relax

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

The healing power of touch soothes the senses and awakens the soul.

### Oberoi signature massage *90 minutes*

Relax your mind, body and senses with our signature holistic massage. Your therapist provides you with a combination of rhythmic soothing strokes applying medium pressure, excellent for releasing muscular knots, increasing circulation and removing daily stress and tension from the body.

### Balinese massage *60/90 minutes*

Developed on the island of Bali, this luxurious massage therapy combines the revitalising properties of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation and reflexology. Highly recommended for pains and aches.

### Swedish massage *60/90 minutes*

The most widely practiced and best known western massage system, Swedish therapy is designed to invigorate and renew the body. The healing hands of your therapist provide a combination of classic strokes and pressure techniques such as pounding to improve micro-circulation, release muscular tension and relieve aches and pains.

### Thai massage *90 minutes*

This therapy is an ancient and sacred system of healing with roots in Yoga. It is a combination of rhythmic massage, acupressure and gentle twisting to stimulate and balance the flow of healing energy providing you with a powerful release of stress and tension. You are provided with loose comfortable clothing for this oil free therapy.

### Pharos massage *60/90 minutes*

This powerful full body massage is designed to relieve aching muscles and joints after periods of physical stress and strain. Using a layer of aromatherapy oils that will soothe away any muscular discomfort, your therapist will apply advanced deep tissue techniques to ensure effective absorption.

### AFTER SUN THERAPY *45 minutes*

A gentle and soothing therapy after a long day in the sun. Aloe gel, known for its regenerative properties, is used to aid in the healing process and to provide immediate relief for sun burnt skin.

## AYURVEDA INSPIRED RITUALS

Ayurveda is a holistic system of healing which evolved among the sages of ancient India over 5000 years ago. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between you and nature which in turn promotes good health.

### Abhyanga *75 minutes*

This treatment involves a traditional Indian massage with warm herbal oil especially to suit your body type. The circulatory and nervous systems are stimulated through symmetrical rhythmic strokes.

### Padabhyanga *60 minutes*

This Ayurvedic treatment is an ancient massage for the sole which focuses on the marma points of the feet and lower legs. Padabhyanga promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body. This therapy incorporates the use of a kasa bowl which is warmed in oil resulting in a more effective therapy as the metal interacts with the energy force of the body

### Herbal poultice *90 minutes*

This therapeutic massage begins with an application of warm oil specific to your dosha. A warm herbal fomentation is applied to relax the muscles while stimulating circulation and energy flow. The effect of heat and herbs helps to reduce aches and pains, increase lymphatic drainage and condition the skin leaving you refreshed and relaxed.





## FACIAL TREATMENTS

### Hydrate

Plumping & Moisturizing Treatment with Organic Algae *75 minutes*

A skincare essential that combines high-performance moisturizing with intense relaxation by pairing luxuriously-textured products and a relaxing massage to rehydrate the skin. Plumped and refreshed, the skin regains its soft, smooth, balanced natural glow.

### Soothe

Comforting Soothing Treatment *60 minutes*

This pampering treatment softens your skin and enhances its protection system for sensitive skin or skin subject to redness.

### Purify

Blemish Solution Treatment *60 minutes*

This cleansing and mattifying facial treatment, with proven efficacy against blemishes, leaves your skin visibly healthier and clearer.

### Skin escape for men

Facial Treatment for men *60/75 minutes*

Enter a world dedicated to men. The treatment procedures and specific products used are adapted to male epidermis. Cleansing and facial treatment creams in the PHYTOMER HOMME product range used deliver a hydrated, soothed and oxygenated skin.

## 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

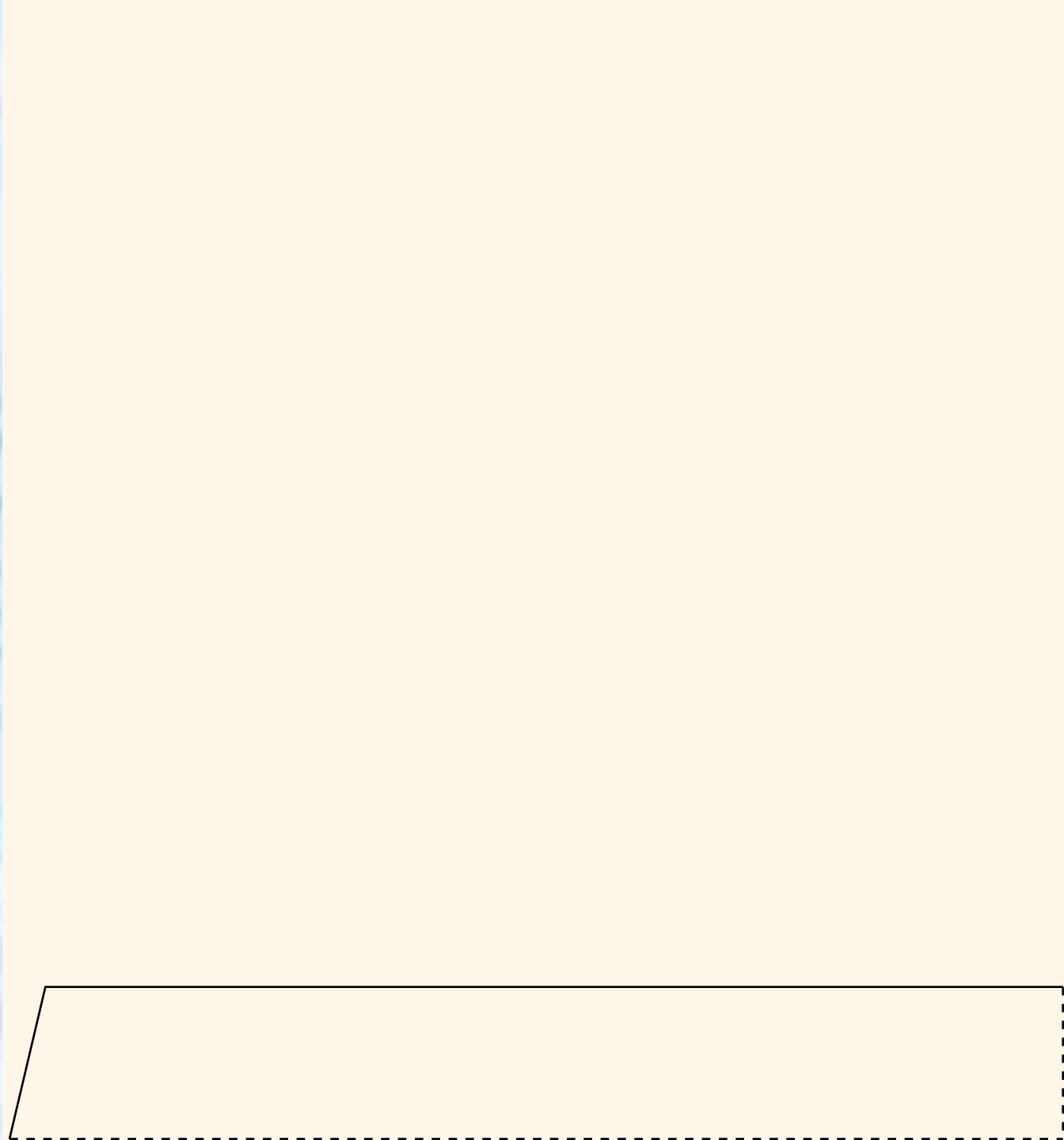
To ensure your spa experience is relaxing we recommend the following:

- 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.
- The 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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