

A black and white photograph of a spa treatment room. The room features two massage tables covered with towels, positioned in the foreground and middle ground. Two hanging lamps with metal frames and glass shades are suspended from the ceiling. The ceiling has exposed wooden beams. In the background, there is a window with a grid pattern and a cushioned bench. The overall atmosphere is serene and professional.

S P A A L I L A

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WELLNESS

Spa Alila at Fort Bishangarh offers guests a unique and customised spa experience in an opulent and authentic environment. A variety of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive spa hosts.

Spa Alila fervently believes in using only natural products for spa therapies and all products are handmade using pure and natural ingredients. The charming interiors, warm ambient lighting along with the soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa menu offers the finest Ayurveda therapy techniques and showcases Spa Alila's selection of natural active ingredients. Guests can choose from a wide range of therapeutic massages and beauty rituals. These include deep tissue relaxing, nurturing and a special pregnancy massage for expectant mothers. Moreover, custom spa treatments include Ayurvedic facials, body scrubs, nourishing wraps. The spaces are dedicated to devoting Ayurvedic services where our therapists express their expertise backed by local rituals of this 5000-year-old healing tradition. Spa Alila also takes pride in its nurturing techniques passed down for generations but rarely practised in today's spa treatments.

SPA ALILA TREATMENT MENU

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists ensure you get the best of our extensive naturally active products and create a divine environment of nurturing and pampering the mind and body. Enjoy a blissful spa experience as you surrender to the mystical powers of the therapeutic spa sessions uplifting your appearance, your spirit and your overall sense of well-being.

Let's step into our sanctuary enriched with luxurious services.

FACE THERAPIES

Purifying Treatment

With specialised products and techniques, our deeply purifying treatment is designed to transform your skin with the best reparative properties. The ultimate facial indulgence is tailored to your skin's needs, to detoxify, cleanse and nourish the skin by eliminating dead cells and leaving your face pure, hydrated, and toned.

60 min | 6,000

Brightening Treatment

A highly effective massage performed at a stimulating pace with brightening ingredients, this is the go-to treatment for dull or stressed skin. This elaborate session provides a long-lasting sense of well-being to the skin, revealing an extremely radiant and even complexion.

90 min | 10,000

Hydrating Treatment

This restorative treatment returns moisture to your skin, making it look dewy, glowing, and healthy and is an excellent, revitalising facial for those experiencing dehydration, dryness, and irritation.

90 min | 9,000

Firming Treatment

This treatment uses a sequence of timeless anti-ageing and lifting techniques repair the skin and significantly reduce signs of ageing. Packed with highly effective natural ingredients, the session helps soften and soothe the skin, reinforcing it to combat stressors and irritants. This quintessential, luxurious to facial and eye treatment is designed to preserve the youthfulness and health of the skin.

90 min | 9,000



BODY THERAPIES

Rooted in Ayurveda, each of our treatments are aimed at restoring the optimal balance to your body. The experience is enhanced by singing bowls and chants that soothe the senses and tune your energy into harmony.

Neck And Back

In this session, we tackle persisting strains in your neck and back regions by using Ayurvedic potlis to relax sore spots, one at a time. These potlis take you on a relaxing journey as each knot slowly unties and lightens up all the stress in your back and neck.

30 min | 3,500

Head Massage

This traditional head massage experience eases muscle tension in the neck, head scalp and shoulders, it also aids in the elimination of toxins by stimulating blood circulation, improving energy flow and leaving our guests in a state of deep relaxation.

30 min | 3,500

Exfoliation

A highly-effective all-natural scrub removes dead skin cells, while essential nutrients penetrate into the skin. This relaxing ritual is a great remedy to rejuvenate your senses. Cleansing and detoxifying by stimulating the lymphatic system, improving blood circulation, reducing water retention, and removing toxins.

45 min | 5,500

BODY THERAPIES

Marma Body Treatment

Marma points are junctures where two or more types of tissues meet, such as muscles, veins, ligaments, bones and joints. According to Ayurveda, there are 107 Marma points or "doorways" into the body and consciousness. In this treatment, a methodical and light stimulation of these Marma points will eliminate blockages and induce physical and psychological relaxation and strength.

45 min | 5,500

Foot Reflexology

Beginning with a rich soak for your feet and purifying scrub, this treatment includes a massage that uses pressure point techniques to offer relief to your weary soles. This in turn can effectively ease stress and tension and improve blood circulation.

30 min | 3,500

Abhyanga

The description will be - The Abhyanga Treatment involves specially formulated warmed herbal oil massage that pacifies, nourishes and revitalizes the three doshas or 'bio energies' within the body. This, in turn encourages the release of toxins from deep within.

60 min | 7000

90 min | 9000

Potli Massage

Potli Massage or Choornaswedna is a bundle massage. In this process, the entire body is subjected to exude profusely with medicated powder made in to a bundle after oil application. This relieves neurological disorders, rheumatism, arthritis and sports injuries.

60 min | 7000

90 min | 9000

BODY THERAPIES

The Detoxifier

This treatment employs a diverse blend of techniques from around the world to maximise the purification of your body, from head to toe. Your therapist carefully formulates the ideal combination of a targeted massage and a warm herbal compress on your neck and back to uniquely suit your body's needs by eliminating toxins and blockages.

60 min | 7,000
Couple | 14,000
90 min | 9,000
Couple | 18,000

Deep Relaxation

This therapy combines a mix of gentle strokes and calming oils to take you to a state of deep relaxation. Curated to cocoon your body in the healing properties of our signature products and emerge refreshed, the Deep Relaxation session will truly rejuvenate your mind and body!

60 min | 6,000
Couple | 12,000
90 min | 8,000
Couple | 16,000

SIGNATURE THERAPIES

Shirodhara

Our Shirodhara treatment combines two of the most popular treatments available at the spa: The Abhyanga Treatment involves specially formulated warmed herbal oil massage that pacifies, nourishes and revitalises the three doshas or 'bioenergies' within the body. This, in turn, encourages the release of toxins from deep within. The Shirodhara Oil treatment involves 2 litres of specially formulated liquid being poured over the forehead and 'third eye' in a constant and gentle stream. This exceptional experience has a profoundly balancing effect on the brain while stimulating the nervous system. Liquids used here include medicated and relaxing herbal oil. A combination of these two potent treatments helps connect the body and mind at a deeper level while removing toxins, increasing circulation and completely relaxing the muscles.

90 min | 15,000

We Spa

Dive into a world of bliss with a rejuvenating full-body spa treatment for 90 minutes, followed by a 60 minutes tailored bath session. A bottle of sparkling wine and cheese awaits you after a calming spa session.

Couple | 150 min | 35,000

Exclusive of Wine & Cheese | 150 min | 22,000

SIGNATURE THERAPIES

The Rejuvenator

Commencing with a gentle exfoliation and a warm compress, this treatment is followed by a profoundly stimulating full-body massage. The nourishing head-to-toe mask replenishes and promotes the regeneration of the skin, leaving it healthier with an improved tone and texture. The therapeutic session finishes with the application of a calming moisturizer that seals in all the nutrients. Additionally, a singing bowl, placed near your root chakra, nurtures a refreshed state of mind as you emerge from your experience.

150 min | 22,000

SPA ETIQUETTE

Arrival

Early arrival ensures you get enough time to prep before the spa. Guests are requested to arrive at least 15 minutes before their treatment is scheduled. A late arrival would simply lead to less spa time.

Cancellation

100% retention for cancellation within 8 hours of the appointment.

Spa Attire

Guests are requested to wear comfortable attire. Robes and disposable undergarment will be provided by the spa.

Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment. Although this is not essential but definitely beneficial for the treatment.

Mother-to-be

Spa Alila has its very own blend of “Mother-to-be” massage oil and modified therapeutic treatments especially for expecting mums.

Allergies

Our spa concierge will ask you regarding any health related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

Products

All products used throughout Spa Alila are 100% natural, free from synthetic preservatives and additives.

Suggestion

Guests are requested to avail 7 minutes steam before the treatment. This will help in better absorption of the herbal oil during the treatment..

Contact

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