



The Lily Spa

Ayurveda & Massage Therapy



Dear Guest, Namaste. Our Spa team welcomes you on the rooftop of The Lily.

We offer Ayurveda and holistic massage therapy for detoxifying, relaxing or re-energising your body, mind and spirit. Our Spa comprises a lobby, four treatment rooms, a steam room, shower, plush towels and a variety of fine essential oils.

We're happy to assist you in choosing a treatment plan that is best for you. If you have any questions, our staff will be pleased to guide you. Allow our skilled and dedicated therapists to soothe away any aches or tensions in your body. For your comfort we have female staff (for female clients) and male staff (for male clients).

Opening times:

The Spa is open from 8 AM to 8 PM.

To book an appointment:

Dial extension 300 or call the front desk of The Lily Hotel: +91 135 2434 999

Ayurvedic Treatments:

Signature Ayurvedic Massage – Abhyanga

60 mins. Nurturing full body massage with Ayurvedic oil blends for healing, detoxifying the body and bringing back balance and harmony.

Shirodhara

45 mins. Deeply relaxing herbal oil treatment to harmonise the senses, rejuvenate the spirit and preserve health, which is achieved through warmed oil being poured over the client's forehead.

Potli Massage

90 mins. One of the most popular massage therapies in India. It uses heated herbal pouches also known as potlis that are instrumental in helping to rejuvenate, relax, nourish and alleviate pain.

Udvaartana

30 mins. A traditional Ayurvedic dry herbal powder massage that increased blood circulation to remove toxins. It is also recommended to reduce cellulite and excess fat accumulated under the skin.

Basti (Vasti)

40 mins. Warm oil is placed and held on specific points of the body. It provides strength to bones and muscles. Choose from Kati Basti (lower back treatment), Manya Basti (neck) and Janu Basti (knee).

Ayurveda Facial

60 mins. Cleansing, exfoliation and relaxing face and scalp massage. For all skin types.



Western Massage Treatments:

Balancing Swedish Massage

60 mins. A deeply relaxing and rejuvenating full body massage from Europe to relieve muscular tension and stimulate the nervous system. Kneading, tapping and stretching restore the energy flow.

Relaxing Aroma Therapy Massage

60 mins. A restorative massage with rich blended essential oils, which relaxes the mind and facilitates an experience of deep meditation along with the healing touch of the therapist.

Invigorating Deep Tissue Massage

60 mins. A deep massage that works on the muscles to melt away your stress and realign your body. Each muscle group is massaged and stretched, and knotted nerves are gently eased.

Body Scrub & Wraps

60 mins. A Body Scrub stimulates blood circulation and removes dead skin cells, while a Body Wrap draws out toxins and relieves clogged pores. Antioxidant and rejuvenation envelopment are included.

Express Treatments:

For those short of time but in need of a quick pick-me-up.

Reflexology

30 mins. A massage stimulating reflex points of the feet to harmonise and optimise body functioning.

Thai Foot Massage

30 mins. Authentic Thai massage involving a series of stretches and strokes on feet and lower legs.

Indian Head Massage

30 mins. Extremely relaxing strokes on the scalp to improve blood circulation and strengthen hair roots.

Back, Neck & Shoulder Massage

30 mins. Ideal for aching back, neck, shoulders. Pressing and stretching release knots and tensions.

Herbal Potli for the Back

30 mins. Massage with heated herbal pouches between the upper and lower back to relax and rejuvenate.

Rejuvenation Packages:

5 days Ayurvedic Package

7 days Rejuvenation Package

14 days Spa Package

Panchakarma Package

Please ask our Spa team for further details.



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IMPORTANT NOTE

When coming to the Spa we recommend you wear comfortable clothes. Leave valuables in your room.

Arrival:

Please arrive 10 mins. before your appointment to wind down and get ready for your treatment.

Non-smoking & Silence:

In the Spa you are requested to refrain from smoking and not use mobile phones.

Nudity:

Our therapists will ensure discretion and your optimum comfort. We provide disposables to be used during the treatments.

Professionality:

This is a professional Spa. Please do not expect anything other than professional Spa services.