



MAYA HEALTH and WELLNESS SPA
'Relax, Rejuvenate and Restore'

Mystical and magical, 'Maya' means the ability to transform an illusion into reality. Maya, our health and wellness spa ventures to realise this reality. It uses varied time-tested, revitalising, holistic therapies of the Ayurvedic, Western and Oriental systems of healing and rejuvenation. A sensual treat to tranquilise the entire being, it heals the mind and the body, eliminating the effects of illness, ageing and stress. It is an experience your whole being will thank you for.

THE AYURVEDA SPA

MASSAGES

Rejuvenation Massage

Full-body massage using warm medicated oils improves circulation, relieves fatigue and related body aches and nourishes the skin.

Oils: Yes; Pressure: Light to medium 45 / 60 / 90 minutes

2500 / 3000 / 4000 INR

Marma Massage

A traditional Kerala Ayurvedic full-body massage that stimulates the vital energy points of the body, refreshing it by releasing the blockages in the energy flow.

Oils: Yes; Pressure: Light to firm 60 / 90 minutes

3000 / 4000 INR

Abhyangam

A full-body therapeutic Ayurvedic massage using warm dosha-specific oils that revitalise body tissues by flushing out toxins.

Oils: Yes; Pressure: Light to medium 75 minutes

3500 INR

Synchronised Abhyangam

This traditional Abhyangam harmonises the vital energy flow to the body, reinforces flexibility of the joints and enhances circulation.

Oils: Yes; Pressure: Light to medium 60 minutes

4500 INR

Swastha Massage

A traditional oil massage that helps the body to deal with physical stress and fatigue, giving a feeling of overall well-being.

Oils: Yes; Pressure: Light to medium 45 minutes

2000 INR

Ayurveda Back Massage

A therapeutic massage that uses selected oils and enhances blood circulation, eases muscular pain and relaxes the muscles of the neck, back and shoulders.

Oils: Yes; Pressure: Light to medium 30 minutes

2000 INR

Indian Head Massage

A deeply relaxing head massage that releases stress accumulated in the scalp, neck and shoulders leaving behind a feeling of revitalisation.

Oils: Yes; Pressure: Light to medium. 30 minutes

2000 INR

Facial Massage

Refreshing face massage using oils or creams that suit your facial skin type. It stimulates blood circulation to your face making it relaxed and toned up.

Oils: Yes; Pressure: Light to medium. 30 minutes

1500 INR

Neck and Shoulder Care massage

A stimulating warm oil massage for the neck and shoulders to ease muscular pain and tension caused by stress and incorrect sitting posture.

Oils: Yes; Pressure: Light to medium. 30 minutes

2000 INR

Foot Care Massage

Addresses fatigue, improper circulation and dryness in the soles, feet and legs with its refreshing foot soak, warm oil massage and warm towel wipes.

Oils: Yes; Pressure: Light to medium. 30 minutes

2000 INR

THERAPIES

Shirodhara

Shirodhara is a relaxation and de-stressing therapy which involves pouring of warm, medicated oil over the forehead after an oil massage for the head and oil application for the body.

Oils: Yes; Pressure: Light to medium. 60 / 30 minutes

4500 / 2500 INR

Choorna Swedanam / Patra Podala Swedanam

A healing fomenting therapy for orthopaedic ailments and pain, it provides relief through the liberal application of medicated oils in small linen pouches all over the body. (Advisable as a course of treatments (3, 5 or 7 days) for considerable relief of symptoms.) The therapy is done in seven different body positions according to your comfort level. Option with 1 or 2 therapists. 60 minutes

3000 (1 therapist) /4500 (2 therapists) INR

Back and Spine Care treatment

An Ayurveda therapy using selected oils and medicinal herbs to ease muscular pain and stiffness of the spine, back, neck and shoulders.

Oils: Yes; Pressure: Light to medium 60 / 30 minutes

3000 / 2000 INR

Njavara Kizhi

A rejuvenation therapy that involves applying warm poultices of Njavara rice cooked in herbal decoction and milk on the body. It enhances the complexion, strengthens muscles, stimulates the nervous system and relieves joint stiffness.

* Requires 24 hours advance booking. 60 minutes

5500 INR

Pizhichil – Medicinal Oil Bath

Involves a soft body massage while subjecting the body to streams of lukewarm medicated oil. It helps in preventing neurological and rheumatic complaints and relieves muscular spasms.

Oils: Yes; Pressure: Light and gentle 60 minutes

6000 INR

Udwarthanam

A therapy to fight obesity where warmed dry herbal powders are scrubbed vigorously on the skin to melt away sub-cutaneous fat. Also invigorates the skin through exfoliation.

Oils: No; Pressure: Light to medium. 45 minutes

3000 INR

Nasyam

Herbal extracts or oils introduced into the nostrils and a massage around the sinus areas helps flush out sinuses and relieve sinus-related congestion and headaches. 30 minutes

1500 INR

Kateevasti

Warm medicated oil kept within a herbal paste boundary around the lumbo-sacral spine relieves lumbo-sacral pain by easing out related muscular spasms and inflammation. 30 minutes

2000 INR

SKIN CARE

BODY WRAPS

Tropical Fruit Wrap

A gentle exfoliation and an exotic body pack of farm fresh, anti-oxidant rich, tropical fruits like papaya, banana and oranges mixed with Ayurvedic herbs ensures your skin stays soft and supple. Suitable for all skin types.

60 minutes

3500 INR

Himalayan Salt Scrub and Chandan Pack

A body scrub using organic Himalayan salts followed by an aromatic sandalwood pack giving your skin a youthful glow and toned look. Suitable for all skin types. 90 minutes

5500 INR

BODY POLISHES & UBTANS

Reviving Salt Body Polish

Cold pressed oils and natural sea salts are blended with essential oils and herbs for gentle exfoliation that leaves the skin smooth and radiant. Suitable for all skin types. 45 minutes

Balancing Sugar Body Polish

Cane sugar, coconut, cold pressed and essential oils gently exfoliate, nourish and revitalise dry skin.

45 minutes

2500 INR

FACIALS

Vetiver Facial

Blended with the goodness of wheatgerm oil, it provides facial skin with the essential nutrients for rejuvenation and toning. Suitable for all skin types. 60 minutes

2500 INR

3000 INR

Neem Facial

Neem, combined with the wonderful benefits of green tea gives a nourished matte tone to the skin. Suitable for normal to oily skin. *60 minutes*

3000 INR

Sandalwood Facial

Sandalwood in combination with honey helps in moisture balance, micro circulation and deep cleansing leaving the skin healthy and radiant. Suitable for dry to normal skin. *60 minutes*

3000 INR

Papaya Facial

Rich in antioxidants, fresh papaya refreshes and hydrates skin leaving it with a nourished, radiant look. Suitable for all skin types. *60 minutes*

3000 INR

MAYA SIGNATURE PACKAGES

Nirvana

A full-body Ayurveda massage followed by a Shirodhara is the perfect de-stressing remedy for your body, mind and the senses. *90 minutes*

5500 INR

Floral Indulgence - Ayurveda

A full-body massage using Ayurveda herbal oils and a floral bath in a private Jacuzzi along with the aroma of roses. Also available for Couples. *60 minutes*

4000 / 7500 INR

Maya Spa Essentials

It combines a gentle exfoliation for your body depending on your skin type, footbath and a relaxing Ayurveda body massage. And a soothing foot massage. *120 minutes*

6000 INR

Maya Hand and Foot Affair

This affair includes massages for the hands and feet with emollient creams, an invigorating foot soak and foot scrub leaving your feet soft, toned and revitalised. *60 minutes*

3000 INR

Maya Hair and Scalp Care

A preventive care spa therapy for hair and scalp which includes an oil massage for the head followed by a soothing Ayurvedic herbal pack. *60 minutes*

3000 INR

Maya Seduction (Couples)

A couple's delight, it includes an exfoliating foot bath, a refreshing body polish and a full-body massage complete with a romantic floral bath. Also an herbal facial depending on your skin type!

Also available individually. 180 minutes

16000 / 8500 (Single) INR

THE WESTERN SPA

MASSAGES

Swedish Massage

A firm, yet gentle European massage which improves circulation, eases muscle aches and tension.

Oils: Yes; Pressure: Medium 60 / 90 minutes

4000 / 6000 INR

Balinese Massage

With a unique blend of acupressure, reflexology and aromatic essential oils, the massage uses a variety of holistic massage techniques in calming nerves and healing the body.

Oils: Yes; Pressure: Medium to firm. 60 / 90 minutes

4000 / 6000 INR

Deep Tissue Massage

The massage releases chronic muscle tension from the deeper layers of the muscle tissue greatly enhancing blood circulation.

Oils: Yes; Pressure: Medium to deep. 60 / 90 minutes

4000 / 6000 INR

Aroma Therapy Massage

This is a unique therapy that combines plant-derived aromatic essential oils with a soft relaxing massage for a calming and energising effect.

Oils: yes; Pressure: Light & gentle. 60 minutes

4000 INR

Maya Fusion Massage

This soothing body massage uses a combination of popular western techniques designed to drain away the stress and strain of everyday life.

Oils: Yes; Pressure: Medium to firm. 45 minutes

2500 INR

Back Massage

A variety of massage techniques are used to release the knotted muscles across the spine and back thus providing relief from aches and tension.

Oils: Yes; Pressure: Medium to deep. 30 minutes

2000 INR

Scalp Massage

A deep scalp massage using the pressure point technique. Boosts the strength of the hair roots while the oil conditions hair, providing lustre and shine.

Oils: Yes; Pressure: Medium to deep. 30 minutes

2000 INR

Foot Reflexology

Reflexology involves massaging the pressure points on your feet which correspond to a part of the body. Specific manipulation and pressure on these points eliminates blockages in the corresponding organs, glands and other parts of the body.

Oils: Yes; Pressure: Medium to deep. 30 / 60 minutes

2500 / 4000 INR

FACIALS

Facial for dry or dehydrated skin

Replenishes the vitality of dry skin by maintaining the moisture level. Nourishes and tones, leaving the skin soft, supple and well-hydrated. *60 minutes*

4000 INR

Facial for normal to combination skin

A facial for combination skin that normalises that oily T-Zone while combating dehydration.

60 minutes

4000 INR

Facial for oily skin

Carefully selected natural extracts in light, textured, non-greasy formulations ensure a matte, shine-free, refined complexion with unclogged pores. *60 minutes*

4000 INR

Myoxy Caviar' & Pearl

This anti-ageing treatment is a blend of Caviar extract, Pearl extract and phyto-extracts which increase skin oxygenation and suppleness, visibly reducing facial lines and wrinkles. *90 minutes*

6000 INR

Skin Fit Mask Treatment (Men)

This specifically-formulated-for-men skin mask counteracts the ageing process with its rejuvenating Caviar and repairing freeze-dried Esculox.

We recommend that men shave a few hours prior to their facial appointment. 90 minutes

6000 INR

Luminous 'C' & Sea Mask

This potent blend of stabilised vitamin 'C' and a specialised formulation of freeze-dried Seaweed gives a firm and smooth complexion with a luminous glow. *75 minutes*

5000 INR

Plantomer Mask

This refreshing lift-off mask combines the hydrating benefits of Seaweed with Propolis, a natural healing and desensitising substance to soothe, nourish and augment your skin's texture. *75 minutes*

4500 INR

Sensitive Facial

French rose essential oil, chamomile and allantoin restore the skin's hypersensitivity and defenses.

60 minutes

4000 INR

SKIN CARE

BODY SCRUBS

Silky Skin Body Scrub

This unique body scrub carefully deep cleanses and exfoliates to eliminate dead skin cells, skin-bound toxins, impurities and sebum accumulation. Recommended for all skin types. *45 minutes*

2800 INR

De Aging Salt Mousse Scrub

The salt mousse scrub with sea minerals and fruit enzymes removes dead skin cells resulting in a more radiant appearance. *Suits all skin types. 45 minutes*

2800 INR

BODY WRAPS

Green Coffee Body Wrap

This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. *90 minutes*

5000 INR

Aromatic Moor Mud Wrap

Soothes sore muscles, aches and pains by stimulating your body's circulation. Ideal for those prone to chronic pain or fatigue, rheumatism / arthritis pain and post sports injuries. *90 minutes*

5000 INR

Moroccan Cocoon with Rassoul Body Wrap

Volcanic ash, historically recognised as a purifying paste for skin cleansing and moisture retention is used alongside warm purifying mud for a gentle exfoliation and delightful rejuvenation. *90 minutes*

5000 INR

Water Lilly Body Wrap after Sun soothing Treatment

Cooling and desensitising water lilies, green tea and chamomile relieve the discomfort of skin over-exposed to the sun. *60 minutes*

4000 INR

Rejuvenating Eye Treatment

This specialised treatment fights wrinkles, reduces dark circles and relieves puffiness making eyes refreshed and radiant. *30 minutes*

1500 INR

Hydrotherapy

Combines the herbo-mineral and thermal aspects to the healing power of water as you soak in a hydro bath-tub with water jet streams. Stimulates sensory receptors on the skin, boosts blood circulation and releases muscle tension. *30 minutes*

6000 INR

Thalassotherapy

A warm, soaking bath with micronised seaweed to eliminate toxins and revitalise your body after a deep cleansing body exfoliation. *90 minutes*

5000 INR

Balneootherapy

Aromatic body polish followed by a warm soaking bath with natural moor mud to alleviate aches and pains. *90 minutes*

5000 INR

Hydro Bath

A warm, soaking bath in a hydrotherapy tub with a choice of micronised seaweed or natural moor mud after any of our body massages or skin treatments. *30 minutes*

2000 INR

Vichy Shower

A cascade of water hitting your body through gentle sprays of Vichy shower (a shower with seven shower heads) energises your body chakras, eases muscle tension, cleanses and hydrates. *(It can easily be enjoyed separately or following any body massages or skin treatments for a complete Spa experience.)*

15 minutes

1000 INR

Maya Signature Packages

Romantic Getaway, the Spa Way (Couple)

Experience a couple package that consists of a refreshing body scrub of your choice, a hydrating body wrap, a massage of your choice from the Western spa menu and finally a romantic floral bath in the Jacuzzi with the aroma of fresh roses.

You can opt for a 60 minute facial instead of the body wrap. 180 minutes

21000 / 10000 (Single) INR

Cloud 9 Massage

Lying on a Nuvola, a dry, floatation water bed after a relaxing full-body massage with a special lighting system creating a sequence of colours, provides deep relaxation and healing. *90 minutes*

6000 INR

Couple Massage

An hour's massage of your choice from the Western Spa menu together in the privacy of a candle-lit couple's spa suite with soothing music. It ends with a head or foot massage and a floral bath in the private Jacuzzi.

Oils: Yes; Pressure: Light, medium to deep . 75 minutes

10000 INR

Floral Indulgence

Choice of Western or Oriental full-body massage drains away stress and calms your body and senses. Ends in a floral bath in a private Jacuzzi. 60 minutes

5000 INR

Maya Pampering Treat

Soothing body massage with aromatic oils follows a relaxing body palming and a back massage with warmed stones to ease the deeply tensed muscles. 90 minutes

6000 INR

Maya Spa Sensation

Starts with a refreshing body scrub of your choice and relaxing under the gentle sprays of Vichy shower. Ends with a deeply relaxing body massage. 120 minutes

7500 INR

Maya Spa Day Out Revival

Relax, unwind and enjoy a day of pampering at the Maya Spa and it will leave you feeling fresh, calm, rejuvenated and beautiful. The menu has been carefully designed to offer an ultimate Spa revival experience for your body, mind and soul.

The day-out includes the following Spa therapies along with one session of personalised basic Yoga and Meditation (60 min).

We request you to adhere to the specific timings for each session as advised by the Spa to fully enjoy the whole experience in a relaxed manner spaced through the day.

17500 INR

Session 1

Maya Hand and Foot Affair – 30 min

Shirodhara 30 min OR Back Massage – 30 min

Session 2

Choice of Body scrub – 45 min

Vichy shower – 15 min

Choice of Body massage – 60 min

Floral bath in a private Jacuzzi

Session 3

Maya Hair and Scalp Care – 45 min

Choice of Facial – 60 min

Above prices are subject to 10.3% service tax and 12.5% luxury tax

The Hotel is not responsible for

Any damages or injuries that might occur on the premises of The Maya Spa

Any injuries that might occur during or after the treatment;

Any loss or damages to personal property in- or outside the premises.

Smoking is not allowed inside the Spa;

Please "turn-down" your mobile phone during your visit

Please abstain from making any loud noise or conversation/s, as other treatments may be in progress.

The Spa & Gymnasium is an adult oriented atmosphere. We do not allow access to children under the age of 16. A parent or guardian must be present or give signed consent for any treatments given to a minor under the age of 18.

Please take note that if any booked appointments need to be cancelled 3 hours notice prior to your appointment time is necessary or a 50% cancellation charge will be applicable.

Appointments are subject to availability.

All prices subject to Government taxes as applicable.

Use of Spa therapies and facilities are limited to guests who are aged 16 years and above.

**For appointments please contact ext: 8331 while at the Resort
or email us at mayaspa.kumarakom@thezurihotels.com**



Attain nirvana... ONLY at our Maya Spa
Indulge your senses under our trained staff in

INDIA: The Zuri White Sands, Goa Resort & Casino
The Zuri Whitefield Bengaluru
The Retreat by Zuri, Goa
KENYA: Diani Reef Resort and Spa

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