

A long, narrow wooden walkway leads through a spa courtyard. On either side are white buildings with large, open doorways. The courtyard is landscaped with tall grasses, small trees, and decorative cylindrical lanterns. The scene is captured in a soft, monochromatic tone.

S P A ALILA

# SPA ALILA

## Naturally from The Heart

Welcome to SPA Alila, a captivating haven where the convergence of indulgence and serenity unfolds in the lap of luxury amidst tropical surroundings. At Spa Alila, we are dedicated to guiding you toward a harmonious state of balance tailored to meet your individual needs. Discover the art of well-being through our thoughtfully curated menu, showcasing signature massages from Western to traditional Ayurveda treatments designed to surround you with luxury. From nurturing body wraps to invigorating scrubs revealing your radiant glow, each experience is tailored to elevate your spa journey. Our seasoned therapists bring forth their expertise, accompanied by naturally active products. We highly value your input, striving to co-create a new dimension in nurturing and divine pampering rituals.

At Spa Alila, you will not only witness but also feel the profound benefits in your outward appearance, inner peace, and an enriched sense of well-being. Let the journey to well-being commence, and may every moment be a testament to the art of pampering and self-discovery in our lush, tropical sanctuary. More than just a spa visit, it's an invitation to rejuvenate your body, soothe your soul, and elevate your spirit in the epitome of luxury.



## Spa Kitchen

Welcome to Spa Alila's exquisite Spa Kitchen, where the art of indulgence meets the science of natural wellness. Our contemporary space is meticulously designed to offer you a unique and personalized experience, starting with creating our own scrubs and wraps.

Our Spa Kitchen is not just a place where we craft exquisite treatments; it's a haven where you become an active participant in your rejuvenation journey. Step into a realm of sensory delight as you embark on the enchanting process of selecting the perfect oil for your massage.

Immerse yourself in the world of aromas as you navigate through our carefully curated selection of essential oils. Our commitment to all things natural extends to the core of our offerings, from the essential oils to the organic spa ingredients that harmonize with our treatment range.

For your massage experience, indulge in our pure blend of carrier massage oils, a luxurious fusion of virgin coconut, sweet almond, and olive oil. Our virgin coconut oil is a testament to purity, crafted through a meticulous process of shredding fresh coconuts, cold-pressing to extract coconut milk, fermenting, and finally separating and filtering. This unrefined masterpiece not only boasts an extended shelf life but also offers natural antioxidant properties, making it an ideal choice for moisturizing and conditioning your skin.

Sweet almond oil, revered in naturopathy as the queen of all carrier oils, is a key component of our blend. Scent-free and rich in minerals, antioxidants, proteins, and vitamins D and E, sweet almond oil provides remedial benefits for itching, inflammation, and dryness. It serves as the perfect canvas for aromatherapy essential oils, allowing you to fully immerse yourself in the therapeutic benefits of our carefully chosen scents.

At Spa Alila, your journey to rejuvenation begins in our Spa Kitchen, where the magic of aroma and the purity of natural ingredients come together to create an unparalleled spa experience. Select your oil, unwind, and let the essence of luxury and well-being envelop you in a world of sensory bliss.





## Signature Massage

### **Cocolicious**

This sensory experience has been carefully crafted with the finest Balinese massage techniques and holistic massage's energy flow. The journey starts with a calming foot ritual, followed by healing techniques. Relax in the skilled hands of our therapist as they perform a coconut scrub to soften and hydrate your skin and a soothing massage to complete the experience.

## Signature Treatments

Spa Alila takes a unique approach that acknowledges your individuality. We offer you the flexibility to tailor treatments to your personal needs and preferences, in consultation with our skilled therapists. Using the following packaged treatments as a guide, you can immerse yourself in the joy and freedom of creating your very own spa experience by choosing from a selection of interchangeable products and treatment enhancers.

### **Aloe Glow**

Indulge in a soothing treatment designed to hydrate and rejuvenate damaged or lackluster skin. This indulgent therapy begins with our signature foot bath, followed by your choice of a 60-minute Balinese or Swedish massage. Next, enjoy the revitalizing benefits of an aloe vera and coconut scrub, complemented by a deeply nourishing clay and aloe body wrap. This treatment not only cools the body but also imparts a divine glow to your skin. Depending on your skin's condition, you can opt for a herbal steam session to enhance your experience.

140 min

### **Skinny Moccocino**

Experience a unique blend of cedarwood and rose essential oils combined with raw sugar, which effectively removes dead skin cells and tones the skin, leaving it soft and purified. A coffee and cocoa full-body mask follows, with caffeine drawing out impurities and tightening the skin, while the cocoa, rich in antioxidants, provides an exceptional anti-ageing effect by nourishing the skin. This comprehensive treatment includes our signature foot bath, a choice of a 60-minute Balinese or Swedish Massage, and a herbal steam session.

Duration: 140 minutes

## Massage

At Spa Alila, we harness the benefits of a variety of Asian and European massage techniques, all of which can be tailored to meet your individual wellness needs. Allow our spa hosts to assist you in selecting the most suitable massage therapy and products for your specific condition.

### **Balinese Massage**

Experience the dissolution of tension through this ancient Balinese healing therapy, which incorporates gentle stretching, long Balinese strokes, and skin rolling to alleviate muscle pain. Techniques involving palm and thumb pressure are also employed to release deep-seated stress and enhance blood circulation.

60 min | 90 min

### **Therapeutic Massage**

Embark on a complete body awakening journey with a fusion of therapeutic massage techniques, employing fluid strokes of varying depths and intensity. Long therapeutic strokes enhance lymphatic drainage and circulation, while deep tissue techniques target muscular tension and stiffness. Acupressure points are utilized for specific stimulation, and Thai movements introduce stretching to enhance mobility.

90 min

### **Reflexology**

Grounded in the belief that energy flows freely throughout a healthy body, reflexology identifies reflex areas on the feet corresponding to major organs. Relax as your therapist applies varying degrees of pressure to specific points on the feet using their thumb and fingers, unblocking energy flow and encouraging the body's natural healing process from within.

60 min

### **Swedish Massage**

Utilizing fundamental techniques, including long gliding effleurage and petrissage strokes, this treatment promotes improved blood circulation and the elimination of toxins from the body. Always moving towards the heart, our therapists design sessions that induce physical and emotional relaxation.

60 min | 90 min

### **Warm Stone**

The therapeutic potency of touch meets the earth's energy in this muscle-relaxing massage. Following our signature foot bath, smooth heated river stones are employed in rhythmic, flowing strokes across the body, melting away tension and soothing emotions. These stones are also strategically placed on various energy points to awaken the body's innate healing potential.

90 min

## Signature Body Scrubs and Wraps

Select from a range of interchangeable products that best align with your specific needs.

### Scrubs

Revive and Renew – coffee, sugar and oil

Comfort and Cleansing – coconut and lemongrass

Lightening and Brightening – papaya, sugar and aloe-vera

Ayurvedic – green gram, sandalwood, turmeric and honey.

### Wraps

Soothing – seaweed and aloe-vera

Toning – cocoa, coffee and clay

Detoxifying – red clay and manjistha

Glowing – papaya, lime and sandalwood

Ayurvedic – fuller earth, turmeric and manjistha

## Treatment Enhancers

### Massage

Any one of the below mentioned areas:

Stimulating Scalp / Back / Foot / Hand / Arms / Neck / Shoulders

15 min | 30 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-Abhyangam**

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 head massage.

30 min

### **Pada-Abhyangam**

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| 90mins

### **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| 90min

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





## Ayurveda

### **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 improves circulation leaving the skin hydrated and glowing.  
60 min

### **Podikizi**

Podikizi is one of the most common and effective Ayurvedic therapy involving full body massage (or the affected part) using kizhis (poultice) with a mixture of herbs, dipped in medicated oils. It is effective in treating neuro-muscular diseases, bringing back the natural body balance.  
60mins

## 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)**

Sun Salutation is performed in a set of 12 asanas (postures) 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

### **Pranayama (Breathing Exercise)**

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breathe and hold. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins.

30min

## 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 beneficial.

### **Medical Concerns**

First timers need to undergo a consultation prior to the treatment to provide you with the best possible experience. Please consult with your 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.

### **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 refreshing teas before & after 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**

We hope that you do not have to cancel your appointment. To avoid being charged, please honor our three-hour advance notice clause. Cancellations made within three hours notice will be subject to 50% charge. We regret that a full payment will be imposed on a 'no-show' situation.

## Spa Menu

### Signature Massage

Cocolicious 6500  
90min

### Signature Treatments

Aloe Glow 9000  
140 min

Skinny 9000  
Moccocino 140 min

### Massages

Swedish Massage 4200 | 5500  
60 min | 90min

Balinese Massage 4500 | 5800  
60 min | 90min

Reflexology 4100  
60 min

Therapeutic Massage 5800  
90 min

Warm Stone 5800  
90 min

### Body Scrubs and Wraps

Body Scrubs 3500  
30min

Body Wraps 3500  
30min

### Treatment Enhancers

Massage 1500 | 2500  
15 min | 30 min

### Ayurveda

Shiro Abhyangam 2500  
30 min

Pada Abhyangam 2500  
30 min

Uzhichill 4200  
60 min

Ayurvedic Rejuvenating Massage 4300 | 5500  
60 min | 90min

Shirodhara 5500 | 7000  
60 min | 90min

Udwartanam 4400  
60 min

Podikizi 5500  
60min

### Yoga

Ashtanga Yoga private sessions 2000  
60 min

Surya Namaskar (Sun Salutation) 1000  
30 min

Pranayama (Breathing Exercise) 1000  
30min

Prior booking is advised. Packages can be customized as per your requirement.

All prices are in Indian rupees and exclude applicable government taxes. We levy an optional service charge that is distributed among our colleagues.

Please let us know if you would like to opt out of this charge.

## Salon Menu

### Hair Care

Short Hair Cut (Ladies)	1,500
Long Hair Cut (Ladies)	2,000
Root Touch-up	2,000
Blow Dry	1,500
Hair Wash	700
Styling With Rollers	2,500
Ironing	1,500
Hair Cut With Wash (Men)	1,000
Men Hair Styling	1,500
Hair Cut (Men)	800
Shaving	500
Beard Trimming	500
Balinese Cream Bath	4200
Ayurvedic Hair Cream Bath	4200

### Bleaching

Face	1,200
Full Arms	2,000
Back	3,000
Full Body	5,000

### Threading

Face	700
Eyebrows	300
Upper Lip / Chin	200

### Waxing

Full Arms	1,000
Full Legs	1,500
Full Back	3,000
Full Body	6,000
Bikini	2,000
Face	1,000
Under Arms	500

### Hands & Feet

Royal Manicure or Pedicure	2,300
French Manicure or Pedicure	2,500
Nail cut and file	600
Winter Package (Hair Wash & Cut + Face Pack + Waxing-Arms & Legs + Threading)	5,000
Mehendi (One hand)	1,500
Nail Color Re-application	500

### Skin Care

Aroma Facial	3,900
Ayurvedic Facial	3,900

### MAKE-UP & STYLING

Make-Up	2500
Hair Styling	2000
Make-up & Hair Styling	3500
Make-up, Hair Styling & Saree Draping	3800
Saree Draping	800

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### Contact

Alila Diwa Goa

48/10 Adao Waddo

Majorda, Salcette, Goa

Phone +918326951234

Mobile +919049997529

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

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