

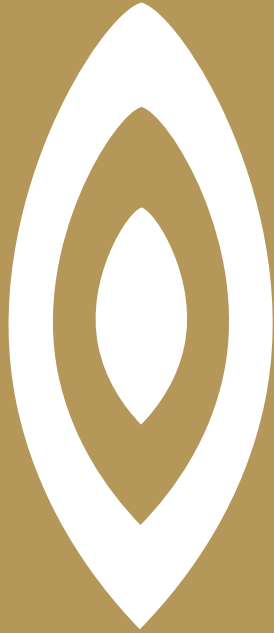


  
**JIVA**  
SPA SERVICES









# THERAPIES



## SIGNATURE TREATMENTS

- HOT STONE BATH** ( 30 mins )
- HOT STONE BATH WITH MASSAGE** ( 90 mins )
- MANDA SNĀNĀ** Intoxicating Bath ( 120 mins )
- JIVANIYA** Invigorate ( 120 mins )
- PEHLWĀN MĀLISH** Warrior Massage ( 90 mins )
- VENTOZ** Indian Cupping ( 90 mins )
- ĀNANA LEPĀ** Facial ( 60 mins )



## INDIAN THERAPIES

- SAMMARDANĀ** Indian Deep Tissue Massage ( 60 mins )
- PĀDA MARDANĀ** Indian Foot Massage ( 60 mins )
- PRISHTA MARDANĀ** Back Treatment ( 60 mins )
- CHAMPI** Indian Head Massage ( 45 mins )



## INDIAN AROMATHERAPY

- VISHRĀM** Relaxation Massage ( 60 mins )
- ĪRJA DĀYAKĀ** Energising Massage ( 60 mins )
- PAVITHRI** Lymphatic Drainage ( 60 mins )



## SCRUBS AND WRAPS

- NARIKELĀ** House Favourite ( 45 mins )
- MASĀLĀ** Spice Scrub ( 45 mins )
- PRITHVI MRIT** Earth's Nectar ( 45 mins )



## SIGNATURE TREATMENTS

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.

### **HOT STONE BATH**

Prepare your body and mind for this unique traditional Bhutanese bath. Submerge yourself in a bathtub filled with traditional local herbs of Khempa. Relax as local river stones, heated to a fire-hot temperature, are gently released in the soak bath. The stones split upon impact with water, releasing important minerals, which help loosen your joints, release muscle tension and invoke a profound sense of relaxation. The local khempa herbs work as an analgesic in complementing this treatment.

### **HOT STONE BATH WITH MASSAGE**

An indigenous way to initiate your journey. Immerse and luxuriate in our traditional Bhutanese bath. Pamper yourself with a 1-hour massage of your choice, taking your experience beyond the ordinary.

### **MANDA SNĀNĀ** Intoxicating Bath

Commence your journey with our traditional hot stone bath. This signature Jiva Spa treatment is a magical moment in time, where the released minerals ease tensions, relieve stiffness, revitalise and re-hydrate your body. Continue your treatment with a deep exfoliation; an invigorating scrub infused with our essential signature oils and local herbs. Culminate this regal experience with a massage, transporting you to a state of relaxation and elation. Embrace harmony through a journey specially designed to pamper you, leaving you satiated and in a sublime state.

Note: We require at least 2 hours advance notice for the above treatments.

**JIVANIYA** Invigorate

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

**PEHLWĀN MĀLISH** Warrior Massage

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 relieve aching, sore and tense muscles.

**VENTOZ** Indian Cupping

An ancient Indian treatment where heat in a glass is used to create vacuum and ease knots and sore points of the body. This is followed by a leisurely deep massage where our signature spa oil is readily absorbed by the skin. While cupping may cause mild bruising (part of the therapeutic process), often guests report immediate relief from long-term chronic ailments.

**ĀNANA LEPĀ** Facial

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.



## INDIAN THERAPIES

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

### **SAMMARDANĀ** Indian Deep Tissue Massage

A customized 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.

### **PĀDA MARDANĀ** Indian Foot Massage

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.

### **PRISHTA MARDANĀ** Back Treatment

The first casualty of a stressful life is the shoulders and back, resulting in pain and tension. This treatment has been created to eliminate stress 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.

### **CHAMPI** Indian Head Massage

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.



## 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

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 tranquility to your entire system.

### **ĀRJA DĀYAKĀ** Energising Massage

A deep-muscular massage to lift your spirits and revive your inner vitality. A special blend of oil, laced with fragrances of Nagarmotha, Patchouli, Tulsi and Ashwagandha, 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.

### **PAVITHRI** Lymphatic Drainage

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



## SCRUBS AND WRAPS

INDULGE IN THE RELAXING, EXFOLIATING AND NOURISHING PROPERTIES OF OUR SCRUBS AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS AND PURE ESSENTIAL OILS. 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 nourishes your skin and draws out impurities.

Scrubs can be taken individually and are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil. Body wraps are best taken after a scrub to encourage better results from the nourishing effects of the mask.

Choose from the luxuriant treatments mentioned below:

### **NARIKELĀ** House Favourite

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

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.

### **PRITHVI MRIT** Earth's Nectar

This rich detoxifying and firming wrap is made from 22 exotic Indian herbs and clay. Its therapeutic properties tighten the skin and leave it with a radiant, youthful glow. Excellent for all skin types.



## SPA INDULGENCE

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

### **SUKHA** Bliss    Duration – 3.30 Hrs

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 – Pehlwan Mālish
- End with a relaxing spa facial

### **SOUNDARYA** Beauty    Duration- 3.00 Hrs

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

## FOR TWO

### **SOMĀ** Nectar of the Gods    Duration – 2 Hrs

Two therapists will perform a candle-lit, Indian Aromatherapy massage, using evocative oils to set the mood for romance. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of champagne.



## SPA INFORMATION

### SPA FACILITIES

Two generously sized double treatment rooms with a soak tub, a relaxation lounge a unisex Fitness Centre and separate changing areas for men and women with lockers, change and shower facilities. Our wet area encompasses a heated indoor pool, jacuzzi, sauna and hammam. We provide robes, towels, slippers and personal amenities.

### TIMINGS

The Spa is open daily from 9 am to 9 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 INFORMATION

### 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 facilities.
- Jiva Spa 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, who are pregnant or 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.
- 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.







**Taj Tashi**

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# PRICES



## THERAPIES

### TRADITIONAL BHUTANESE BATH

Hot Stone Bath	30 Minutes	Nu. 2500
Hot Stone Bath with Massage	90 Minutes	Nu. 5600
Manda Snānā	120 Minutes	Nu. 8000

### SIGNATURE TREATMENTS

Jivaniya	120 Minutes	Nu. 5900
Phelwān Mālīsh	90 Minutes	Nu. 5000
Ventoz	90 Minutes	Nu. 5000
Ānana Lepā	60 Minutes	Nu. 3100

### INDIAN THERAPIES

Samvardana	60 Minutes	Nu. 3500
Pāda Mardanā	60 Minutes	Nu. 3100
Prishta Mardanā	60 Minutes	Nu. 3100
Champi	45 Minutes	Nu. 2700

### INDIAN AROMATHERAPY

Vishram	60 Minutes	Nu. 3500
Ōrja Dāyakā	60 Minutes	Nu. 3500
Pavithri	60 Minutes	Nu. 3500

### SCRUBS & WRAPS

Narikelā	45 Minutes	Nu. 2250
Masālā	45 Minutes	Nu. 2250
Prithvi Mrit	45 Minutes	Nu. 2250

### SPA EXPERIENCE

Sukha	3.5 Hours	Nu. 9000
Soundarya	3 Hours	Nu. 7600
Somā	2 Hours	Nu. 9900

- Prices are in Ngultrums, subject to applicable government taxes & service charges