



OBEROI SPA

MENU



Oberoi
HOTELS & RESORTS



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 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 Indian 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. 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)

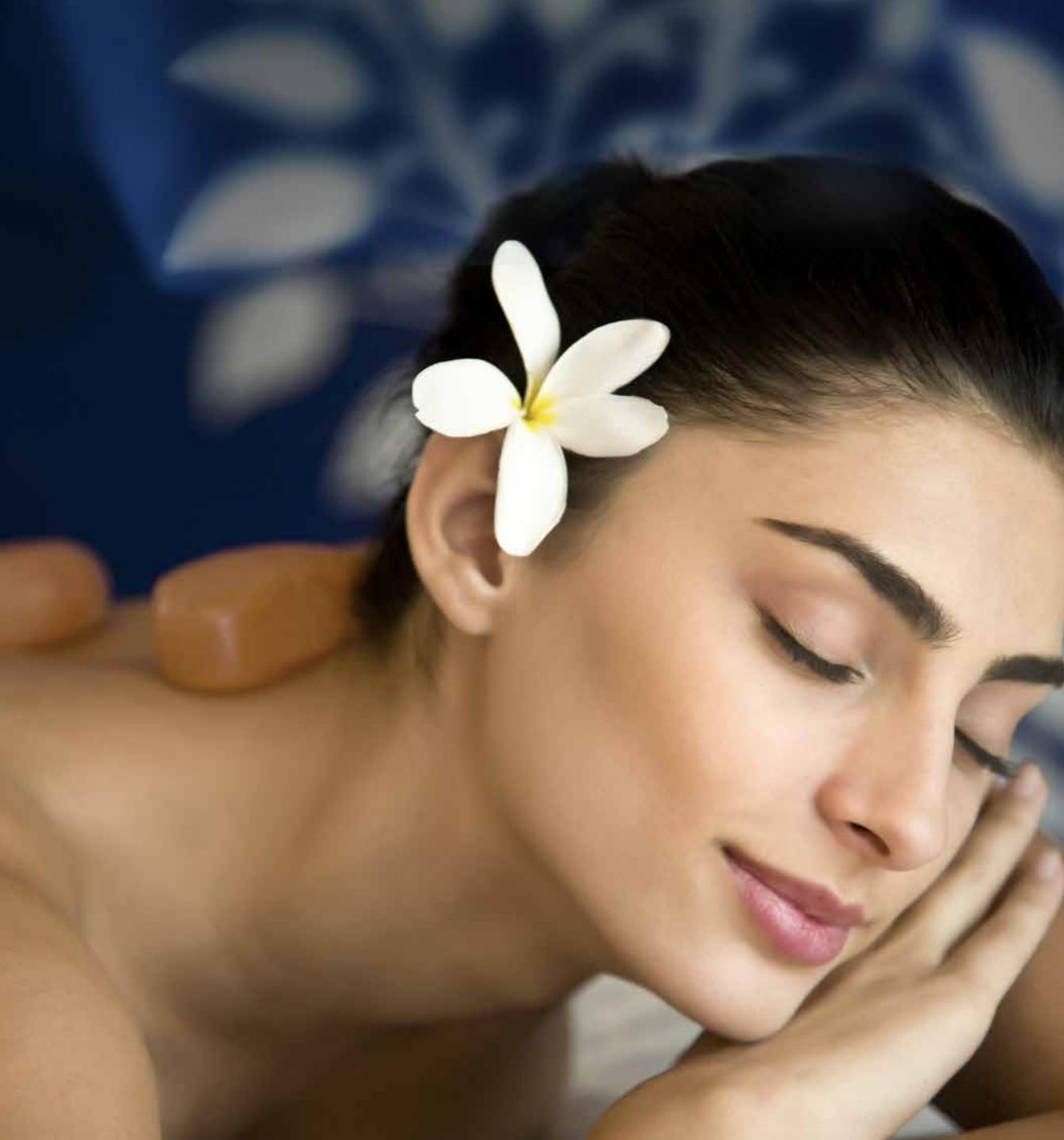
Relax

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'. This treatment is excellent for releasing muscular tension, increasing circulation and relieving stiffness. Customised to suit your specific needs.

Swedish *60/75/90 minutes*

The most widely practiced and best known Western technique, Swedish massage is designed to invigorate and renew. The 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 revitalising 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.

Mother to be *60/75 minutes*

This treatment offers expectant mothers exfoliation using a gentle scrub followed by a soothing massage bringing a sense of peace and harmony to both.

Body Treatments

Body Exfoliation *30 minutes*

Exfoliation is a vital 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-smooth texture as your body takes on a noticeably brighter tone.

- Indian rose and salt scrub

This mineral-rich blend creates gentle abrasion and sloughs away pollutants, detoxifying the skin. The 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*

The treatment starts with a full 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, this 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. The 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.





Energy Balancing Treatments

Our energy balancing treatments are especially designed to encourage guests embark on their wellness journey by experiencing treatments inspired from Ancient Indian healing wisdom . Each treatment is designed to improve overall wellbeing and vitality.

Himalayan Singing Bowls *90 minutes*

This revitalising therapy begins by placing Himalayan singing bowls over specific energy points and creating sonic vibrations that ripple through the body, relieving fatigue and calming the senses. The treatment continues with a customized massage therapy delivered to activate energy centres .The experience draws you into a deeply meditative and relaxed state.

Himalayan River Stones *90 minutes*

This ancient treatment uses smoothed river stones . Suffused with heat, these stones are placed along vital energy points as your therapist provides you with thorough massage strokes, balancing the body's energy flow. The treatment creates a synergy of warmth and powerful relaxation.

ILA Facial Treatments

Ananda Glowing Radiance 60/90 minutes

Recommended for exhausted, young and sensitive skin

Experience the ILA Glowing Radiance Collection, a restorative facial designed for tired and stressed skin. Begin with a refreshing cleanse and a gentle exfoliation using Blackcurrant and Honey. Awaken skin vitality with Damascena Rose Otto and Sandalwood oils, followed by a soothing Marma massage to restore natural luminosity. A detoxifying green clay mask calms inflammation, leaving your skin visibly radiant and revitalised.

Gold Cellular Age Restore 60/90 minutes

Recommended for matured and congested skin

Harnessing the power of the ILA Gold Cellular Age Restore Collection, this intensive treatment incorporates a blend of the world's most undiscovered elements scientifically proven to enhance the skin's natural healing and protective abilities against the various signs of aging. Three distinct types of naturally occurring gold, and the rarest Frankincense from Ethiopia's Gardens are delivered deep into the skin. ILA's exclusive BosTriWell® and hyaluronic extract, instantly boost collagen production, and reduce cellular inflammation. As a result, the skin undergoes complete reprogramming.

Renewed Recovery 60/90 minutes

Recommended for environmentally damaged and dehydrated skin

Ideal for countering the effects of city pollution and long travel, this facial uses ILA's Renewed Recovery Collection to repair and replenish the skin. The treatment harnesses the potent healing properties of rainforest botanicals to support cellular repair. Through a combination of lymphatic drainage techniques, warm herbal compresses and an Amazonian clay mask, it promotes detoxification, reduces water retention, improves circulation and enhances collagen production. This results in a brighter complexion, reduced muscle tension and smoothing of fine lines and wrinkles.

Impeccable Hands and Feet 30 minutes

Release tension from your hands and feet, and restore a noticeably younger, smoother appearance with this blissful combination of scrub, Marma massage and hydrating gel mask.

Eye Treatment 30 minutes

This treatment is specially designed to target the delicate skin around eyes. It will leave your under-eye area looking calmer, brighter, smoother and well rested.



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.



