



SpaMenu





Enhancing Complete Wellness Experience



At Sohum Spa we have integrated healing and wellness modalities from various streams of healing with relaxing and pampering experiences. Among this our prime focus is Ayurveda –the Indian traditional treatment system evolved among sages of ancient India over 5000 years ago. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between the individual and nature which in turn promotes good health.

At Sohum Spa, our Ayurveda experts and therapists help to determine your body type or dosha and recommend the appropriate therapy and products. Ayurveda therapies detoxify the body and restore the natural balance of the energies within.

Welcome to Sohum...Welcome to wellness and healing.





Spa Packages

We have thoughtfully created these packages keeping in mind the regular Spa user's quest for results which comes with liberal doses of relaxation and pampering. Who said wellness cannot be deeply satisfying?? All you have to do is surrender to our therapists who will take you on a fantastic journey of wellbeing and relaxation.

Experience Ayurveda 2 hours 30 minutes

Abhyanga - Herbal Pouch Therapy - Shiordhara

Indian 2 hours 15 minutes

Ayurveda Body Polish - Abhyanga - Shiordhara

Lui 3 hours 30 minutes

Customized men facial - Vanilla & coco - Native American hot stone ritual

Romance – Couple 3 hours 15 minutes

Customized facial - Choice of body polish - Bali - Reflexology

*The couple therapy can be enjoyed in our deluxe couples therapy room

Express 1 hours 30 minutes

Hand massage - Foot reflexology - Express Facial

Rejuve 2 hours

Apricot & lemongrass skin refinement - Abhyanga - Shiordhara

Detox 2 hours 30 minutes

Native American Hot Stone - Coffee Detox Skin refinement - Champi

Relax 2 hours 30 minutes

Oatmeal & Rice skin refinement - France - Foot reflexology

Elle 3 hours

Facial as customized - Any body envelopment - France





Ayurveda Consultation

Your individual Sohum Ayurveda therapy program will be prescribed for you, following a detailed consultation with our physician. Specific daily routines, a regulating and nutritious diet, and wellness activities will be prescribed for the individual creating a holistic approach to the entire program.

Ayurveda Therapies

Abhyanga - Two hands 60 minutes

A part of the daily ritual of the ancient Indians, this ritual uses long strokes and warm herb infused sesame oil to stimulate circulation, enhance joint mobility, relieve muscle soreness and hydrate the skin and speed up detoxification. At the end of the session, medicated herbal powder is applied on the crown to re-balance energy flow.

Abhyanga - Four hands 60 minutes

The traditional Kerala Ayurveda massage with medicated herbal oils applied by two therapists working in synchronized (same speed, force and rhythm) movements, revives the whole body, improves circulation. This special therapeutic massage stimulates the nervous system and the immune system, improves the texture and complexion of the skin, providing shine and softness.

Champi (Indian head massage) 30 minutes

Traditionally known in India as 'Champi', this is the source of all modern scalp therapies. It is an invigorating experience where firm and fast strokes are combined with stimulation of trigger points on the head to improve blood flow, nourish the scalp and induce a deep sense of calm. Our therapists vouch for its ability to bring about quick stress relief.

Shirodhara 45 minutes

This is the ultimate Ayurvedic therapy where warm medicated herbal oil is poured in an even stream onto the forehead. It is known to pacify and revitalize the mind taking you to a deep peaceful meditative state. So, relax as the oil trickles down the top and sides of your forehead. To further compliment this, Shirodhara is also effective in improving memory, reducing anxiety, relieving sinusitis and migraine.

Herbal pouch therapy 45 minutes

A mixture of herb powders is packed in a poultice and dipped in warm medicated oil and gently massaged into the area with pain. We recommend a minimum of seven sessions for relief from long standing pain.

Pizhichil - Medicated oil bath 60 minutes

Pizhichil - Medicated oil bath is a combination of oil massage and heat therapy. This is regarded as the most rejuvenating as well as detoxifying treatment which will enhance the total nervous system.

Udwarthanam 45 minutes

This is a typical deep and dry massage using herbal powders. This massage stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. The dry powder massage reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body.

Katee vasthy 45 minutes

This specialized treatment relieves lower back stress caused by poor posture. Warm herbal oil is applied and then retained on the lower back by a traditional technique using black gram dough. This is followed by a back massage that eases accumulated stress and strengthens the muscles.





Non-Ayurveda Bodyworks

Manipulation of trigger points on the head and neck is administered to effectively relieve tension and ease you into relaxation and healing. What's more, we complete the experience with a hot beverage, cut fruits and positive affirmation leaving you with a unique feeling of wellbeing.

Swede 60 minutes | 90 minutes

Boost your energy levels and re-energize your body with the classic Swedish massage that uses a rejuvenating seasonal blend of oils to provide a firm and deeply relaxing and healing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating overall blood circulation. Do let our therapists know where they need to focus more to facilitate healing.

France 60 minutes | 90 minutes

Indulge in this authentic massage style that has been influenced by stalwarts from homeopathic healing tradition. An uplifting combination of aroma oils selected from carefully preserved global bio-reserves, are blended with cold pressed anti-oxidant rich base oils to provide a gentle relaxing massage which works on the senses as much as it works on the skin and nerve endings. Surrender yourself to a thoroughly pampering experience!!!

Siam* 60 minutes | 90 minutes

This is an offering gleaned from Buddhist monasteries where the austere monks perfected the art of preparing the body to become a temple for the soul. Here, we bring you the same art, combining the use of Marma points with traditional Thai meridian massage. While this ritual involves deep tissue body work, the use of gentle rhythmic pressure and stretching, balances energy flow throughout the body.

*This treatment uses no oil. You will be provided with pure cotton garment to wear during therapy.

Sohum signature massage 90 minutes

Our senior spa trainers have developed this signature bodywork only for the regular spa and fitness enthusiast. This bodywork has an integration of sports massage and Thai acupressure techniques that are very effective in working on deep tissue, fascia and muscles. Recommended only for those who require deep bodywork to undo muscle knots and dissolve fibrous tissue.

Bali 60 minutes | 90 minutes

The traditional Balinese royal massage is a continuum of relaxing acupressure, skin rolling, and firm, smooth strokes along specific energy channels. This ritual is a confluence of the best of healing traditions of erstwhile Siam, China and India. It guarantees to re-awaken your inner self and evoke calm by releasing energy blockages and restoring smooth flow of energy.

Native American hot stone 90 minutes

Inspired by the energy healers of the original American tribes, this unique spiritual ritual starts with a deeply relaxing massage. The massage is carried out with oil enveloped warm volcanic stones which are placed on key energy points on the body, evoking warmth, allowing the body to soak up the gentle heat. This will leave you rejuvenated, relaxed and feeling light in body and mind.



*Taxes as applicable



Oriental hand Reflexology 30 minutes **Oriental foot Reflexology 45 minutes**

Recognized by the ancient civilizations of Egypt, China and India and perfected by the healers of Siam, enjoy this relaxing and pampering treatment for tired hands and feet where application of pressure point massage stimulate the reflex points on your hands and feet that correspond to the various internal organs. Effective even to this day to relieve muscle fatigue after a long journey or a tiring day.

Meru 30 minutes

This therapy based on ancient Indian healing science uses the knowledge that a flexible and tension free back is the back bone for bodily alignment. Melt into total relaxation as our expert therapists dissolve the tension stored in the muscles of the back and leave you feeling energized and refreshed.

Skin Refinement

Skin refinements also referred to as Body polishes are gentle overall body exfoliation using naturally extracted plant and flower extracts blended with anti-oxidant rich, cold pressed base oils and organic sugar or finely grounded sea salt or other plant extract powders. This therapy removes the dead skin cells, stimulates blood circulation and oxygenates the skin. As a final touch, the skin is hydrated and nourished with a fragrant body balm, leaving you feeling silky smooth and refreshed. We recommend skin refinements once every fortnight as a maintenance ritual to retain the health of the skin, more so because of the pollution in this vibrant city.

Oriental rice and oatmeal 30 minutes

A traditional home recipe that polishes, hydrates and nourishes the skin leaving it soft as silk. This gentle and natural moisturizing body polish made from anti-oxidant rich and cooling organic rice blended in with the fibre rich oatmeal which is a well known for its hydrating and nutritive properties. Suitable for all skin types.

Apricot and lemongrass 30 minutes

Apricot, the wellknown age retardant of the Hunza people, who live till atleast a hundred years is the mainstay of this body polish. The beta carotene, minerals and other plant compounds from this high ranges fruit seep into the skin and triggers cellular maintenance and renewal. Lemongrass perfectly compliments apricot with its antiseptic and mood elevating properties.

Coffee 30 minutes

Re-invigorate the senses with this exfoliation ritual. This therapy captures the mystery of the ancient Arabic coffee where cooling lentil powder is used to temper the heat of handpicked finely ground aromatic coffee. You will instantly feel the increased circulation and the smoothness of the skin.

De-toxifying Ayurvedic body polish 30 minutes

When combined with an Ayurveda lifestyle, this therapeutic body scrub improves the elimination of metabolites and excess water retained in the body. A time honoured formula developed by the "vaid" (physicians) of India is effective to this day to kick start circulation and improve the appearance of cellulite.





Face Therapy

Referred as facials our face therapies are unique in all aspects be it the products which are specially imported face products and play a vital role in enhancing your skin and glow on the face. We do not offer ready facial but customize them as per your skin type. What more, enjoy a pampering session of face therapies at Sohum Spa.

Mini facial 30 minutes

Dry/Dehydrated skin facial 60 minutes

This ideal face treatment maintains the moisture level in the upper layers of the epidermis. This facial moisturizes and stimulates superficial circulation.

Oily skin facial 60 minutes

Especially formulated with botanical extracts to control the over-production of sebum, regulates the pH balance, tightens pores, refines skin texture, controls occasional breakouts & delivers a healthy glow.

Combination skin facial 60 minutes

With select ingredients to balance the skin's oily secretion, this facial leaves the skin balance, toned with tightened pores.

Age smart facial 60 minutes

Blending a potent concentration of stabilized Vitamin C with the latest high-tech formulation of pure, freeze-dried seaweed, this mask reduces fine lines, strengthens skin's elasticity, counteracts photo-aging, restores a youthful appearance, rendering the skin visibly luminous

Body Envelopment

Also referred to as Body Wraps and Body Masks this Spa ritual begins with an invigorating body scrub to exfoliate dead skin cells and stimulate circulation. The all natural floral or marine extracts rich purifying mask is then applied to the whole body to ensure that the skin is soothed and rebalanced. It has anti-septic, skin toning and nourishing properties. This is highly recommended for a full body enhancement of look and feel.

Vanilla and Coco 60 minutes

The age old secret behind the glowing skin of the Amazon tribals is this mineral rich mud mask has trapped in it the goodness of forest swamps and jungle coco tempered with vanilla beans. Time tested in improving skin texture and tone, reducing blemishes and gently balancing the skin.

Rejuvenating bastar mud envelopment 60 minutes

The age old secret behind the glowing skin of the Bastar tribals of central India, this mineral rich mud mask has trapped in it the goodness of forest swamps and is extremely effective in improving skin texture and tone, reducing blemishes and gently balancing the skin.



*Taxes as applicable



Tips to enhance your wellness experience

This is the first time I am having a Spa therapy. Will someone help me choose the most appropriate treatments?

Any of our Spa team members will be happy to discuss our range of therapies with you. We will help you meet your objective which could be to detoxify, energize, improve skin clarity, improve skin tone or just relax. Towards this objective we offer you a wide selection of therapies from around the world delivered to you in our classic "Sohum" style of care and empathy.

Can I have multiple Spa therapies in a day?

Yes. Many Spa therapies complement each other and work very well to produce marked results. Please feel free to ask any member of our spa team to tell you how best to combine therapies for optimal results.

What if I have any health concerns?

Kindly notify our Spa team at the time of making your spa reservation, else, just prior to your treatment. Please note it is extremely important to advise if you are pregnant, suffer from cardiovascular disorders such as cardiac ailments or high blood pressure, have recently undergone surgery or have any implant or are suffering from skin diseases.

When should I eat before my Spa therapy?

Since most Spa therapies improve blood circulation and use pressure techniques we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry. We do not recommend any intake of alcohol before any Spa therapy.

What type of skin care products will you use in my Spa therapy?

We have taken great pains to ensure that all of our products are gentle on your skin. Where possible we use marine and plant based products that are tested for safety and are hypoallergenic. Considering the varying skin types we offer different ranges to meet specific objectives.

What should I wear during my visit to the Spa?

You may arrive in your street clothes since all of our luxuriously appointed treatment rooms are equipped with changing facilities. We shall offer you the appropriate disposable undergarments and other apparel while enjoying the spa therapies.

What should I wear during my treatments?

Since we respect your modesty and privacy we will always provide you with disposable undergarments where necessary. Please be assured that except the areas of your body that are involved in the therapy, the rest shall be draped at all times.





What is the minimum age requirement to be able to enjoy Spa therapies?

Our young guests who are between 15 to 18 years of age are permitted to experience selected spa therapies only when a guardian of the same gender accompanies them and agrees to be present in the Spa therapy room throughout the duration of the therapy.

How early should I arrive for my treatment?

We recommend that you arrive fifteen minutes before your appointment time to give you enough time to relax and to complete a health status questionnaire. This will help you to get into the mood and help us to personalize your spa visit.

What if I am running late for my Spa appointment?

If you are running late for your treatment, we will still endeavor to give the best possible experience by shortening your therapy so as to be completed by the designated time booked by you. This is to ensure that the next guest is not delayed or inconvenienced. Please note that since we had booked the specific time slot just for you we will charge the full price of the Spa therapy.

What do I do if I need to cancel my Spa treatment?

Any Spa therapy appointment that is cancelled without a minimum of 3 hours notice or an un-informed “no show” will incur a charge equal to 100% of the value of the therapy (ies) booked. If a three hour notice is provided then a cancellation fee equivalent to 50% of the spa therapies fee will be charged to you.

How can I pay for the therapies that I have reserved?

We accept cash (Indian Rupees only), all major credit cards and debit cards.

Should I pay tips/ gratuity?

Gratuity is a reflection of your level of satisfaction with our services and hence all gratuities are left solely at your discretion.

Is there anything else I should know so I have the best Spa Experience?

By making a reservation with us you have paid for time to relax and rejuvenate. To maximize the value to you please inform your therapist on how comfort during your therapy can be improved; temperature settings, music volume, extent of pressure are some of the customization possible. We do not permit the use of electronic devices, (including mobile telephones) into the Spa area as these not only detract you from your experience but also interrupt other guests in their enjoyment of the Spa.

Are Gift certificates and packages available?

Please feel free to speak to our team members who will be glad to assist you in choosing the package and gift certificate most suitable to your needs.



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