



MOKSHA
SPA



EXPERIENCE AT MOKSHA SPA

Our programmes incorporate a combination of Ayurveda, Naturopathy and Yoga with International spa therapies.

We suggest that you contact the spa to discuss and plan your schedule. Our spa consultant will guide you and recommend the treatment most suited to you. Your Wellness consultation will also include the duration and number of treatments you can have and the sequence in which to have them in order to get maximum benefit.

Please note that all the treatments in the menu have been specially designed by Moksha practitioners and doctors with its therapeutic effects on body & mind.

Any deviations from the standard offerings (composition or duration) would need the prior consult of the spa manager or doctor.

HEALTH CONSIDERATIONS

A medical questionnaire will have to be filled by you prior to all spa treatments. Please be sure to notify the Wellness consultant if you suffer from any physical ailments, or if you are pregnant. No treatment can be offered to pregnant ladies within the first 16 weeks of pregnancy and thereafter only selective treatments after consultation. Minimum age for spa therapies is 18 years.

APPOINTMENTS & CANCELLATIONS

We suggest that you arrive at the spa 15 minutes prior to your scheduled treatment time in order to maximize your enjoyment, from where you will be escorted for your treatment. Please adhere to appointments in order to take advantage of the full treatment

OTHER SUGGESTIONS

- Schedule your treatments in advance, as the spa gets busy.
- Disposable underwear will also be provided and can be used as per your discretion.
- Your therapist will meet you and guide you to your treatment room, feel free to enjoy the relaxation area at the spa after your treatment.
- Post certain treatments it is recommended to stay away from the sun, so please plan accordingly.
- Once in your treatment room, your therapist will step out while you remove your robe and climb under the towel for your treatment. You'll be draped for privacy at all times.
- For your own relaxation and that of our other guests, the spa is a laptop and cell phone-free zone.

Our ultimate aim to be to provide you with an unforgettable and totally stress-free experience. We hope you will maximize your visit to the Moksha spa and enjoy the services on offer.

AYURVEDIC WELLNESS CONSULTATION

Personal Wellness consultation includes advice and determination of your body type and imbalance by pulse diagnosis. Pulse diagnosis provides objective information about the state of an individual's body, mind and spirit. It makes it possible to determine an imbalance or potential illness before it actually appears.

By appropriate measures (by means of diet, herbs, lifestyle changes, procedures), it is possible to prevent the manifestation of illnesses and bring the organism back into balance. The resulting recommendation includes an individual plan covering right lifestyle, diet, and procedures, including the prescription of appropriate herbs. The consultation's success depends on your active cooperation. The most appropriate time to order a consultation is when you are ready for changes in your life.

60 MINS

ABHYANGA	ABHYANGA CLASSIC	ABHYANGA PADA ABHYANGA: AYURVEDA FOOT MASSAGE
Abhyanga (Abhi all over, anga=body) snana (bath) is an Ayurveda ritual massage therapy to warm up muscles, loosen trapped endogenous toxins, and improve circulation, nourish and revive the body's tissues. This whole body massage is done using herbal oils customized according to your body type. It has much deeper healing effects which naturally harmonize Mind, body and Soul..	The warm oil massage is performed by two therapists working together pampering treatment with precious Ayurvedic Medicated oils to relax the muscles and strengthen the joints.	Pada Abhyanga is regarded as a highly specialised therapy in Ayurveda. It is a holistic therapy that works towards effective psychosomatic healing by using medicated oil and focusing on nerve points on the entire foot. This treatment helps in relaxation, improves blood circulation, promotes better sleep, reduces anxiety and helps improve the texture of the skin.
60 MINS	60 MINS	60 MINS

SHIRODHARA

The word shirodhara originates from two Sanskrit words, shiro (head) and dhara (flow). It is a form of treatment in which warm, herbalized Ayurvedic oil is poured onto your forehead.

Shirodhara is a unique and powerful ayurvedic therapy that balances and stabilizes the mind. Shirodhara purifies the mind, alleviates anxiety, reduces headaches, and expands awareness.

Shirodhara stimulates the Ajna Marma, which is one of the most important vital points of the body, or ‘maha-marma’ on the head. It is a key juncture not only for nerves and tissues, but also of the circulation of vital life force, or ‘prana’. The Ajna Marma is also called the ‘Third-Eye’ Chakra, which is the sixth primary chakra in your body, and is often known as the centre of intuition and foresight.

Shirodhara treatment enhances the central nervous system and helps treat psychosomatic diseases like depression and mental fatigue. It also helps exfoliate dead skin cells, relax muscular tension, and balance doshas in the body.

60 MINS

	TAKRADHARA	THALAPOTHICHIL
	<p>A calming experience where cool medicated buttermilk is poured onto the forehead to bring relief to those who suffer from insomnia, depression, hair loss, psychological and stress related conditions.</p>	<p>Thalapothichil is a special procedure of application of medicated paste on the head, which is very effective in various psychosomatic disorders. Basically Thalapothichil is cooling treatment.</p>
	60 MINS	45 MINS

PIZHICHIL

Pizhichil means “to squeeze.” By combining oil and heat therapy, Pizhichil is used to enhance blood circulation and simultaneously a release toxin from the body the massage induces profound perspiration, eliminating toxins from the body. Pizhichil is a highly rejuvenating treatment that improves muscle tone and retunes the nervous system. Numerous benefits of this therapy include:

- Relief from muscle spasms
- Improves skin complexion and blood circulation
- Beautifies the skin and prevents aging
- Helps in diabetes, asthma, hypertension and tuberculosis
- Eases burning sensation in the body

Pizhichil is directed for people having high Vata doshas, muscular pain, rheumatic problems, insomnia, depression, osteoarthritis, sexual weakness, nervous disorder, paraplegia, etc. This effective Ayurvedic treatment protects the body from many ailments and builds up the immune system to ensure a healthy and longer life.

60 MINS

NJAVARAKIZHI	JANU VASTI	GREEVA VASTI
<p>In this Ayurvedic treatment, bolus (potali) containing a mixture of lemon, fenugreek seeds, Turmeric, rock salt and other medicinal herbs is heated with medicated oil and applied on the body. This specialty treatment is anti-inflammatory in nature and it does wonders for vata-kapha disorders, such as musculoskeletal pains and stiffness in the joints.</p>	<p>Janu Vasti is a specialized Ayurvedic treatment that involves pooling medicated oil in compartments created around the knee joint or the site of inflammation or injury. It can be used for the treatment of various musculoskeletal disorders like osteoporosis, tendonitis, osteoarthritis, rheumatoid arthritis, ligament tear, etc.</p>	<p>‘Greeva’ refers to the nape of neck region thus it is the procedure in which the medicated oil is retained in the neck region for a certain period of time.</p>
60 MINS	30 MINS	30 MINS

URO-VASTI	JANU VASTI	KASHAYA VASTI
<p>Urovasti is an Ayurvedic treatment used for the treatment of disorders caused due to Vata imbalance. The word, Urovasti, comes from Sanskrit, where ‘Uro’ means chest, and ‘Vasti’ means to contain or retain something. Hence, Urovasti is herbal oil pooling treatment performed to treat several conditions affecting the chest area, majorly heart and lung disorders.</p>	<p>Sneha Vasti is one of the body detoxification treatments in Ayurveda under Panchkarma. It detoxifies the lower part of the body. Sneha Vasti will provide cure from ailments such as constipation, neurological ailments, flatulence, lower backache and dryness. This treatment nourishes and rebuilds the body tissues. It also restores and fortifies body’s immunity. This promotes better nutrition simultaneously when it removes the toxins from the body.</p>	<p>Kashaya basti medicine administered is in the form of medicated kada (decoction). Kashaya basti helps in preventing certain diseases like constipation, neurological disorders, flatulence, lower back ache, gout, rheumatism, gastric problems, relieves sciatic pain, numbness and pain are reduced by stimulating the nerves, relieves osteoporosis pain, pacifies vata dosha hence curing vata diseases, hyper acidity etc.</p>
30 MINS	30 MINS	55 MINS

NASYA	GANDUSA	KAVALA
Nasya refers to an Ayurvedic therapy that includes instillation of herbal oils, juices or powders through the nasal route. When carried out systematically, Nasya treatment can work wonders to control migraine headaches, sinusitis, congestions in breathing, infections, and various other problems.	This experience involves the retention of medicated oil in the mouth for a few minutes. Gandusa is good for cleansing, detoxifying and aids in mouth, voice, gum and tooth disorders. It addresses Bad breath, whilst improving the flexibility of facial muscles.	Requires the retention, movement and gargling of medicated oil or decoction in the mouth for few Minutes. This simple and soothing treatment is highly beneficial for disorders of throat and mouth Whilst improving the voice.
30 MINS	30 MINS	30 MINS

	ADVANCED PRANAYAMA WITH BANDHAS
	This is an advanced form of Pranayama which is done with the energy locks to vitalize the system of body and mind. Pranayama with Bandha becomes a very intense practice. It activates and regulates the 'life force' or prana and helps attain a higher state of vibratory energy.
	45 MINS
	PRANAYAMA
	A stressful life-style has a profound effect on our breathing. In Pranayama the attention is on the breath. Pranayama literally means expansion of Prana (Vitality). Various techniques of Pranayama rectify the faulty patterns of breathing. It removes the blockages from the subtle energy channels and promotes relaxation.
	30 MINS

MEDITATIONS	YOGA NIDRA
<p>Meditation at Moksha includes a guided meditation & relaxation techniques, which are grounded in ancient Indian Traditions & yet practical for modern needs. It enables you to relax & rejuvenate the entire body-mind system, and establish harmony at the physical, mental and Spiritual levels.</p>	<p>Yoga Nidra means ‘Psychic sleep’; a state of conscious sleep where one is on the borderline between wakefulness and sleep. It is a guided process of relaxation to quieten the agitations of the conscious mind and awaken the awareness and immense healing potential of the subconscious. In Yoga Nidra, the practitioner is on the threshold of the subconscious plane from where one can release the hidden psychic tensions of consciousness.</p>
45 MINS	45 MINS

CLEANSING BONFIRE	CHAKRA SHUDDHI	TRATAKA
<p>This is about burning our unconscious ego and negativity as we allow this inner cleansing process at the day's end for a fresh start to the next day that's filled with clarity and light</p>	<p>Chakra Shuddhi means 'purification of the energy/psychic centres'. It is one of the most important techniques of Kundalini Yoga. Chakras are the subtle energy centres present in the psychic body. Chakra Shuddhi cleanses the entire chakra system through guided awareness and psychic mantras. It brings about a deep transformation or wholeness in personality.</p>	<p>Means 'Steady gazing'. It acts as a stepping-stone between physically oriented cleansing and meditation practices. It improves memory and helps to develop concentration and will power.</p>
45 MINS	45 MINS	30 MINS

SHUDHHI KRIYAS		
JAL NETI		
KUNJAL KRIYA		
From time immemorial, purity of mind and body has played an important part in the journey towards perfect health. Hatha Yoga is based on the premise that ‘purity of body, brings about purity of the mind’. Towards this end we bring you some well known Yogic cleansing experiences.	Jal Neti means the practice of cleansing the nasal passages by irrigation with salted lukewarm water. Neti helps to relieve sinus problems, allergies and improves eye-sight.	A commonly used yogic practice to cleanse the digestive tract between the stomach and mouth. Kunjal helps expel excess mucus, helping to remedy cough and cold, bronchitis, asthma and other respiratory disorders.
45 MINS	30 MINS	30 MINS

MOKSHA INTERNATIONAL THERAPIES

Our healing touch offers a range of massage therapies ranging from Indian, Eastern and Western rituals. Massage oils are selected according to your flavour. Our special Energizing Blend provides refreshing and cooling effects while the Relaxing Blend warms your body and relaxes the mind with spice and wood floral aromas.

CRYSTAL STONE MASSAGE

Basalt hot stones glide smoothly over the body concentrating on muscle aches and tensions through deep heat penetration. These special stones are placed on specific chakra points focusing on energy healing while promoting a deeper relaxation.

90 MINS

SWEDISH MASSAGE

A Swedish massage is designed to relax the entire body by rubbing the muscles in long, gliding strokes in the direction of blood returning to the heart. But the benefits of Swedish massage go beyond relaxation. It can help increase the level of oxygen in the blood and improve circulation and flexibility

60/90 MINS

Balinese massage is a full-body, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and “qi” (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.

A full body massage with aromatic oils, focusing on muscle relaxation and the harmony of body and mind. Smooth and soothing movements will gently full you into realm tranquil dreams, leaving you totally rejuvenated. Personalise your journey with your own choice of aroma oils.

DEEP TISSUE MASSAGE	REFLEXOLOGY MASSAGE
Perfect for the athletic individual who requires body work to release muscle tension and increase joint flexibility. Aimed to target knots, the session will bring relief to tired muscles. Light or medium pressure is customized to your personal needs.	Reflexology is the practice of applying pressure to the feet utilizing specific thumb, finger and hand techniques, using of oil, cream, lotion, based on a system of zones and reflex areas that reflect an image of the body on the feet with a premise that such work effects a physical change in the body. Reflexology works as the pressure techniques applied to the feet interact as a part of the body's nervous system creating; relaxation, improved circulation, exercise of the nervous system and the benefits of touch.
60/90 MINS	45 MINS

HAMMAM RITUALS

At Moksha, the traditions of Turkish Hammam have evolved in this stylish and tranquil sanctuary where one comes to cleanse the body through a series of cleaning rituals while purifying the soul and relaxing the mind. With traditions dating back two thousands of years ago, the Hammam bath rituals help to stimulate immune system and is recommended for all seasons. While refining skin texture with a cooling effect during summer; it will add respiratory problems during the winter season.

The ritual includes:

- Herbal Steam
- Garden organic scrub
- Mineral mud wrap
- Aroma therapy massage

120 MINS

MOKSHA FACE AND BODY EXPERIENCE

MOKSHA RESTORATIVE FACIAL	MOKSHA AGE PERFECT FACIAL
Moksha Restorative Facial Treatments helps to recapture your youth by diminishing the look of fine lines and wrinkles and also helps feed your skin with nourishing, balancing your skin with restorative ingredients to help smooth the appearance.	Human skin has unique needs. With age, the body's levels of hydration and nutrients decrease. Skin can feel depleted; lacking suppleness, radiance and becoming drier. Wrinkles become more pronounced and skin can look washed out. Moksha Age Perfect is a tailored solution for a range of mature skin needs.
60 MINS	60 MINS

MOKSHA CLEANUP FACIAL	EYE REJUVENATOR	MOKSHA PURIFYING FACIAL
Moksha clean-up focuses on giving the skin a thorough cleansing. It helps in getting rid of all the built-up dirt, dead skin cells, excess oil & sebum that gets collected on the top layer of the skin. Once the skin is clean, it is easily able to absorb the nutrients from the moisturiser that you use.	Eye rejuvenating treatments that can help to reverse signs of ageing around the eyes	A purifying facial is a deep-cleaning session for your skin using the method of microdermabrasion. The unique deep cleanse provided by a purifying facial is not only the best way to heal the skin; it's gentle and safe for all ages and skin types. This facial will fast track your journey to a healthy, clean, and fresh complexion that is as lasting as it is beautiful.
60 MINS	25 MINS	60 MINS

MOKSHA PEDICURE	MOKSHA MANICURE
Our Classic Pedicure includes varnish removal, shaping, soaking, buff- ing and a relaxing foot massage.	Our Classic Manicure includes varnish removal, shaping, soaking, buff- ing and a relaxing hand massage.
45 MINS	30 MINS

MOKSHA SCRUB & WRAP RITUAL

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder - known to hydrate tone and rejuvenate - in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolith and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

BENEFITS

Boosts the lymphatic system and restores the nervous system
Feeds skin while improving tone and texture
Imparts a sense of being nurtured and held

CHOOSE AS PER YOUR PREFERENCE-

Grounding Salt Scrub
Invigorating Salt Scrub
Detoxifying Salt Scrub
Wild Rose Salt Scrub
Nurturing Expectant Mother's Scrub
Energizing Earth Wrap

75 MINS