



S P A A L I L A

naturally from the heart

Alila Diwa Goa

spa menu



S P A **ALILA**

naturally from the heart

Welcome to Spa Alila!

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, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of wellbeing.

massage

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques which can be tailored to your personal wellness needs. Allow our spa concierge to help you select the appropriate massage therapy and oils to suit your condition.

Balinese Massage

An ancient healing therapy that combines gentle stretching, long therapeutic strokes and pressure point work to help relieve muscle pain. Palm and thumb pressure techniques help improve blood circulation and deep nurturing touches assist to eliminate stress.

60 min

Therapeutic Journey

A therapeutic combination of Asian and Western therapies that combine various massage strokes and techniques. Balinese, Swedish and elements of Thai techniques infuse to deliver a deeply reviving and tension relieving full body massage. This is a signature Spa Alila treatment and can only be experienced within our resorts.

90 min

Reflexology

Based on the principle that there are reflex points on the feet which correspond to every part of the body, including major organs. The therapist applies varying degrees of pressure to specific points to unlock the flow of energy and initiate the body's natural healing from within.

60 min

Swedish Massage

Using five basic movements, including the long gliding Effleurage stroke, this treatment helps increase blood circulation and remove toxins from the body. Always working towards the heart, the therapist designs a session that relaxes you physically and emotionally.

60 min | 90 min

Warm Stone

Heated smooth river stones are used in rhythmic flowing strokes over the body to melt away stress and soothe the mind. The stones are placed on various energy points to stimulate the body's natural healing potential. This muscle relaxing massage combines the power of touch with the energy of the earth. Treatment begins with our signature footbath.

90 min

body scrubs and wraps

Select from the interchangeable products below that best suit your condition.

Scrubs

Gentle and Kind - aloe vera, cucumber and chlorophyll

Deep and Dirty - coffee, coconut and cocoa

Comfort and Cleansing - ginger, lemongrass and orange

Lightening and Brightening - wild yam, papaya and lime

Wraps

Soothing - seaweed and lavender

Toning - cocoa, coffee and coconut

Warming - ginger, cinnamon and turmeric

Glowing - wild yam, papaya and lime

facials

Personalised his and her facial treatments using only 100% natural ingredients that deliver total nourishment and a renewed younger look.

Her

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

75 min

Him

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

75 min

hair and scalp

Balinese Crème Bath

An intense hydrating crème hair bath with essential oils of rosemary, lavender and grapefruit combined with a nourishing base of coconut and cocoa butter. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while our therapist soothes your neck and shoulders with a combination of pressure point and palm strokes. A warm steam is applied to open pores followed by a cool rinse with our signature shampoo and conditioner.

60 min

hands and feet

Fancy Fingers

Total indulgence for the hands, with a stimulating scrub, bath and massage routine followed by essential nail maintenance and grooming. A special blend of French yellow clay and bamboo powder is used for gentle exfoliation while shea butter with virgin coconut oil replenishes the skin. An infusion of orange peel and lemon essential oils provides an added layer of protection for the cuticles.

Neat Feet

It begins with a classic foot scrub, followed by our signature foot bath and massage along with essential nail care. Exfoliates of coconut shell and sponge loofah smooth and buff your skin, while extracts of peppermint and lemon fight bacteria to leave feet absolutely clean and fresh.

treatment enhancers

Add a little something extra special to your spa journey with any of these therapeutic experiences:

Bathing Rituals

Romantic - A divine flower and hydration extravaganza designed to rekindle romance.

30 min

Relaxing - A definitive bathing experience to help you escape, unwind and melt any stress away.

30 min

Detoxifying - Warm, soothing and spicy oils help to maintain, restore and detox yourself.

30 min

Lung Cleansing Herbal Steam

30 min

Face

Revitalising Eye Treatment

20 min

Massage

Any one of the below mentioned areas:

Stimulating Scalp

Back | Foot | Hand

Arm, Neck and Shoulders

15 min | 30 min

your own spa

Spa Alila is individual oriented, that is why we give you the freedom to design your very own spa experience, in consultation with our doctor and therapists. Please feel free to choose from a selection of interchangeable products and treatment enhancers on the menu.

Spa Addicts-Packages

Please ask our Spa Hosts to assist you in creating your desired spa experience.

Aloe Glow

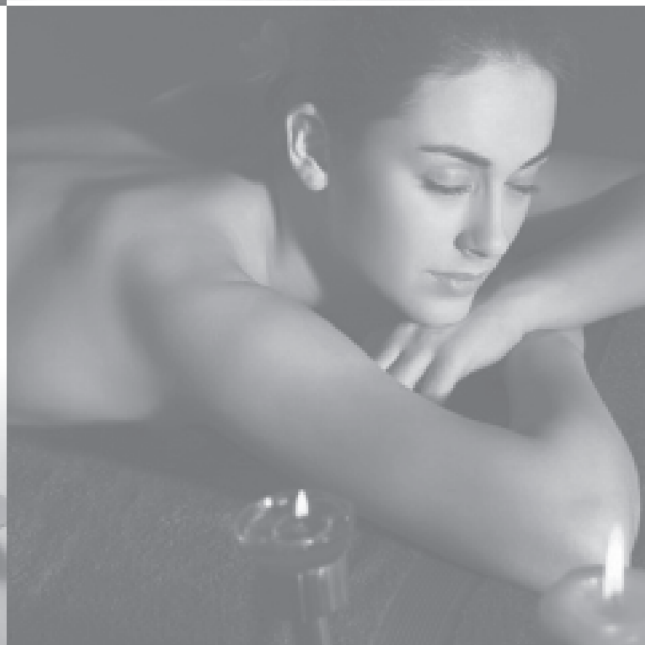
A soothing treatment designed to hydrate and repair damaged or dull skin. The treatment includes our signature foot bath, a 60 min Balinese or Swedish massage of your choice, an aloe vera and cucumber body scrub followed by a deeply nourishing seaweed and lavender body wrap. This therapy cools the body and gives your skin a divine glow. You have a choice to end your experience with an herbal steam or herbal bath.

140 min

Skinny Moccocino

Allow rich cocoa, coffee and coconut to take you by surprise. This unique tri-combination tones your skin and leaves it radiant. Our therapists use locally grown ground coffee to gently exfoliate. The caffeine draws out all the impurities while the coconut provides deep conditioning. Treatment includes a signature footbath, your choice of 60 min Balinese or Swedish massage; a coffee and coconut body scrub followed by a cocoa and coffee body mask. Treatment also includes your choice of herbal steam or herbal bath.

140 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, maintain and ameliorate your equilibrium of wellness.

Nasyam

This is one of the panchakarma procedures in Ayurveda. In this treatment, warm medicated oil is poured into the nostrils. It is highly effective in relieving congestion in the sinuses and treating headaches and migraines.

30-45 min

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 and drainage techniques are applied to the neck and shoulders culminating in a soothing facial 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 leg.

30 min

Uzhichil

This traditional Ayurvedic de-stressing massage done with warm medicated herbal oils is a great anti-ageing remedy. The use of long strokes induces complete relaxation of the body and mind. It also helps pacify the vatha component in the body, improves circulation, relieves fatigue and revitalises the skin.

60 min

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.

Oil used is significantly more compared to Western therapies.

Abhyangam

This most popular detoxifying treatment is delivered by two therapists working in synchronisation to rejuvenate the body and mind using herbal medicated oils. Abhyangam is exceptionally helpful in weight loss and naturally firms and tones fatigued skin.

60 min

Shirodhara

Incorporating a continuous flow of warm medicated oil on the third eye, this treatment relaxes the mind and is also known to improve memory, regularise sleep patterns and blood pressure. A complete de-stress regime.

60 min

Pizhichil

A truly indulgent treatment, involving two therapists pouring warm oil over the body with simultaneous massage strokes. This treatment helps ease arthritic problems and stiffness in muscles and joints.

60 min

Udwartanam

A unique treatment where dry herbal powders are massaged on to the skin. This treatment is highly effective in reducing cellulite by burning the subcutaneous fat and also improves circulation leaving the skin glowing and hydrated.

60 min

Mukh Lepa

A special Ayurvedic facial using traditional herbs to cleanse and exfoliate the skin. It includes a therapeutic massage followed by the application of 'soundarya' mask which hydrates and leaves skin feeling fresh and radiant.

45 min

As per the philosophy of Ayurveda, treatments should be received from therapists of the same gender.

Oil used is significantly more compared to Western therapies.



fitness

We have designed a variety of fitness activities and services, which can be easily included in your personal fitness or wellness programs.

Gym Introduction

Our gym instructor will be delighted to give you a tour of our state-of-the-art gym and yoga studio. The tour will also include a quick introduction and Q&A session on gym equipment and working out. Kindly schedule a prior appointment with our gym instructor.

Private Classes 30 min

Stretch and Relax

We begin by introducing you to the basics of stretching moving on to some warm up and mobility exercises. The session focuses on whole body stretching and ends with complete relaxation.

Private Classes 40min | 90min

Circuit Training

This intense cardio and strength session begins with warm up and mobility exercises, followed by 16 cardio and strength exercises (2 cycles of 10-12 minutes each with a 5 minute break). The session ends with post workout stretching and relaxation.

Recommended only for guests with intermediate or advanced fitness levels. Kindly confirm your schedule with our gym instructor.

Private Classes | 60 min

Power Walk

A 2 km brisk walk at a speed of 5-7 km/h; the session begins with stretching and ends with cooling off exercises.

Private Classes | 45 min

Tone and Trim

Strength training for guests with intermediate and advanced fitness levels. The session starts with warm up and mobility exercises and has a 20 minute thorough workout in 2 cycles of 10 minutes each. The session ends with total relaxation.

Private Classes | 45 min

Morning Jog

A personalised cardio session for beginner to advanced levels. We begin with warm up and pre-workout stretching before your 20-25 minute jog, followed by post-jog stretching and cooling off.

Private Classes | 45 min

Nature Trail

Goa is a treasure of natural and cultural wonders. Exercise and also rediscover Goa at your own pace, on foot or on a bicycle. The Spa reception is there to help you select a route as per your preference. They will also assist you in acquiring bicycles.

Kindly schedule a prior appointment with our fitness instructor.

2hrs. 30 min

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 suryanamaskar (sun salutation), asanas (postures) and pranayama (breathing exercises) to help find your balance. Our yoga instructor will be happy to help and guide you through your yogic journey.

Surya Namaskar

Surya namaskar (sun salutation) is a set of 12 asanas (postures) performed continuously in a particular sequence. The session begins with a brief introduction on the concept, some mobility exercises and ends with relaxation.

30 min

Executive Yoga

Especially designed for our long staying corporate guests. The session focuses on de-stressing the body and mind and introduces the guest to different asanas according to their body type and requirement.

60 min

Private Yoga Sessions

In these sessions our fitness instructor will help you understand your body better. Get to know your specific body type and the areas that need focus during your personal training program.

60 min

spa membership

We are pleased to offer an exclusive membership to our fitness and wellness facilities. Please ask the Spa Host for more information on the same.



spa etiquette - your spa journey

Reservation

We recommend all spa treatments and services are booked in advance to avoid disappointment either by phone or please visit the spa to make a reservation at your earliest convenience.

Late Arrival, Less Treatment Time

Please arrive at the spa reception at least 15 minutes prior to your scheduled appointment. As part of our personalised service all guests will receive a health questionnaire on their first visit. If you are running late your treatment time will be shortened to ensure the next guest is not delayed.

Dress Code-Attire

All our treatment rooms are equipped with changing facilities. Feel free to wear the robe which is provided in your room. We recommend that your spa treatments be enjoyed without clothing however, we respect your privacy so disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

Shhhh- Cellphones

To maintain the serenity in the spa we request that all cellphones and other electronic devices be switched off on arrival.

Children

While we do everything possible to accommodate the needs of our guests, we are not able to provide childcare at the spa. They may be left at our Kids Club onsite. Guests under 18 years will not be permitted in the spa.

Communication

We appreciate all feedback. The more we hear about your experience the better.

Facial Treatments

For gentlemen we recommend shaving 3 hours prior to having a facial for maximum comfort and benefit to skin. Any skin sensitivity concerns should be shared with your therapist prior to your treatment.

Medical Concerns

All first timers need to fill out a consultation form prior to treatment. This is to provide guests with the best possible experience and to assure maximum safety and comfort. Guests with high blood pressure, heart or other medical conditions should consult the doctor before making an appointment. 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 foods within the Spa are strictly prohibited. Consumption of solid food or drink before your spa treatment is not advisable. We provide drinking water within the Spa. Also post therapy our signature refreshing tea will be served.

Valuables

For 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 Policy

We hope that you do not have to cancel your appointment. To avoid being charged, please honor our 3 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 in a 'no-show' situation.

Alila

HOTELS AND RESORTS

48/10 Adao Waddo,

Majorda, Salcete, Goa,

T: +91 832 2746800,

M: +91 9158897492 / 93 / 94,

F: +91 832 2746801

diwagoa@alilahotels.com

www.aliladiwagoa.com

www.alilahotels.com