

DISCOVER BEAUTY BEYOND SKIN



Kaya Kalp

— THE SPA —





A DANCE OF THE ELEMENTS

India's culture lies at the heart of the Indian experience...

Journey through a majestic land of ancient customs and rituals – and recapture the spiritual and medicinal legacies of India; home to some of the world's most precious stones and metals – such as diamonds, ruby, gold and platinum. The healing stones, music and therapists' hands will be effectively integrated into an experience that is deep and meaningful to each person at a spiritual level. The universe is the energy of the soul and from this energy comes life, consciousness, and the elements.

Deep within the “dance of the elements” lies the secret symphony of life.

Experience it at Kaya Kalp – The Spa.





SPA JOURNEY

EXOTIC POMEGRANATE (120 MIN)

A unique combination of natural fruits such as pomegranate – which is a deep-cleansing antioxidant and lime mixed with organic brown sugar allows the body to be gently exfoliated. Not only does it have a cleansing effect, it also removes the stresses of our daily living. Using a powerful blend of traditional oils, the mind is guided into a rested state which induces a sense of peace. This divine state of well-being is then enhanced by the vigorous workout of the therapist's hands using amazing deep rhythmical movements.



POMEGRANATE SUGAR SCRUB

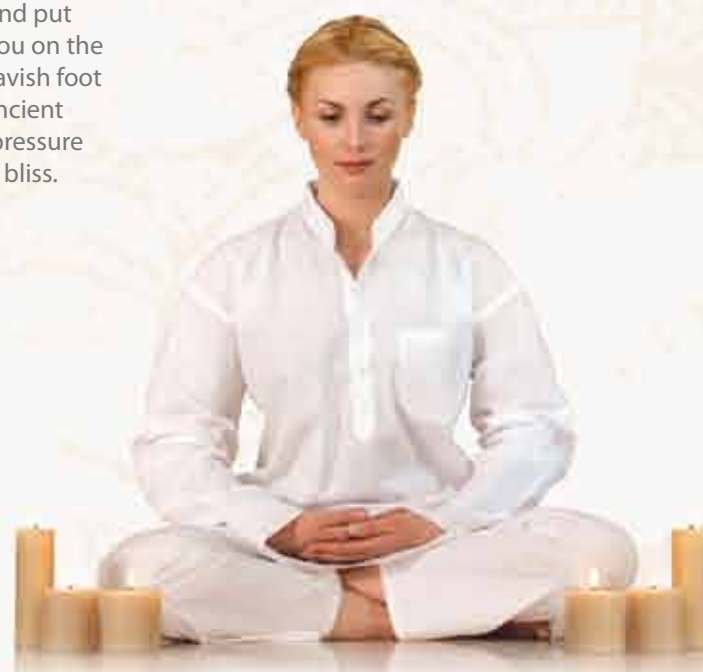
Revive your body, discover your ancient soul. An exotic exfoliation ritual to invigorate and revitalise your senses. Kaya Kalp's signature blend of exotic Pomegranate polishes and softens the body to perfection.

KAYA KALP MASSAGE

Our signature massage is designed to relax the entire body, focussed on relieving muscular tension while combining wonderful soothing strokes for the ultimate massage. This powerful aroma therapeutic massage incorporates dynamic blends of essential oils.

INDIAN FOOT MASSAGE

Relax, listen to our soothing music, and put your feet up. This therapy will send you on the royal road to pure relaxation with a lavish foot massage using healing creams and ancient techniques that include stimulating pressure points that will leave you in a state of bliss.







SPA JOURNEY

PASSAGE TO INDIA (120 MIN)

Discover the magic of Ayurveda. Allow yourself to drift away on a quest for solitude, where indigenous herbs and spices are lavishly applied by our highly skilled Ayurvedic therapists.

GUIDED MEDITATION

A meditation technique that allows the mind to let go and de-stress. This process itself teaches respect and appreciation for the body, mind and spirit, and connects you with your inner guidance and self-empowerment.

ABHYANGA

A traditional Abhyanga massage is performed by two therapists using the long stroke technique. This offering is a delightful way to relax the body and allow the mind to drift away, using a traditional blend of oils to awaken the inner wisdom.

SHIRODHARA

Shirodhara is a significant therapy working through the deepest levels of one's being. In this, flow of warm medicated oil is poured continuously on the forehead, helps to connect and rejuvenate the energy systems within the body. This specialised treatment helps to improve blood supply, thus increasing supply of nutrients and oxygen to the tissues and promotes unblocking of nerve impulses to help relieve mental tension.



MUNG BEAN EXFOLIATION

A perfect way to connect and ground yourself with nature as your body is cocooned in a natural blend of Mung Bean. It is designed to cleanse the mind, body and spirit by helping to elevate your spirits and bring a renewed inner vitality.







REVITALISING BODY TREATMENTS

In ancient India, it is traditional to prepare the body through a cleansing ritual. To honour this tradition, we have created various body scrubs and envelopments to help cleanse the body and improve skin tone. Enjoy these moments of bliss with our carefully selected body treatments.



POMEGRANATE SUGAR SCRUB (40 MIN)

Revive your body, discover your ancient soul. An exotic exfoliation ritual to invigorate and revitalise your senses. Kaya Kalp's signature blend of exotic Pomegranate, Milk, Lemon skin and Brown Sugar deeply cleanses, polishes and softens the body to perfection.

INDIAN AROMASOUL RICE EXFOLIATION (40 MIN)

A unique blend of Basmati Rice, essential oils and natural extracts inspired by the Indian culture and tradition. The sensorial journey for body and spirit. A renewing body ritual bestowing nourishment, youth and splendour to all skin types.

HIMALAYAN CLAY BODY ENVELOPMENT (90 MIN)

An intense purifying wrap using Himalayan Clay and essential oils to detoxify, purify, heal and tone. Enjoy a relaxing scalp massage during your treatment, concluding with an application of our signature aroma blend moisturiser.

REVITALISING MUD WRAP (90 MIN)

An exclusive thermal mud treatment with the combination of active ingredients such as algae, essential oils and healing waters will relieve fluid retention. It has a detoxifying and reducing action. Excellent for sore, tired aching muscles.





RELAXATION RITUALS

Relax your mind, body and soul with one of our mystic massages that help to increase circulation, removes physical tension, nourishes the skin and leaves you with a sense of well-being, total relaxation and rejuvenation.

KAYA KALP MASSAGE

(60/90 MIN)

Our signature massage is designed to relax the entire body, focussed on relieving muscular tension while combining wonderful soothing strokes for the ultimate massage. This powerful aroma-therapeutic massage incorporates dynamic blends of essential oils personalised according to your specific needs; choose from:

***Stress Soother:** Soothe and relax with a 'de-stress' calming blend of Mysore Sandalwood

***Healing:** Uplift, detoxify and renew your zest for life with a blend of Lime and Ginger

***Muscle Ease:** Ease away tired and aching muscles with a muscle easing blend of warming Eucalyptus and Black Pepper

HOT STONE MASSAGE

(90 MIN)

This therapeutic massage with volcanic stones de-stresses your entire being, releasing tension, fatigue and pain, resulting in blissful relaxation. Your treatment will begin with a lymphatic drainage massage with luxurious blended oil followed by a hot stone massage.

TENSION RELIEVER MASSAGE

(30 MIN)

The ideal massage to relax the tension retaining areas of the back, neck and shoulders. Soothe away the stresses of the day with this treatment. A perfect way to start your holiday or relax after a busy day at the office.

GEMSTONE MASSAGE

(60/90 MIN)

This exquisite massage has been exclusively created by our team of spa experts to provide you with the ultimate in pure spa relaxation. Your therapist will provide an amazing lymphatic drainage massage utilising the gemstones along with natural aromatic Indian blends. This treatment revitalises the mind, eliminates tension and inspires total rejuvenation.





TRADITIONAL THAI MASSAGE (60/90 MIN)

Thai massage is based on the discovery of ten invisible energy lines called Sen, which run throughout the body. Your journey begins with a masterful combination of Thai stretching techniques and a deep tissue pressure point massage. This stimulating treatment increases blood flow, releases toxins and restores suppleness; balancing your body, mind and spirit.

INDIAN AROMASOUL RITUAL MASSAGE (90 MIN)

Your journey to India begins with an exfoliation with crushed rice and aromas of essential oils. This massage ritual follows the ancient philosophy of the "Circle of Life" using a blend of luxurious oil, blended with Indian spices and will release stress and tension, whilst bestowing a complete state of harmony for the mind, body and soul.

INDIAN FOOT MASSAGE (30/60 MIN)

Relax, listen to the soothing music and put your feet up. We will begin with an Indian foot ritual which stimulates the pressure points- highly recommended for those who lead a stressful life. This therapy will send you on the royal road to pure relaxation with a lavish foot massage using healing creams and ancient techniques that will leave you in a state of bliss.

DEEP TISSUE MASSAGE (90 MIN)

This massage incorporates bodywork that reaches the tension retaining areas of the muscle tissues of the back, neck, shoulders and legs. Combining a natural aromatic muscle easing blend of indigenous oils with a warm herbal poultice treatment, your tensions will be soothed away.

SACRED NATURE NOURISH MASSAGE (90 MIN)

A complete Organic anti-aging ritual which is nourishing and protective and offers a natural treatment indicated for all skins, even the most sensitive. Detoxifies, nourishes and protects the skin in a pleasant and embracing ritual. The treatment begins with a delicate renewing gommage, and ends with a massage for the face and the body bestowing profound oxygenation and renewed energy.







AYURVEDIC RITUALS

Ayurveda means “Science of life” which teaches the old Indian holistic tradition that unites mind, body and spirit. These wellness-enhancing rituals are uniquely designed to detoxify, purify and bring balance, well-being and energy to the body and mind. They release physical tension, harmonise these energies, and deeply nourish your core, bringing tranquility and peace to every cell of your body.

These treatments are chosen to meet your individual needs according to your specific dosha.



AYURVEDA CONSULTATION (10 MIN)

Complimentary, prior to Ayurvedic Treatments. We recommend before enjoying one of our traditional Ayurvedic Rituals, you should spend at least 10 minutes with our Ayurvedic Specialist who will customise your treatment according to your specific dosha.

ABHYANGA (60 MIN)

A traditional Abhyanga massage is performed by two therapist's using the long stroke technique. This offering is a delightful way to relax the body and allow the mind to drift away, using a traditional blend of medicinal oils to awaken the inner wisdom.

SHIRODHARA THERAPY (60 MIN)

Shirodhara is a significant therapy working through the deepest levels of one's being. In this, flow of warm medicated oil is poured continuously on the forehead, helps to connect and rejuvenate the energy systems within the body. This specialised treatment helps to improve blood supply, thus increasing supply of nutrients and oxygen to the tissues and promotes unblocking of nerve impulses to help relieve tension.

HOT HERBAL POULTICE (60 MIN)

This centuries-old treatment consists of a therapeutic massage using warm poultices filled with healing herbs and spices from Asia. Warm oils are drizzled over your body, then utilising the poultice, your therapist massages your body in slow rhythmic movements. The fragrant therapeutic nature of the oils, poultice and massage creates a heavenly, sumptuous experience that will leave you feeling rejuvenated, refreshed and wonderfully relaxed.

PIZHICHIL (60 MIN)

In this procedure, oil is poured on the whole body continuously in a special pattern. It is effective in pain and stiffness of the limbs and joints and helps in curing general weakness after illness. Extremely relaxing due to the warm oil.

AYURVEDIC BODY SCRUB (45 MIN)

Total body scrub, is given with medicinal oil based cream and herbal scrubber followed by hot sponging.







BEAUTY ELIXIRS

Our skin care professional will analyse your skin and create a healthy skin care regime based on your skin type. Each of our specially designed facials are customised to your specific needs. The youthful glow of your pampered skin will reflect your inner beauty.



KAYA KALP FACIAL (90 MIN)

Our signature spa facial begins with a deeply relaxing back massage with aromatic oils to balance the mind, body and soul. The facial uses natural ingredients for specific skin types to rebalance the skin and ensure maximum results. Let the therapist's hands guide you into a meditative state with a luxurious massage that will leave the skin refreshed, rejuvenated and rebalanced.

ABSOLUTE PEARL ILLUMINATING FACIAL (60 MIN)

This illuminating oxygenating treatment is enriched with pearl powder and active natural ingredients which greatly increase skin luminosity and tone while providing a deep antioxidant action. An excellent solution for those skins that need to restore the glow.

ACTION SUBLIME FACIAL (60 MIN)

An exclusive anti-aging and restructuring treatment which simultaneously contrasts all the aggressions caused by free-radicals, exposure to sun, environmental pollution and biological aging.

The signs of time are visibly reduced, skin retrieves luminosity and tone.

This facial has a wrinkle reducing action whilst awakening the senses while restoring natural energy.

ACTIVE PERFORMANCE FACIAL (75 MIN)

This active purifying facial treatment is designed to keep the skin looking healthy, young and clear. Deep cleansing products are used to remove impurities, promote hydration and restore balance, leaving the skin with a clarifying matte finish.

RECOVER TOUCH FACIAL (60 MIN)

Nourishing and soothing treatment for dry or dehydrated skin. Has a concentrate rich in vitamins and antioxidants that constructs a protective barrier over the skin. Relax with the luxurious facial massage cream rich in jojoba oil which leaves the skin profoundly hydrated.

EYE SUPREME (15 MIN)

Multi active rejuvenating eye zone treatment, specifically rejuvenates around the eyes, attenuating unsightly swelling, dark circles and expression lines providing deep nourishment and protection against free radicals.





BEAUTY ESSENTIALS

INDIAN HEAD MASSAGE

JAPAPATTI TREATMENT FOR DRY, THIN AND DULL HAIR (30 MIN)

Allow your hair, body and senses to be taken away with the natural elixirs. The healing properties of rich coconut milk, pure coconut oil, hibiscus, and japapatti leaves will leave your hair looking and feeling hydrated, silky, strong, nourished and revitalised with a radiant shine.

SUGANDHA TREATMENT FOR COLOUR ENHANCED HAIR (30 MIN)

This is an intensive treatment that literally “shocks” dull, dry and chemically processed hair back to life. Excellent after any chemical treatment to replenish lost moisture, utilising organic Vetiver, Jasmine flowers, Indian spikenard and coconut oil. Your hair will shine more brilliantly than ever before.

BHRINGRAJ TREATMENT FOR SPECIAL CONDITIONS (30 MIN)

If you are experiencing a challenge with your hair or scalp, our specialists can prescribe personalised, specialty treatments to cure and heal that stubborn discomfort. Our Ayurvedic herbs will gently assist with conditions such as hair loss, dandruff, pre-mature greying, chlorine build-up and psoriasis. Our natural products act as a fountain of life for your hair while relieving the hair from daily environmental stress.





PERSONAL FITNESS INSTRUCTION AND CONSULTATION

TAKE HOME FITNESS (60 MIN)

This personal fitness instruction will be centred on exercises that can be easily completed at home without the need of extensive equipment. A series of exercises will be taught using free weights, resistance bands and a stability ball.

CIRCUIT TRAINING (60 MIN)

A personal strength and cardio instruction using free weights, machines and other props in a circuit designed to benefit the entire body.







SPA ETIQUETTE



The Kaya Kalp Spa facility is an oasis of serenity, relaxation and rejuvenation. To maintain this tranquil environment, we ask that you are respectful of others' privacy, speak softly and deactivate any disruptive communication devices such as cell phones or pagers.

WHAT TO WEAR

We will provide you with a robe and slippers to wear while visiting our spas and you will be assigned a locker to store your personal belongings. Our therapists are professionally trained and will ensure a level of comfort by appropriately draping areas of the body that are not a focus of the treatment. We require that swimming attire be worn in all whirlpool, infrared cabin and steam facilities.

STORING VALUABLES

Lockers will be provided to all guests using the facility, but if you feel more comfortable, we recommend that you leave valuable personal items in the safe in your guest room, or in one of the safe deposit boxes at the front desk of the hotel.

LATE ARRIVAL TIME

We ask that you arrive at least 30 minutes prior to your scheduled appointment time; however, if a late arrival is unavoidable, please call to notify the spa receptionist when possible. Arriving late will simply limit the time for your treatment, as we must complete your service by the designated end-time in order to appropriately accommodate the next guest.

CANCELLING A SPA RESERVATION

We request that all guests using the spa extend a four hour cancellation notice to avoid a 50% surcharge. A 'no show' will incur a 100% surcharge.

SPA TREATMENT SELECTION

A full menu of spa treatment offerings is listed on the website of our hotel. If you feel you would like assistance in choosing a service, we recommend calling the spa directly and speaking to one of our knowledgeable staff members. A discussion with our reception staff can often help you decide between specific types of spa treatment offerings depending on whether your goal is simply relaxation or more therapeutic in nature.



SPECIAL HEALTH CONSIDERATIONS

If you have health concerns or are pregnant, please be sure to notify our spa staff when booking your treatment. Our reservationists can offer guidance as to which treatments will be the most beneficial and those that should be avoided due to physical limitations or sensitivity.

INFRARED, SAUNA OR STEAM

Infrared, sauna or steam are beneficial facets of the spa hotel experience, but should always be used in moderation. Proper usage time will vary, but there are some general guidelines that most individuals who are in good health can follow. If you are looking to warm-up and relax your muscles, we recommend 12-15 minutes in the dry heat of the infrared cabin. The wet heat of the steam room is effective in opening pores and awakening the respiratory system; for this, we recommend a five to six minute time frame. It is essential to follow the guidelines after having each heat treatment, you must always follow with a cold shower to ensure the body temperature is regulated.

ALCOHOLIC BEVERAGES AND SPAS

We recommend that you do not consume alcohol before, during or immediately after your spa treatments.

SHAVING

Generally, shaving is not recommended prior to any treatment or hair removal services. However, it is recommended that men shave prior to a facial treatment at least 2 hours before the scheduled appointment time.

PERSONAL PREFERENCES

Whether it is the room temperature or the level of massage pressure, please communicate your preferences to the therapist so that he or she can make your time with us a special experience.

THERAPIST GENDER

Please feel free to request either a male or female therapist for your treatment. However, we would like to bring to your notice that all our therapists are professionally trained and will offer you the highest standard of service with continuous consideration for your comfort level.

GRATUITIES

Our spa associate is dedicated to exceeding your expectations and creating a memorable spa experience. We do not levy a service charge at the spa, however gratuities for these efforts is an accepted norm in India and a 10% gratuity is considered adequate and can be either given directly to the staff member, or extended at the front desk of the spa facility.

PAYMENT

We accept all major credit cards and cash. You may also charge spa services to your hotel room.

AGE MINIMUM

Guests must be at least 16 years of age to experience a spa treatment.

FEEDBACK

If your experience at our spa has not met your expectations, we request that you speak with the spa manager or manager on duty before leaving the facility.





ITC HOTEL
RESPONSIBLE LUXURY

ITC MAURYA
NEW DELHI

THE
LUXURY
COLLECTION

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