

ÄMAN  
SPA

## Body, Mind & Beauty

Welcome to the Amanbagh Spa - a therapeutic oasis in the starkly beautiful Aravalli Hills.

Travel is all about discovery, stimulation and new experiences, but as thrilling as this can be, it can also set you off centre, leaving you feeling tired and ungrounded. Time out in our spa, experiencing some uniquely effective treatments and enjoying our complimentary daily yoga sessions, will reinvigorate you in body and mind, draw you inwards and bring you back to balance. No matter how you arrive, you will leave our spa feeling spiritually renewed and at home. Please share any longer term health goals or specific concerns, and we will do our best to help.

We take a very holistic and heartfelt approach to your wellbeing. Our therapists have a wide range of skills and areas of expertise, and can personalise treatments to suit each individual. Please feel free to discuss your needs with us.

## Aman Spa

Wellness is more than being free from illness; it is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing. The Aman Spa concept has been carefully curated with four pillars of wellness in mind: nutrition, movement, psychological health and bodywork.

The singular goal is to achieve the ideal balance – Integrated Holistic Wellness – for every guest. Treating the whole – the mind, body and spirit – by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the boundaries of our international Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools and resilience to continue their wellness journey into their everydaylives.

## A New Spa Language

Ancient healing arts such as Ayurveda and Traditional Chinese Medicine are based on complex theories of the workings of the human body and mind.

Talk of chakras and energy can be off-putting when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

## Understanding Energy

The concept of vital or life energy is very common in traditional healing systems. In China this is known as qi while in Hindu philosophy – including yoga and Ayurvedic medicine – the Sanskrit word prana is used to describe this vital energy. Imbalances of this energy can be physical, mental or emotional and can lead to ill-health. Restoring the balance of energy flow is the main goal of many of these traditional healing practices

## Earth's Apothecary

Aman's new line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature.

Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and palo santo, as well as alkalising, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds. The range consists of smoked body balms, fragrant dew mists, liquid body oils, invigorating body scrubs, anti-ageing serums and more. All the products are made from organic ingredients sourced from around the world for their purity and potency, and their links to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states. Grouped into three unique formations that reflect three healing pathways back to wellness – Grounding, Purifying and Nourishing – these products contain ingredients with a vibrational energy that works in sequence with the human body to promote change and a return to equilibrium.

The physical benefits of the products are completely aligned with their ability to address emotional imbalance. Together, they offer holistic fine-tuning with tangible, long lasting results.

## Aman Signature Treatments

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formations of the Aman Spa product range.

There are three treatments available: Massage, Body Scrub and Wrap, Face Ritual, and the Journey - encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual is a prelude to each treatment. This is also symbolic - an act of humble service that fosters trust, helping guests to fully benefit from the treatments that follow.

At Amanbagh products from the Grounding and Nourishing range are used while traditional Ayurveda treatments provide purifying rituals.

## Grounding

For those seeking reconnection, stillness and perspective

Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the frenetic pace of modern life.

It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level. The use of amber oil relaxes brainwaves, helping to ease anxiety and stress.

Sandalwood calms the nervous system - its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver.

Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue as well as feelings of insecurity, rootlessness and the inability to switch off.

### Grounding Massage Ritual

90 min

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Benefits:

- Moisturises dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances the vital energy

## Nourishing

For those seeking regeneration, recuperation and healing

Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self- acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level.

The key ingredients of jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold, have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy.

The techniques used in this Formation are geared towards healing. They include a chakra- balancing massage, mantra music, marma point therapy, and the Light Technique - based on the shamanistic principle that luminosity is generated from various points on the head and neck. Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontentment.

### Nourishing Scrub & Wrap Ritual

90 min

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 hydrolat 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

## Nourishing Face Ritual

90 min

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana – described as the universal life energy that enters the body via the breath. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

Benefits:

- Hydrates, soothes and feeds the skin
- Treats rosacea and dermatitis
- Improves the look of scarring and pigmentation

## Amanbagh Journey

180 min

This Journey serves to combine the many forms of grounding and nourishment into an immersive experience that benefits every aspect of the individual – beginning with the Nourishing Body Scrub and Wrap, followed by the Grounding Massage, and completed with the Nourishing Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated to ensure a state of perfect contentment.



## Body Treatments

### Maharaja / Maharani Massage

60/90 min `

Our reviving signature massage, adapted to your mood and body, is a unique combination of Swedish and deep tissue massage techniques that work to unravel tension and calm the entire nervous system.

### Hot Stone Massage

90 min

Using a combination of smooth, warm stones, soothing oils and healing hands, this deeply penetrating massage works to soothe and relax tender muscles and emotions. Hot stones are placed on key energy points of the body, evoking an aura of warmth and drawing out tightness. Meanwhile the gliding hands of the therapist deliver an all-over flowing massage that cocoons and comforts.

### Samarpan - Back Massage

60 min

A highly effective massage designed to reduce shoulder tightness and relieve back pain by working gently but firmly on tight spots. Your treatment concludes with a relaxing head massage.

### Deep Tissue Massage

90 min

Deep Tissue massage applies deeper pressure and works on the deeper layer of the muscle tissues, tendons and fascia to ease tension and reduce chronic muscle pain and helps to release toxins.

### Amulya Uphar - Thai Massage

60/90 min `

Combining passive yoga stretching and acupressure, this traditional Thai massage effectively relaxes tight muscles and lightens emotion. Recipients wear a loose linen pyjama set.

### Champi - Head Massage

45 min `

An invigorating massage that releases muscular tension from the head, neck and upper shoulders, creating a deep sense of relaxation and joy, as well as clarity of thought.

### Pada Chrita - Foot Massage

45 min

Performed on the soles of your feet, this wonderful massage works to restore the natural flow of energy in the body and calm the entire nervous system.

### Reflexology

60 min

Reflexology has proved itself to be very effective as a holistic therapy as the treatment reaches the receiver on several levels - physical, mental and spiritual, it can only be of benefit.

### Chamatkari Sparsh – Exfoliation

60 min

A rose, saffron and hibiscus scrub precedes a relaxing steam bath followed by a full- body application of moisturiser.

**We recommend combining this treatment with a head massage**

### Shahi Nikhar – Facial

60 min

This stimulating and refreshing facial is designed to suit any skin type. Our all-natural products are based on Ayurvedic science and contain only the finest essential oils. Leaves skin glowing and hydrated. Also ideal after a day in the sun.

**We recommend rounding off the experience with a foot massage.**

### Add-On Bliss

30 min

Extend your 60- or 90-minute full-body massage by selecting one of the following 30- minute add-on treatments:

\*Scrub

\*Reflexology

\*Herbal compress

\*Express facial

## Hand Treatments

### Hasta Prakshalan - Classic Manicure

60 min

Our Classic Manicure includes varnish removal, shaping, soaking, buffing and a relaxing hand massage.

### Shahi Hasta Prakshalan - Luxe Manicure

90 min

In addition to the Classic Manicure, enjoy an exfoliating hand scrub, a hydrating mask and a relaxing head and shoulder massage.

### Add nail varnish

20 min `

Choose a colour with base and top coat from our selection.

## Foot Treatments

### Pada Prakshalan - Classic Pedicure

60 min `

Our Classic Pedicure includes varnish removal, shaping, soaking, buffing and a relaxing foot massage.

### Shahi Pada Prakshalan - Luxe Pedicure

90 min

In addition to the Classic Pedicure, enjoy an exfoliating foot scrub, a hydrating mask and a relaxing head and shoulder massage.

### Add nail varnish

20 min

Choose a colour with base and top coat from our selection.

## Rajasthani Beauty Secrets

### Mehndi / Henna

30 min

A traditional form of skin decoration, mehndi or henna is a ceremonial art form typically applied for celebrations such as weddings or Hindu festivals. Intricate and beautiful, a local artist will use your feet or hands as a blank canvas for creativity. The art will fade over a period of weeks until it disappears.

Please note that mehndi appointments are subject to the availability of our local artist.

## Spa for the Young

### Amanbagh Jawaan Massage (6 to 12 years)

30 min

This is a gentle version of the Maharani/Maharaja massage, suitable to our young guests to induce relaxation. Please note that parental consent is required prior to this treatment.

### Little Princess Manicure or Pedicure (6 to 12 years)

45 min

A fun treatment starting with a soak in a hand and foot bath. It includes a nail trim, gentle massage and a choice of colour coat.

### Mini Jawaan Facial (6 to 12 years)

30 min

Natural products are used for a deep cleanse, a nourishing mask and a relaxing massage

### Mini Henna Tattoos (6 to 12 years)

20 min

Intricate and beautiful, a local artist will surprise with their talent to create body art. The colour usually lasts about a week.

# Ayurveda

## The Indian Secret to Longevity and a Healthy Life

*“As is the human body, so is the cosmic body. As is the human mind, so is the cosmic mind. As is the microcosm, so is the macrocosm. As is the atom, so is the universe.”* The Upanishads

Ayurveda is the ancient healing science of India. Distilling 5,000 years of wisdom into a comprehensive practice, it is based on a deep understanding of the human body, mind and spirit. Passed down through countless generations by the ancient sages, rishis, traditional healers and nomadic elders of India, this incredible natural way of healing cultivates health and happiness, whilst addressing every facet of life – from philosophy to psychology. At its heart lies the understanding that ‘all is one’, that everything exists in relation to everything else, rather than in isolation. Treating the whole person, rather than individual symptoms is key, and integrating mankind with Mother Nature is one of the touchstones of an Ayurvedic lifestyle. Indeed, nearly all Ayurvedic medicines draw on plants and herbs.

Ayurveda offers a vast array of practical tools and treatments to prevent us from becoming unwell, and to return us to balance when we are. These tools include everything from lifestyle guidance, nutrition, herbal remedies and massage, to detoxification, body work, yoga and spiritual practices. It is no wonder that Ayurveda is increasingly being verified by modern research. Free of side effects and integrating common sense with pertinent wisdom, Ayurveda offers timeless advice for modern living.

In order to promote the body’s natural homeostasis, Ayurveda works with the understanding that each person’s constitution is made up of five basic elements – air, fire, water, earth and ether – manifested as three principles, or tridosha. Each one of us has a predominant dosha: Vata (made up of ether and air), Pitta (fire and water) or Kapha (earth and water). According to Ayurveda, these three doshas govern the functions of every individual’s mind, body and consciousness.

Discovering your dosha can be a fascinating journey of self-discovery, as you start to better understand what will help your best Self to thrive. Please book a consultation with our Ayurvedic physician to discover more, and don’t be put off if some of the language feels a little complex at first. Once grasped, Ayurveda provides a supportive system of living which you can draw on for life.

Welcome to the amazing world of Ayurveda.

## Ayurveda at Amanbagh

Your search for authentic Ayurveda ends here

At Amanbagh we offer genuine Ayurvedic healing treatments specially tailored to each individual under the personalised care and supervision of a trained Ayurvedic physician or vaidya. Because Ayurveda pursues two main goals – preserving the health of an individual, and healing the sick – we have created two different approaches. Our Rejuvenation Therapies are holistic and uplifting, working to re- instate your body, mind and soul to an ultimate state of wellbeing. Our Detoxing Therapies and Panchakarma Cleanse aim to purify the body inside and out.

All Ayurvedic treatments are given synchronously by two therapists. For a coherent experience we recommend you start your Ayurvedic journey with a detailed consultation and pulse diagnosis with our Ayurvedic physician.

### Ayurvedic Consultation

60 min

Our Ayurvedic physician considers your body, constitution and lifestyle before recommending treatments, oils, herbs, food and activities. We strongly recommend a consultation even though you may not feel ill. The consultation comprises a detailed examination to determine your dosha type, an Ayurvedic pulse diagnosis and a comprehensive questionnaire to establish proper guidelines on lifestyle and diet.

This is the ideal start to your spa journey.

## Ayurvedic Treatments

### Abhyanga

60 min

Ayurveda advises a massage with warm herbal oils as a part of daily life. Abhyanga means 'to anoint', and specific oils are chosen for the head and body according to your body type. A wonderful whole body massage is then performed in sync by two therapists. The natural healing qualities of the herbal oils, together with traditional massage techniques, deeply cleanse and rejuvenate, improving the overall appearance of the skin and relieving stress. This massage helps to harmonise imbalances in all three doshas.

### Shirodhara

45 min

In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. This is one of the most popular Ayurvedic therapies: It not only enhances mental relaxation, but also cools the head, improves the functioning of the five senses and helps with insomnia, migraines, stress, anxiety and depression. It is also a great jet lag reliever.

### Shirodhara combined with Abhyanga

90 min

### TakraDhara

30 min

A therapy aimed at relieving and treating psychosomatic problems (anything from psoriasis or IBS to daily anxiety). A stream of medicated buttermilk (said to lighten emotions) is poured onto the forehead and scalp, relieving tension and chronic fatigue caused by stress. This treatment can also help with low moods, the menopause and thyroid dysfunctions.

### Pizhichil

60 min

In this traditional treatment from India, warm Ayurvedic oils are synchronously dripped from saturated cotton cloths over the entire body before a rhythmic massage by four hands with the patient resting in various positions. This deeply cleansing treatment has an extremely rejuvenating effect. It improves blood circulation, strengthens skin tissue, alleviates problems with stiff joints and retunes the entire nervous system. A great choice for anyone suffering from chronic pain.

### PindaSweda

60 min

A treatment performed according to dosha type (Vata, Pitta or Kapha) this massage incorporates warm medicated oil and warm herbal bundles filled with ingredients prescribed by our Ayurvedic physician. Perhaps herbal powders or freshly prepared leaves, lemon or medicated Navara rice – all work to cleanse toxins from the body, improve circulation and soothe the likes of sciatica, rheumatism and other muskuloskeletal issues. Incredibly effective at releasing computer shoulder

### Udvarthana

45 min`

Invigorating and exfoliating, this Ayurvedic massage uses a paste of fragrant medicated powders rubbed into the skin in the reverse direction of hair growth. Leaving skin soft and refreshed, it not only helps to remove dead skin cells and fatty deposits, it also improves blood circulation and removes stagnant toxins from the body. For even better results, an after- treatment steam is advised.

### UpanahaSweda

30 min

A highly specialised treatment that effectively targets and soothes localised pain and swelling with packs of medicated herbal pastes and fresh rinicus leaves. Continuous treatments can help to erase long-lasting rheumatic problems and ease gout, arthritis and joint inflammation.

### Kati / Greeva / Uro Vasthi

45 min

Very effective in healing lower back ache, sciatica and post-pregnancy pains, this therapy uses specially-prepared and prescribed warm medicated oil. It is first poured and massaged over the whole body, before being concentrated on the lower back, neck and chest where it is kept in place with a herbal paste pack. A series of treatments is especially beneficial.

### Shiro / Mukha / Pada Abhyanga

30 min

A deeply relaxing treatment working on the body's Marma points with warm herbal oils, focusing on either the head, face or feet, or a combination of all three.

### Tarpanam

45 min

Excellent for relieving eye fatigue or dryness caused by excessive reading or computer usage, Tarpanam is a unique Ayurvedic treatment in which lukewarm medicated ghee is held in place over the eyes. Also helps to alleviate dark circles and sinusitis.



### SarvangaDhara

60 min

Medicated milk or a herbal decoction are continuously poured on the whole body by two therapists who work in a unique pattern to strengthen the nervous system and protect against any pain or future neurological issues. Excellent for anyone with high blood pressure, general fatigue and skin disorders

### ShiroVasthi

60 min

A very traditional Ayurvedic treatment in which oil is retained on the scalp either using cotton pads or a special head cap. Useful for anyone suffering from insomnia, burn-out or impaired concentration.

### TanLepa

45 min

An Ayurvedic body wrap in which herbal pastes that cool or exfoliate are applied to the entire body after a gentle massage. Effective in treating skin-related issues, it also helps to maintain skin's elasticity.

### MukhaLepa

60 min

This refreshing facial begins with a gentle scrub peel, followed by an exotic herbal pack (applied to both the face and neck), and finished with a saffron oil massage. Saffron helps to brighten and beautify the skin, while reducing the appearance of blemishes. Traditionally enjoyed before special occasions such as weddings,

## Panchakarma Treatments

A modern and materialistic way of life can take its toll, particularly when combined with the wrong food choices and prolonged mental stress. As a result, nothing is more empowering for your health than embarking on a thorough cleanse. A cleanse helps to heal long-term health issues, raise energy levels, clear skin, shift unwanted weight, ease your digestion and clear your head, restoring vigour and vitality. Possibly the most spiritual of all detoxing systems in the world, the Panchakarma Cleanse or Cure works from the outside in, to shift all that is holding you back in life.

Panchakarma is Ayurveda's purification programme, designed for the body and mind. The word Panchakarma comes from pancha meaning 'five', and karma meaning treatment, and the treatments involved work to eliminate toxins and enhance your body's immunity. Recommended on a seasonal basis, or simply when you feel out of balance, Panchakarma can involve periods of discomfort whilst toxins are expelled through a five-fold process of elimination. The cleanse also instigates an extremely deep process of release, both emotionally and physically. We are here to help as the following treatments facilitate and support the Panchakarma process.

### Snehapanam

20 min

Every Panchakarma begins with the ritualistic drinking of medicated ghee (clarified butter), usually administered for up to one week by your physician and consumed in an increasing dosage pattern. Ghee is said to loosen toxins (or ama), as well as promoting digestive fire, soothing the nervous system and nourishing the entire body. Once the ghee starts to seep through skin and sweat pores, the body is ready to eliminate toxins.

### Virechanam

20 min

This purge can range from mild to intense, depending on the oils or powders selected by our Ayurvedic physician specifically for you and your tridosha balance, then consumed orally. Administered early in the morning, the laxative effect of the medicine should be completed by midday, though it is recommended that you rest for the duration of the day.

### Nasyam

45 min

This very traditional nasal cleanse commences with a gentle massage of the face and neck and a gentle fumigation. Herbal leaf juices and medicated oils are then dripped through the nasal openings, one after the other, whilst the patient lies in a supine position. Highly beneficial for those with sinus issues or anyone who seeks head clearance.

### SnehaVasthi

45 min

This medicated oil enema effectively cleanses the large intestine. It can be an integral part of the Panchakarma process and is performed in the total privacy of your suite, under the sensitive care of our Ayurvedic physician. Given on an empty stomach, the procedure begins with a gentle massage of the lower back and abdomen before lukewarm medicated oil is administered with the utmost care. A thorough purge, it is also an effective treatment for sciatica, lower back pain and joint dryness.

### KashayaVasthi

45 min

A similar treatment to SnehaVasthi, this medicated oil enema includes herbal preparations. A warm breakfast is enjoyed after a shower, and complete rest is advised for the rest of the day.

## Yoga

Our resident yoga instructor customises each session according to your specific needs. Classes include asana (postures), mudras (gestures), pranayama (breathing technique) and relaxation.

### Personalised Yoga (single/couple)

60/90 min `

Whether you are a beginner or more advanced, you can make a reservation with our in-house yoga instructor to learn more about yoga postures, breathing techniques and meditation at a time convenient to you.

### Pranayama / Breathing Practice (single/couple)

60 min

Pranayama means "extension of the life force". This is an ancient yogic technique that aids breath control and expansion in order to activate the life force of the body and attain a higher state of vibratory energy and awareness. This simple but highly effective breathing practice helps calm both body and mind. Concentrating on the breath distracts, focuses and clears the brain, allowing you to sit in meditation with greater ease.

## Sadhana Meditation

Sadhana, meaning 'spiritual practice' is a guided meditation to quiet the mind. Gentle yet powerful, it helps surface tensions and stress to subside, increasing calmness, clarity of mind and alertness. It also improves the mind/body connection, allowing you to tap into your deepest desires and stay aligned to your truth.

### Yoga Nidra

45 min

Yoga Nidra or 'yogic sleep' takes you into a state of deep inner awareness and higher consciousness. As you let go of your attachment to the physical world and travel inside, you release mental anxiety and reach a state of deep relaxation akin to the space between waking and sleeping.

### Kaya Sthairyam

45 min

This is an easy guided concentration practice, which focuses on the steadiness and stillness of the body and mind. Saturating the mind with body awareness allows the body to become more grounded and the mind more centred and aware.

### Vipassana Meditation

45 min

The word vipassana means 'seeing through, or to see things as they really are. This mindful breathing meditation is one of India's most ancient and is based on self-transformation through self-observation. It focuses on the deep interconnection between body, breath and mind and allows for a purification that aims to free your entire being from pain and suffering.

### Hawan

45 min

This ancient Fire Meditation, said to originate around 1500BC, combines fire and mantra chanting with deep symbolism to help fulfill a specific desire of an individual, family or society. Good for those with powerful intentions.

## Sathkarma Kriya

Classical Hatha yoga has six groups of purification techniques designed to create harmony between our physical and mental bodies. These techniques also help to balance the three doshas – Vata, Kapha and Pitta.

### JalNeti

45 min

A yogic technique to cleanse and purify nasal passages through the use of warm saline water, JalNeti helps to remove mucus and relieve muscular tension in the face. A great practice to take home and especially good for those with sinus issues.

### Kunjaj

45 min

A strong digestive cleanse which releases acidity and relaxes all the internal systems of the body. Warm saline water, drunk slowly, is used to remove excess mucus, undigested matter and bile through vomiting. It also helps to release pent-up emotions, or 'stomach knots'.

### Trataka / Candle Meditation

30 min

This powerful practice of intensely gazing at a burning candle helps to develop the power of concentration, balance the nervous system and clear the mind. Perhaps one of the most simple and comforting forms of meditation.

### Shankh Prakshalana

90 to 120 min

This deep digestive cleanse involves drinking warm saline water and then performing a series of stretching yoga postures, a process which is then repeated in rounds before a laxative effect is induced. Helps to cleanse the intestine and activate the digestive fire.

## Spa Timing & Guidelines

The spa is open from 9am to 9pm seven days a week. We ask you to arrive at least 15 minutes prior to your appointment.

We ask families to please respect the quiet zone around the spa, and appreciate your understanding that children under the age of 14 should not be using the spa pool.

We would recommend that you leave your valuables in your suite safe, as we cannot be held responsible for any losses.

At least six hours' notice is required to cancel an appointment. There is a 50% charge for cancellations within six hours. For cancellations within one hour of the treatment, the full cost will be charged.

All prices are in Indian Rupees and are subject to 10% service charge and applicable government tax.