



NIRA AMAYA
RETREATS

SPA MENU



**“Sarve Bhavantu Sukhinah
Sarve Santu Niraamaya...”**

“May all be happy, may all enjoy good health.”

The Niraamaya spa is your window to a world of pampering and well-being. Blending a range of traditional and contemporary therapies, Niraamaya curates and offers personalized health & wellness experiences that navigate the sensory and spiritual dimensions.

Traditional Ayurveda, Asian and contemporary International therapies await to rejuvenate your senses.

Welcome a new rejuvenated you.



SIGNATURE MESSAGES

The world of Niraamaya's signature therapies are designed to delight the senses and rejuvenate the soul. Unique therapies, designed to integrate the best from around the world.

SPICE MAGIC

This treatment is a harmonious integration of Indian and Western methodologies. Long, loopy movements using spice-infused aromatic blended oils, help channel metabolic toxins out of your system. Warm spice compresses help you attain the state of Niraamaya, 'an eternal sense of well-being'.

Duration: 90 min

Recommended for: Detox, physical stress and muscular tension

Oils: Yes

Pressure: Medium to firm

AROMAYA

A deeply relaxing holistic therapy, with gentle strokes that infuse aromatic essential oils to help calm and uplift you mentally.

Duration: 60 min

Recommended for: Relaxing and clarifying

Oils: Yes

Pressure: Medium

MAYOMAYA

A natural oil massage, with muscles massaged and kneaded with gliding strokes to ease tendons and knots. Helps improve blood circulation and melts tension.

Duration: 60 min

Recommended for: Stress and stiffness

Oils: Yes

Pressure: Firm to deep

DHADHUMAYA

Warm volcanic stones and skillful massage strokes relieve muscle tension, emotional stress and mental strain. This unique hand and stone massage therapy helps you attain complete relaxation.

Duration: 90 min

Recommended for: Emotional stress and mental tension

Oils: Yes

Pressure: Medium

THAIMAYA

Rhythmic Thai stretches, with pressure triggers along the body's energy lines, help improve flexibility and relieve muscle and joint tension. An oil-less massage, performed on a padded floor-mat, with the pressure matched to your physical abilities.

Duration: 60 min

Recommended for: Muscular tension

Oils: No

Pressure: Medium to firm



REFLEXMAYA

An ancient Chinese art based on specific manipulation, with pressure on reflex zones, to stimulate or sedate body systems - and promote total balance and sheer well-being.

Duration: 30 min / 60 min

Recommended for: Well being and relaxation

Oils/Cream: Yes

Pressure: Medium to firm

JET LAG REVIVER

A specific massage of the scalp, face, back and legs to relieve fatigue and muscle ache from a long flight. It promotes the re-distribution of fluids that may have accumulated in specific areas, and targets specific lymph nodes to relieve pressure, energize and 'ground' your body after you land.

Duration: 45 min

Recommended for: Recovery from the after-effects of travel

Oils: Yes

Pressure: Medium to firm

Niraamaya Spa recommends: Indian rose crystal whole body salt scrub followed by Vichy shower before the signature massages.



AYURVEDA MESSAGES

Soak-in an ancient tradition of holistic healing and health.
Discover the therapeutic effects of traditional Ayurvedic body
massages for overall well-being.

ABHYANGA SNANA

A blissfully rhythmic body massage with long, fluid strokes and warm medicated oils - facilitating circulation, and relieving fatigue and body aches.

Duration: 60 min

Recommended for: Anti-ageing, skin nourishment, vitality, detox and pain-relief

Oils: Yes

Pressure: Light to medium

ABHYANGA SNANA CLASSIC

A traditional massage with warm medicated oils, administered by two therapists with synchronized movements.

Duration: 60 min

Recommended for: Improving blood circulation and enhancing energy flow

Oils: Yes

Pressure: Medium

PADA-ABHYANGAM

A unique massage where the therapists use their feet to apply pressure to specific areas of the body, while holding onto a rope for support.

Advisable only for gentlemen without spinal problems

Duration: 60 min

Recommended for: Stimulating blood circulation, revitalizing and detox

Oils: Yes

Pressure: Firm to deep

JEEVANIYA SUSHUMNA

A specially designed massage technique, to de-stress and relax the muscular and skeletal tensions of the upper body.

Duration: 45 min

Recommended for: Relaxation, de-stressing and relief from aches and pains

Oils: Yes

Pressure: Light to medium

SHIRO MARDHANAM

A head and shoulder massage that improves blood circulation, balances the sensory organs, and rejuvenates the body.

Duration: 30 min

Recommended for: Rejuvenation and relaxation

Oils: Yes

Pressure: Light to medium

PADA MARDHANAM

A refreshing foot soak, followed by a soothing warm oil massage for the lower legs and feet, rounded off with a relaxing warm towel wipe-down.

Duration: 30 min

Recommended for: Easing fatigued and tired feet

Oils: Yes

Pressure: Medium

Niraamaya Spa recommends: Gharshanam, an Ayurvedic scrub and polish after a full body Ayurveda massage.





CLASSICAL AYURVEDIC THERAPIES

Ayurveda healing at its best, these time-honoured Ayurveda treatments focus on specific ailments in addition to relaxing and renewing mind and body.

SHIRODHARA

A relaxing therapy with lukewarm medicated oil, gently poured in an oscillating stream over the forehead. Well-known for diffusing mental tension and easing headaches, improving sleep, strengthening hair roots and preventing premature graying. It is also effective in countering jet lag.

Duration: 60 min

Recommended for: Easing mental tension, improving quality of sleep

Oils: Yes

Pressure: NA

PATHRA PINDA SWEDANAM / CHOORNA PINDA SWEDANAM

Warm oils are applied over the body, and warm linen pouches filled with herbs are applied on joints and muscles, to induce sweating. This fomentation therapy helps strengthen the joints, tone up the muscles, relieve pain and expel toxins.

Duration: 60 min

Recommended for: Easing pain and inflammation in joints, relieving stiffness, improving muscle tone

Oils: Yes

Pressure: NA

UPANAHA SWEDANAM*

A signature of Niraamaya Spa, with massages, herbal pastes and compresses, for sore muscles of the back and neck.

Duration: 60 min

Recommended for: A sore back

Oils: Yes

Pressure: Light to medium

*Requires 24 hours advance booking

UDWARTHANAM

A therapeutic procedure of scrubbing dry herbal powders on the skin to target subcutaneous fat deposits, reduce wrinkles, and help get rid of metabolic wastes. It makes the body firmer, reduces excessive perspiration and discolouration of the skin.

Duration: 60 min

Recommended for: Toning and weight reduction

Oils: No

Pressure: NA

PIZHICHIL

Streams of lukewarm medicated oil are gently massaged in by two therapists. Popular with the Maharajas of ancient India, it is soothing and relaxing. Rejuvenates the body, stimulates the nervous system and facilitates micro vascular circulation.

Duration: 60 min

Recommended for: The prevention of neurological and rheumatic problems

Oils: Yes

Pressure: NA



KATEE VASTHI

Warm medicated oil is placed on the back for a specified time.

Duration: 30 min

Recommended for: Lower back pain and spinal problems

Oils: Yes

Pressure: NA

NASYAM

A few drops of medicated oils or herbal extracts are introduced into the nostrils, after an oil massage for the face. It is followed by a massage around the nose and sinus areas.

Duration: 20 min

Recommended for: Sinus problems, congestion relief

Oils: Yes

Pressure: NA



AYURVEDA COMBINATION THERAPIES

A curated combination of Ayurveda massages and therapies, to maximize the benefits of a holistic healing experience, with a focus on deep relaxation.

NIRVANA

The ultimate stress buster, this therapy combines Abhyanga Snana and Shirodhara, virtually guaranteeing Nirvana - a state of complete mental and physical bliss.

Duration: 90 min

Recommended for: Relaxation, stress busting

Oils: Yes

Pressure: Light to medium

SANTHWANAM (the ideal stress buster for executives)

It combines Abhyanga Snana to ease physical stress, warm herbal compress on the back and spine to take care of aches and tensions, followed by Shirodhara to further aid the healing process.

Duration: 120 min

Recommended for: Work related back problems and relief from mental stress

Oils: Yes

Pressure: Light to medium

SHAREERA KANTHI*

This program is developed out of formulations from ancient Ayurveda tradition. The entire body is exfoliated with a herbal paste, and wrapped with a body pack of anti-oxidant rich tropical fruits. Papaya and banana infused with herbs ensure that your skin is taken care of. A special face-pack adds luster to the skin.

Duration: 90 min

Recommended for: Those who wish to keep their skin soft and supple

Oils: Yes

Pressure: NA





SKIN AND HAIR RITUALS

Pampering and indulgent therapies that use the goodness of essential oils, Ayurvedic herbs and botanicals for revitalizing skin and hair.

HYDRATING SEA SALT CRYSTAL ROSE SCRUB AND POLISH

A hydrating exfoliation treatment with Arabian Sea salt, sensual rose oils blended in a nourishing apricot, and almond oil base for glowing skin.

Duration: 45 min

Recommended for: Invigorated glowing skin

GARSHANAM – CLASSICAL AYURVEDA SCRUB AND POLISH

A 5000 year old Indian skin therapy, with traditional herbs and oils that bring alive the skin's natural vitality.

Duration: 45 min

Recommended for: Invigorated and recharged skin

WRAP WITH CHEMPAKA

Frangipani flowers, sandalwood powder, turmeric, and fennel seeds are soaked together and smeared over the body after a natural exfoliation.

Duration: 75 min

Recommended for: Nourished and revitalized glowing skin

AFTER - SUN SOOTHER

Pure aloe vera gel hydrates, soothes, cools, and promotes new cell growth.

Duration: 30 min

Recommended for: Treating sunburnt and weathered skin

KESHA KANTHI

This is a special treat for the hair and body. After a relaxing scalp massage using hair vitalizing oils, your head is wrapped with a herbal mix of traditional Ayurveda recipes to nourish the scalp and restore the natural shine and vitality of your hair.

Duration: 30 min

Recommended for: Healthy hair care





INVIGORATING BATHS

Indulgent traditional Indian baths or hydrotherapy to calm the senses and refresh the skin. These special baths can be combined with other body therapies for enhanced benefits.

CLASSICAL INDIAN ROSE BATH

After a head and foot massage, this aromatic bath replenishes your lost vitality, and leaves your skin feeling silky soft and delicately perfumed, after being soaked in a whirlpool infused with rose crystal bath-salts.

Duration: 60 min

Recommended for: Pampering tired skin

CHANDANA SNANA

Preceded by a head and foot massage and a steam, this bath uses a blend of sandalwood and vetiver, sourced from the tropical rainforests.

Duration: 60 min

Recommended for: Detoxifying and refreshing the skin and muscles

VICHY SHOWER MASSAGE

Vichy is a shower with multi-showerheads running parallel to a padded wet table. Relax under the cascade of water as it caresses your body.

Duration: 20 min

Recommended for: Blood circulation, skin hydration and soothing the nervous system





NIRAAMAYA SPA CELEBRATION THERAPIES

A combination of international signature therapies and massages, designed to create an exquisitely bespoke spa experience for life's special moments.

NIRAAMAYA INDULGENCE

You are pampered with a refreshing body polish to gently exfoliate, followed by relaxing under the warm gentle sprays of the Vichy shower, further followed by a deep and relaxing body massage. Enjoy an aromatic steam bath, and continue with one of the signature Niraamaya baths in a candle-lit atmosphere. Round it off with a facial to suit your skin type.

Duration: 3 hours 30 min

AROMA MIX

Start with a steam bath and body scrub to open and exfoliate your skin, and be treated to a body wrap and a complete Aroma massage.

Duration: 150 min

YIN YANG ROMANCE (COUPLE)

Indulgent romantic pampering in the privacy of a couple's spa suite. Enjoy an Aroma massage, followed by a steam and hydrobath in a whirlpool infused with rose bath salts.

Duration: 90 min





NIRAAMAYA WELLNESS DAY-OUT*

A day long spa sojourn, that allows you to immerse yourself in a flourish of wellness experiences – dawn to dusk, top to toe.

*Requires 24 hours advance booking

Please arrive on time at the specified venues for each session as advised by the Spa, to go through the wellness circuit in an unhurried manner.

*Requires 24 hours advance booking

Session 1

Sunrise Yoga – 60 min

Pranayama-meditation session – 30 min

Session 2

Nirvana – Stress relieving Ayurveda massage and oil therapy for the head – 90 min

Session 3

Wrap with Chempaka – 75 min

Reflexmaya – 30 min

Session 4 (Optional)

Astrological consultation and palm reading – 60 min

This schedule can be customized as per individual requirements

NIRAAMAYA MUKHALEPAM

Unique facial-care techniques and products, customized by Niraamaya to suit your skin type.

Duration: 60 min





AYURVEDA DESTINATION WELLNESS RETREATS*

Retreat into a world of authentic Ayurvedic traditions. Personalized to perfection, every destination retreat is a journey towards health and wellness.

*Requires 24 hours advance booking

The wellness retreats can also be combined with spa cuisine and yoga - please discuss your requirements with our wellness experts.

Short Stay: 2 TO 4 DAYS

Customize your retreat from a choice of below listed therapies. The retreat will include one 90-minute session a day for the duration of the retreat:

- Abhyangam
- Gharshanam
- Steam Bath
- Shiro Mardhanam
- Pathra Pinda Swedanam
- Shirodhara
- Udwarthanam
- Abhyanga Snana Classic
- Mukhalepam
- Steam bath

Daily Duration: 90 min

Long Stay: 5 TO 28 DAYS

These long stay programs are intensive Ayurveda programs, customized to individual requirements, based on a detailed consultation with our Ayurveda doctor. The duration of the retreat and treatment inclusions will be finalized during the consultation.

RELAX AND REJUVE PROGRAM - 'RASAYANA'

Ideal for enhancing immunity, and for rejuvenation. It is believed that Rasayana was the secret of the long lives of the sages of yore. This program keeps one in a state of "Niraamaya" – freedom from ailments.

Duration: 90 min daily. Minimum 5 days

'SLIM BODY' BY AYURVEDA

Ayurveda proves that losing weight is not about starving, but about balancing your fat metabolism. This package includes massages with special herbal powders, oils and medications. A specific diet and fitness Yoga are also prescribed. Usually available for 14 days upwards, for effective weight loss results.

Duration: 90 min daily. Minimum 14 days

BODY PURIFICATION AND DETOXIFICATION PROGRAM

Combat a modern day lifestyle and toxin accumulation with this detox therapy. This therapy also balances Vata, Pitta, and Kapha (the three bio-regulating energies according to Ayurveda).

Duration: 90 min daily. Minimum 14 days

AYURVEDA STRESS AND STRAIN BUSTER

Release stress and strain, and calm your mood with this package that combines different Ayurveda massages and therapies. Simultaneous practice of Yoga and meditation is advisable for enhanced benefits.

Duration: 90 min daily. Minimum 5 days

BONE AND JOINT CARE PROGRAM

This palliative program includes special treatments for pain and joint problems. The treatment includes traditional massages, application of warm medicated pouches, intensive oil therapies, medicated baths and internal medications.

Duration: 90 min daily. Minimum 7 days

NIRAAMAYA SPA ESSENCE OF WELLNESS

This program integrates Ayurveda with Oriental and European natural healing practices. Indulge in the luxury of a fine selection of spa experiences to manage stress, nurture your skin, enhance immunity, combat degenerative changes and slow down the ageing process.

Duration: 90 min daily. Minimum 5 days

VEDIC ASTROLOGY & PALM READING*

Vedic Astrology is an ancient Indian Science, which explains planetary motions and positions with respect to time and their effect on human beings and other entities on earth. With the assistance of an expert Astrologer, know your horoscope, get your palm read and understand the planetary effects in your personal and professional life.

Duration: 60 min



YOGA, MEDITATION & PRANAYAMA*

Welcome every precious moment of the day. Yoga and Meditation sessions timed in perfect settings – by the beach, on the rocks or at a grand pavilion, where the mind, body and soul align to an eternal balance. Private or in groups – with instructors in attendance.

*Please note that all private Yoga sessions require advance booking

SUNRISE YOGA

Greet the day with a series of sun salutations, to build strength and increase flexibility. Focusing on awareness of mind, body and spirit, the poses warm up and recharge the body.

Duration: 60 mins

Recommended for: Intermediate yoga practitioners

SUNSET YOGA

This is the practice of restorative yoga stretches, combined with breathing and relaxation techniques - conducted in the evening.

Duration: 60 min

Recommended for: Flexibility and stress release

YOGA SESSION FOR BEGINNERS

Our instructors introduce you to basic yoga poses and breathing techniques. This slow-paced class increases coordination, strength and flexibility.

Duration: 60 min

Recommended for: Relief from stiffness and yoga initiation

YOGA PACKAGES

One hour daily

BASIC YOGA PROGRAM – 3 DAYS

INTERMEDIATE YOGA PROGRAM – 5 / 7 DAYS

ADVANCED YOGA PROGRAM – 14 DAYS

MEDITATION

This combines meditative and yoga postures with relaxation techniques. Meditation trains your mind to focus, and keep you fixed in the present.

Duration: 60 min

Recommended for: Attention building

PRANAYAMA

A healing meditative practice with slow, intentional moves, that focus on breathing, relaxation and gentle stretching. As you unwind and slow down, peace floods over you, calming and soothing your spirits.

Duration: 60 min

Recommended for: Relaxation, inner peace

SPA ETIQUETTE

SPA RESERVATIONS:

For information on spa treatments and massages, dial 4.
Advance booking is recommended to secure your preferred time.
SPA OPENING HOURS: Daily 8 a.m. to 8 p.m.

TREATMENT

- Please arrive 10 minutes prior to your appointment to check-in and change.
- If you have a medical complication, you are advised to consult your doctor before signing up for a spa service.
- Certain medical conditions may preclude you from having spa treatments. Please notify the spa reception if you have any physical ailments, allergies or disabilities or you are taking any medication, or if you are pregnant before signing up for a spa service.
- Appropriate innerwear/disposable innerwear provided by the Spa must be worn for all body treatments.
- Male therapists will attend to male guests and female therapists will attend to female guests for all massages and therapies.

VALUABLES

We recommend that you do not bring jewellery and valuables to the spa. While we endeavor to look after your belongings, we do not assume liability for your valuables.

LATE ARRIVAL

Out of respect for other guests' reservations, should you be late for an appointment, you will receive the best treatment possible within the time remaining.

CANCELLATIONS

- Please allow a 12-hour cancellation notice to help us reschedule your appointments, subject to space availability at the Spa.
- 50% of the treatment price will be charged for cancellations made less than 3 hours prior to the appointment; 100% of the treatment will be charged for a 'no show'.

OTHER CONSIDERATIONS

- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Drink water before and after all treatments.
- May we mention that treatments at the Spa involves massages and pressure at various points on the body. We expect our patrons to be aware of their physiology before opting for any treatment
- To preserve the tranquil environment of the spa, and in consideration of other guests, we request you to switch off your mobile handsets and other electronic devices while you are inside the spa.
- We also request you to speak softly in the spa, as other treatments may be in progress.
- Use of spa therapies and facilities are limited to guests aged 16 years and above.
- Please remember that our Spa is a smoke and alcohol free zone. Guests under the influence of alcohol and drugs will not be allowed to use spa facilities.
- Spa Management reserves the right to ask a guest to leave the premises in case of non-adherence to the spa etiquette.



Niraamaya Retreats Kovalam is a member of



www.niraamaya.in