



S P A A L I L A

# S P A **ALILA**

Naturally from The Heart

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalized to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guests input, we create a new dimension in nurturing and divine pampering rituals.

Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your over sense of well-being.

## Nurturing Mind and Body Wellness

Indulge in head-to-toe pampering with our luxurious spa treatments, specially created to promote the cleansing and rejuvenation of your body while inducing total mental and physical relaxation.

Choose from our selection of treatments that include:

Massage

Reflexology

Facial masks

Body treatments, scrubs and wraps

Hands, feet and nail care

Hair treatments

We also offer combination spa packages and can create personalised spa experiences that combine pampering treatments with spa cuisine. Whether you choose a single treatment or a full-day programme, Spa Alila offers time for solitude, connection with your body and a renewed sense of well-being on many levels.

You may refer to our treatment menu for details or consult with our spa hosts.

## Pure Inspiration

Spa Alila believes in all things natural, whether it be the Alila Living products or organic spa ingredients that complement our treatment range.

Our carrier massage oils are a pure blend of virgin coconut, sweet almond, kukui nut and wheat germ oils, rich in healing, nutritive and aromatherapeutic qualities.

Virgin coconut oil is a truly unrefined coconut oil which we source from villages in East Bali, where fresh coconut is shredded then cold-pressed to make coconut milk, fermented then separated and filtered. Virgin coconut oil has a much longer shelf life than most other carrier oils due to its natural antioxidant properties and is best applied directly to the skin for moisturising and conditioning.

Sweet almond oil is an excellent scent-free carrier oil for aromatherapy essential oils and is also remedial in the treatment of itching, inflammation and dryness. Rich in minerals and antioxidants, with proteins and vitamins D and E, sweet almond oil is often referred to in naturopathy as the queen of all carrier oils.

Mother-to-be and nut-free oils are also available at Spa Alila.



## Massage

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques which can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and products to suit your condition.

### Balinese Massage

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60 min | 90 min

### Therapeutic Massage

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

90 min

### Reflexology

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 min

### Swedish Massage

Using five basic movements, including the long gliding effleurage stroke, this treatment helps increase blood circulation and remove toxins from the body. Always working towards the heart, the therapist designs a session that relaxes you physically and emotionally.

60 min | 90 min

### Warm Stone

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

90 min

## Signature Body Scrubs and Wraps

Select from the interchangeable products that best suit your condition

### Scrubs

Deep and Dirty – charcoal, rose and cedar wood

Comfort and Cleansing – coconut and lemongrass

Lightening and Brightening – papaya, sugar and aloe

Ayurvedic – green gram, sandalwood, turmeric and honey.

### Wraps

Soothing – seaweed and aloe

Toning – cocoa, coffee and clay

Detoxifying – red clay

Glowing – papaya, lime and sandalwood

Ayurvedic – fuller earth, turmeric and manjistha

### Facials

Personalized his and her facial treatments using only 100% natural ingredients that deliver total nourishment and a renewed fresher look.

#### Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

60 min

#### Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

60 min

## Hair and Scalp

### Balinese Crème Bath

An intense hydrating hair mask with essential oils of rosemary, lavender and grapefruit combined with a nourishing base of coconut and cocoa butter. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while our therapist soothes your neck and shoulders with a combination of pressure point and palm strokes. A warm steam is applied to open pores followed by a cool rinse with our signature shampoo and conditioner.

60 min

### Ayurvedic Hair Cream Bath

An ayurvedic hair cream bath with stimulating and rejuvenating ayurvedic hair oils of mahabhringraj, virgin coconut oil and bhrami. A mask of hair strengthening ritha, amla and fenugreek herbs with yogurt is massaged into the hair and scalp and left to condition, strengthen and hydrate while our therapists soothes your neck, hands and shoulders with combinations of pressure point and palm strokes. A warm steam is applied to open pores followed by a cool rinse with our signature shampoo and conditioner.

60 min

## Hands and Feet

### Manicure

Treat your hands to a luxurious makeover with a skin renewal scrub, soak and massage routine followed by essential nail maintenance and grooming. A natural blend of ground pumice is used for gentle exfoliation while shea butter with virgin coconut oil replenishes the skin.

60 min

### Pedicure

It begins with a classic foot scrub, followed by our signature foot bath and massage along with essential nail care. Exfoliates of coconut shell and sponge loofah smooth and buff your skin, while extracts of peppermint and lemon fight bacteria to leave feet absolutely clean and fresh.

60 min



## Treatment Enhancers

### Revitalizing Eye Treatment

15 min

### Massage

Any one of the below mentioned areas:

Stimulating Scalp

Back | Foot | Hand

Arms | Neck | Shoulders

15 min | 30 min

### Children's Massage

Indulge your young ones with a relaxing massage that helps stimulate motor development and improves immunity and strength. We use extra virgin coconut oil which is gentle and safe for your child. Suited for children ages four to thirteen years.

15 min | 30 min | 60 min

### Pregnancy Massage

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | 90 min

## Your Own Spa – Spa Addict Packages

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our therapists. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### **Aloe Glow**

A soothing treatment designed to hydrate and repair damaged or dull skin. The treatment includes our signature foot bath, a 60 minute Balinese or Swedish massage, an aloe vera and papaya scrub followed by a deeply nourishing seaweed and aloe body wrap. This therapy cools the body and gives your skin a divine glow. A herbal steam shower is optional depending on your skin condition.

140 min

### **Skinny Moccocino**

A unique combination of cedar wood and rose essential oils are blended with raw sugar which helps with the removal of dead skin cells and creates a toning effect leaving the skin soft and pure. A coffee and cocoa full body mask follows. The caffeine draws out all the impurities and tightens the skin while the cocoa, full of antioxidants, provides a fantastic anti-ageing effect by keeping the skin nourished. Treatment includes a signature foot bath, a 60 min Balinese or Swedish Massage and herbal steam.

140 min

## **Ayurveda**

Ayurveda, the knowledge of life enables you to be one with the universe, nurturing your mind, body and soul. Make it your way of life to bring back, improve and maintain the equilibrium of wellness

### **Shiro-Abyangam**

This Indian head, neck and shoulder treatment begins with a reviving scalp massage that helps to improve circulation, prevent hair loss, dryness and breakage in hair. Pressure point and drainage techniques are applied to the neck and shoulders culminating in a soothing foot massage.

30 min

### **Pada-Abyangam**

A pampering massage to rejuvenate tired feet, this treatment improves blood circulation in the legs and is best for relieving post flight stress, tension and lethargy in the lower legs.

30 min

### **Uzhichill**

This traditional ayurvedic de-stressing massage is delivered with warm medicated herbal oils and is known for its great anti-ageing properties. The use of long strokes induce complete relaxation of the body and mind. It also helps in pacifying the Vata component in the body, improves circulation, relieves fatigue and revitalizes the skin.

60 min

### **Ayurvedic Rejuvenating Massage**

This popular ayurvedic treatment focuses on the pressure points of your entire body. Using herbal medicated oils, this massage is exceptionally helpful in stress relief that aides in strengthening and rejuvenating your body. Ayurvedic massage is extremely beneficial in relieving body aches and pains, arthritis, osteoporosis and general fatigue.

60 min

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.  
Oils used is significantly more compared to western therapies.

### **Shirodhara**

Incorporating a continuous flow of warm medicated oil on the third eye, the treatment relaxes the mind and is also known to improve memory regularize sleep patterns and control blood pressure. A complete de-stress regime.

60 min

### **Udwartanam**

A unique treatment where dry herbal powders are massaged to the skin. This treatment is highly effective in reducing cellulite by burning subcutaneous fat and also improves circulation leaving the skin hydrated and glowing.

60 min

### **Ayurvedic Detoxifying Facial**

A centuries old ayurvedic facial using traditional herbs to exfoliate and cleanse the skin. Treatment includes a divine facial massage followed by the application of a 'Soundarya' mask that hydrates and leaves the pores clean and the skin radiant.

45 min

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.  
Oils used is significantly more compared to western therapies.

## Yoga

Yoga brings physical, mental and spiritual discipline into our lives. One can easily achieve better health and improve one's quality of life with this ancient treasure of knowledge. Spa Alila offers various sessions that combine surya namaskar (sun salutation), asanas (postures) and pranayama (breathing exercises) to help find your balance. Our yoga instructor will be happy to guide you through your yogic journey.

### **Surya Namaskar (sun salutation)**

Our yoga is performed in a set of 12 asanas (postures) performed continuously in a particular sequence. The session begins with a brief introduction on the concept, some mobility exercises and ends with relaxation.

30 min

### **Ashtanga Yoga Private Sessions**

In these sessions our yoga instructor will help you understand your body better. Get to know your specific body type and the areas that need focus during your personal yoga session. We practice Ashtanga yoga which brings a balance to mind and body. It is specially designed keeping in mind the needs of our individual guests.

60 min

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.

Oils used is significantly more compared to western therapies.

## Spa Etiquette

### Reservations

We recommend advance booking for your treatment to avoid disappointment.

Late arrival means less spa time

Arrive at least 15 minutes prior to your scheduled appointment. As part of our personalized service you will receive a health questionnaire on your first visit.

### Spa Attire

All our rooms are equipped with changing facilities. Robes and disposable underwear will be provided.

### Shhhh – Cellphones

To maintain the serenity in the spa we request that all cellphones and other electronic devices be switched off on arrival.

### Facial Treatments

Any skin sensitivity concerns should be shared with your therapist, prior to your treatment. Men are advised to shave before the facial. Although not essential, it is definitely beneficial.

### Medical Concerns

First timers need to undergo a consultation prior to the treatment to provide you with the best possible experience. Please consult a doctor if you suffer from high blood pressure, heart or any other medical condition. Certain therapies are not recommended during pregnancy so please consult with the spa host for guidance.

### Children's Massage

Although we are skilled and highly professional in children's massage, it is recommended that one parent be present in the room while the treatment is being performed.

### Food, Drinks and Smoking

Smoking, consumption of alcohol, other beverages and food within the spa is strictly prohibited. Consumption of solid food or drinks before the treatment is not advisable. We provide drinking water before and a refreshing tea post therapy.

### Valuables

For the safety of your valuables, we recommend that you leave them in the guest room safe. The management will not assume any liability for the same.

### Cancellation

Reservations cancelled within 3 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our spa host.

## Massage

Balinese Massage	60 min . 4100
Balinese Massage	90 min . 5100
Therapeutic Massage	90 min . 5100
Reflexology	60 min . 4100
Swedish Massage	60 min . 4100
Swedish Massage	90 min . 5100
Warm Stone	90 min . 5100
Shiro-Abhyangam	30 min . 2500
Pada-Abhyangam	30 min . 2500
Uzhichill	60 min . 4200
Ayurvedic Rejuvenating Massage	60 min . 4300
Shirodhara	60 min . 5500
Udwartanam	60 min . 4400
Pregnancy Massage	60 min . 4100
Pregnancy Massage	90 min . 5100
Kids Massage	15 min . 1800
Kids Massage	30 min . 2500
Kids Massage	60 min . 4100

## Spa Addict Packages

Aloe Glow	140 min . 8000
Skinny Moccocino	140 min . 8000

## Treatment Enhancers

Eye Treatment	15 min . 1900
Massage	30 min . 2500

## Facials

Her / His	60 min . 3900
Ayurvedic Detoxifying Facial	60 min . 3900

## Hair and Scalp

Balinese Crème Bath	60 min . 4200
Ayurvedic Hair Cream Bath	60 min . 4200

## Hands, Feet and Body Care

Manicure	2300
Pedicure	2300
Body scrubs and wraps	3000

## Specialized Wellness

Doctor's Consultation	20 min . 1000
Diet Consultation	60 min . 2000
Pranic Healing	45 min . 3000
Hynotherapy	60 min . 4500

## Yoga

Ashtanga Yoga – private sessions	60 min . 2000
Surya Namaskar (sun salutation)	30 min . 1000

All rates are in Indian Rupees and are subject to applicable taxes.  
5% service charge will be levied.

Contact

Alila Diwa Goa

48/10 Adao Waddo

Majorda, Salcette, Goa

Phone +918322746800

Mobile +919158880300 / +919049997529

Email : [diwagoa@alilahotels.com](mailto:diwagoa@alilahotels.com)

[www.alilahotels.com/diwagoa](http://www.alilahotels.com/diwagoa)