

S P A ALILA

naturally from the heart

Alila Diwa Goa

spa menu



S P A A L I L A

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 well being.

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 hosts to help you select the appropriate massage therapy and products 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 | 90 min

Therapeutic Journey

A therapeutic combination of Asian and Western therapies that combine various massage strokes and techniques. Balinese, Swedish and elements of deep nurturing techniques infuse to deliver a deeply reviving and tension relieving full body massage. This treatment is a signature of Spa Alila 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

Signature Body Scrubs and Wraps

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

Scrubs

Deep and Dirty - charcoal, rose and cedar wood

Comfort and Cleansing - coconut and lemongrass

Lightening and Brightening - papaya, sugar and aloe

Ayurvedic - green gram, sandalwood, turmeric and honey

Wraps

Soothing - seaweed and aloe

Toning - cocoa, coffee and clay

Detoxifying - red clay

Glowing - papaya, lime and sandalwood

Ayurvedic - fuller earth, turmeric and manjistha

Facials

Personalised his and her facial treatments using only 100% natural ingredients that deliver total nourishment and a renewed fresher 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!

60 min

His

Our Alila Man facial is designed to restore the 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.

60 min

Hair and Scalp

Balinese Crème Bath

An intense hydrating hair mask 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

Ayurvedic Hair Cream Bath

An ayurvedic hair cream bath with stimulating and rejuvenating ayurvedic hair oils of mahabhringraj, virgin coconut oil and bhrami. A mask of hair strengthening ritha, amla and fenugreek herbs with yogurt is massaged into the hair and scalp and left to condition, strengthen and hydrate while our therapist soothes your neck, hands and shoulders with combinations 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

Treat your hands to a luxurious makeover with a skin renewal scrub, soak and massage routine followed by essential nail maintenance and grooming. A natural blend of ground pumice is used for gentle exfoliation while shea butter with virgin coconut oil replenishes the skin.

60 min

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.

60 min

Treatment Enhancers

Revitalising Eye Treatment

20 min

Massage

Any one of the below mentioned areas:

Stimulating Scalp

Back | Foot | Hand

Arms | Neck | Shoulders

15 min | 30 min

Kids Massage

Indulge your young ones with a relaxing massage that helps stimulate motor development and improves immunity and strength. We use extra virgin coconut oil which is gentle and safe for your child. Suited for children aged four to thirteen years.

15 min | 30 min | 60 min

Pregnancy Massage

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | 90 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

Aloe Glow

A soothing treatment designed to hydrate and repair damaged or dull skin. The treatment includes our signature foot bath, a 60- minute Balinese or Swedish massage of your choice, an aloe vera and papaya scrub followed by a deeply nourishing seaweed and aloe body wrap. This therapy cools the body and gives your skin a divine glow. A herbal steam shower is optional depending on skin condition.

| 40 min

Skinny Moccocino

A unique combination of cedar wood and rose essential oils are blended with raw sugar which helps with the removal of dead skin cells and creates a toning effect leaving the skin soft and pure. A coffee and cocoa full body mask follows. The caffeine draws out all the impurities and tightens the skin while the cocoa, full of antioxidants, provides a fantastic anti ageing effect by keeping the skin nourished. Treatment includes a signature footbath, 60-min Balinese or Swedish treatment of your choice and herbal steam.

| 40 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 improve your 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 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 is delivered with warm medicated herbal oils and is known for its great anti-ageing properties. 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

Ayurvedic Rejuvenating Massage

This popular ayurvedic treatment focuses on the pressure points of your entire body. Using herbal medicated oils this Ayurvedic rejuvenating massage is exceptionally helpful in stress relief that aids in strengthening and rejuvenating your body. Ayurvedic massage is extremely beneficial in relieving body aches and pains, arthritis, osteoporosis and general fatigue.

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.

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, regularize sleep patterns and control blood pressure. A complete de-stress regime.

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 subcutaneous fat and also improves circulation leaving the skin glowing and hydrated.

60 min

Ayurvedic Detoxifying Facial

A centuries old Ayurvedic facial using traditional herbs to cleanse and exfoliate the skin. Treatment includes a divine facial massage followed by the application of a 'soundarya' mask that hydrates and leaves pores clean and skin radiant.

45 min

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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 help guide you through your yogic journey.

Surya Namaskar (sun salutation)

Our yoga is performed in 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

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. Our yoga session is specially designed keeping in mind the needs of our individual guests.

60 min



Spa Etiquette

Reservations

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

Late arrival means less treatment time

Please arrive at the spa reception at least 15 minutes prior to your scheduled appointment. As part of our personalized 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 respect your privacy so disposable undergarments will always be offered.

Shhhh - Cellphones

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

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 undergo a consultation 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.

Pregnancy Massage

Before booking pregnancy massage, consultation with our spa manager/doctor is a must. All complications should be discussed with our doctor or spa manager.

Kids Spa

Although we are skilled and highly professional in kids massage, it is recommended that one parent be present in the room while the treatment is being performed. Young guests between four and thirteen years of age may experience this service.

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.



PRICE LIST

Massage

Balinese Massage	60 min 3500
Balinese Massage	90 min 4600
Therapeutic Massage	90 min 4600
Reflexology	60 min 3500
Swedish Massage	60 min 3500
Swedish Massage	90 min 4600
Warm Stone	90 min 4500

Body Scrubs and Wraps

Body Scrubs	2600
Body Wraps	2600

Facials

Her/His	60 min 3500
Ayurvedic Detoxifying Facial	60 min 3500

Hair and Scalp

Balinese Crème Bath	60 min 3750
Ayurvedic Hair Cream Bath	60 min 3750

Hands and Feet

Fancy Fingers	2000
Neat Feet	2000

Treatment Enhancers

Eye Treatment	20 min 1500
Massage	15/30 min 1200/1800

Spa Addict - Packages

Aloe Glow	140 min 7000
Skinny Moccocino	140 min 7000

Kids Massage	15 min 1200
Kids Massage	30 min 1800
Kids Massage	60 min 3500

Pregnancy Massage

Massage	60 min 3500
Massage	90 min 4600

Ayurveda

Shiro-Abhyangam	30 min 1800
Pada-Abhyangam	30 min 1800
Uzhichil	60 min 3600
Ayurvedic Rejuvenating Massage	60 min 3700
Shirodhara	60 min 4250
Udwartanam	60 min 3750

All rates are in Indian Rupees and subject to applicable taxes.

A 5% service charge will be levied

PRICE LIST

Specialized Wellness

Doctor's Consultation	20 min 500
Diet Consultation	60 min 1000
Pranic Healing	45 min 1500
Hypnotherapy	60 min 2000

Yoga

Ashtanga Yoga Private Sessions	60 min 1500
Surya Namaskar (Sun Salutation)	30 min 750

All rates are in Indian Rupees and subject to applicable taxes.
A 5% service charge will be levied



Alila

HOTELS AND RESORTS

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