

Taj Exotica Resort & Spa, Mauritius

Spa Menu

TAJ SIGNATURE TREATMENTS

DURATION: 2 HOURS

Samattva Balance

Intended to balance your energy, uplift your spirit and release your tensions; this massage uses meditation, soft massage, healing, essential oils and chakra balancing. You will float from the treatment feeling grounded, in control and with restored radiant self-confidence.

Vishrama Deep Muscular

A stimulating fusion of Indian and Western massage techniques. Through a combination of healing hands and deep muscular massage, your sore muscles are worked on, the body re-aligned and the mind re-focused.

Sushupti Relax

With the use of rhythmical massage strokes, healing and meditation, we bring you to a deeply relaxed state. Enhancing this with tranquil Indian aromatherapy and a delicate face massage, you will leave the room feeling elated.

Vishuddi Detox

Since ancient times, Vedic verses have been chanted to purify the atmosphere. Vishuddi detox treatment and chant invoke enhanced cleansing of the body mind and spirit; leading to internal and external purity. Garshana: exfoliation, which is performed using silk gloves – stimulates the circulation of blood, lymph and energy, and your body eliminates the impurities gained by daily life. A full body lymphatic drainage massage follows, and finally you are warmly cocooned within a traditional Indian herbs wrap. Cleansed anew; revived & rejuvenated; you will face the world again as a new you.

TAJ INDIAN THERAPIES

Indian Aromatherapy

Duration- 60/90 Mins

During this gentle massage, our essential signature oils are applied and absorbed through the skin circulating their healing, relaxing and therapeutic properties throughout your body. You can choose from our range of blends.

Pehlwān Mōlish Indian Powerful Oil Massage Duration - 60/90 Mins

Taj's therapists offer you this traditional Indian deep tissue massage originally given to the age old wrestlers of India, creating an invigorating as well as a relaxing experience.

Ventoz

Duration - 90 Mins

Also called cupping, where the knots and sore points on the body are massaged creating a vacuum with heat in a glass, after which healing Castor oil is readily absorbed by the skin through an unhurried deep massage. While cupping does cause mild bruising (part of the therapeutic process), guests often report immediate relief from long term chronic conditions.

Champi Indian Head Massage

Duration – 30 Mins

The traditional and unsurpassed warm oil Indian Head Massage to gently massage tensions away, nourishing the head, hair and scalp.

Pāda Mardanā Indian Foot massage

Duration - 30 Mins

A sublime massage treatment performed on the soles of the feet producing a deeply relaxing experience as well as benefiting the body as a whole via the reflex zones of the feet.

AYURVEDA AT TAJ SPA

Ayurveda, the knowledge of life and longevity, is perhaps the oldest existing body of knowledge on the healing process. A holistic knowledge system, Ayurveda deals with not just the physical but also the mental, the emotional, the spiritual, the social and the environmental. It is this multi dimensional perspective that makes Ayurveda truly unique.

In actual application, Ayurveda focuses on both the healthy and the not so healthy; for Ayurveda believes that health care commences when we are healthy.

Consultation

Duration – 30 Mins

Ayurveda believes that every one of us is unique; and hence there are no standard prescriptions or programs. We respect the individual in you and hence a consultation with our Ayurveda physician helps you understand more about yourself. The physician will be the best judge of the Ayurveda programs that you can take during your stay here based on your actual need and time; and can help you understand the specific combination of herbs and oils most suited to you. A consultation with the Ayurveda physician is extremely important for deciding the Ayurveda program ideal for you.

Abhyanga

Duration – 90 Mins

The medicated herbal oil application, Abhyangam is not really a massage; it is a program where the prescribed oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis will yield wide ranging benefits like good appetite, alertness during the day, good sleep at night and reduced stress levels. It removes fatigue and simple pains, gives a glowing skin and most importantly protects one from outside influences (builds up immunity).

Snāna

Ayurveda desires that you continue to stay in the state of “gentle ease” which you have drifted into during our different body treatments. Hence, after all the full body treatments, you will be bathed by the therapist using a combination of a herbal paste and medicated water.

Mukhalepā

Duration - 60 Mins

A beauty program, Mukhalepam includes a full facial cleansing and a face pack with herbs and natural oils serving to enhance the tone and texture of the skin, prevent blemishes and to ease general skin conditions.

Udvaartana (Including Snana)

Duration – 75 Mins

A body toning program, Udvaartana is the application of the prescribed combination of herbal powder and oil on the entire body (excluding the face). When this treatment is taken as part of a program including a strict diet, regular exercise and appropriate internal herbal medication (all prescribed by your Ayurveda physician), it helps to reduce weight, gives you a well toned body and refreshes and rejuvenates your skin.

Dinacarya (Including Snana)

Duration – 120 Mins

The senses are our “gateway” to the external world; they communicate with the mind and the consciousness and thus complete the cycle of perception. This program gives you an experience of the physical cleansing process in the dinacarya or daily routine program, wherein each of your senses is carefully looked after. The perception of the sense of smell, taste, form, touch and sound is dependant on the proper functioning of the nose, the tongue, the eyes, the skin and the ears. Using oils / herbs based on the physician’s recommendation, the therapist will proceed to gently work with each of your senses using the following treatments:

Anjanā – the application of a medicated liniment to the inner part of your lower eyelids; enhances the beauty of your eyes, removes impurities and improves eyesight when used regularly.

Nasyā – the instilling of two drops of medicated oil in each nostril which is then inhaled deeply; enables removal of phlegm from the respiratory channels thus permitting easy breathing and better perception of the sense of smell.

Gandushā– holding fluids like oil, honey, milk etc. (based on individual need as prescribed by the physician) in the mouth for 3-8 minutes is very good for oral hygiene. It strengthens the teeth and gums, and most importantly, improves sensitivity of our taste buds.

Dhumaanā – inhaling medicated fumes through each nostrils; removes excess phlegm and clears the sinuses.

Karnapooranā – instilling a few drops of medicated oil into each ear; prevents the accumulation of earwax, and enables better hearing.

Note

- It is mandatory that every guest has a consultation with the Ayurveda physician before going into any treatment.
- Some of the benefits described above are achieved when the programs are done on a regular basis and the advice given by the physician is adhered to.
- All the above programs can be administered as single sessions.
- For guests staying for longer durations, more individualized programs can be created based on their need, and availability of requisite facilities.

TAJ SPA SCRUBS & WRAPS

Duration – 30 Mins

90 Mins

Experience the relaxing, exfoliating and nourishing properties of our scrubs and wraps, made exclusively for Taj Spa using only natural ingredients and pure essential oils. An exfoliating and cleansing scrub is applied and the treatment is completed with a wrap, which nourishes your skin and draws out impurities. Each bath, scrub and wrap can be booked as an individual treatment and takes approximately 30 minutes. This is highly recommended as additional spa treatments before a body massage, for better absorption of massage oils

Vishuddi Detox

To cleanse and refresh your body

- Vishuddh scrub
- Vishuddi wrap
- Vishuddi bath

Posha Nourishing

To make your skin soft and supple

- Posha scrub
- Posha wrap
- Posha bath

Kōma Sensual

To relax and indulge in pampering bliss

- Kōma scrub
- Kōma wrap
- Kōma bath

TAJ SPA BEAUTY

Hast Snana Taj Spa Manicure

Duration - 60 Mins

A 60-minute traditional manicure including a soothing hand and forearm massage with our rich signature hand balm, and a paraffin hand treatment, will leave your hands soft and supple.

Pada Snana Taj Spa Pedicure

Duration - 60 Mins

This 60 minute traditional spa pedicure includes a soak for the feet, a nourishing foot massage, our paraffin foot treatment and if you like, a nail polish will complete the service.

Waxing

A range of waxing available, please enquire at the Jiva Spa.

Taj Spa Hair styling

On request

YOGA AT TAJ SPA

We offer integrated yoga for a healthy body, creative mind and evolving spirit.

We offer group and private classes. The individual classes will be specially designed to suit your personal requirements and level of yoga. To choose the appropriate private classes for yourself, we recommend you first take our general class and then discuss with the teacher which other classes would be right for you to take.

All interested will be given a personal yoga program as well as a follow-up program. We recommend you take at least three turns of the same class to have a substantial experience of the beauty of the practice.

Our teachers are individuals committed to the science and ideals of yoga. Keeping with the changing times, we offer you a menu of yoga classes of this transcendental science. We hope through your interaction with us we can impart to you a flavour of the beauty of this great treasure of India.

Please enquire at the fitness reception for our Yoga class schedule.

YOGA AND MEDITATION

Daily Yoga

Duration – 60 Mins

You are invited to attend our daily Hatha yoga classes at 8 am, which will be immediately followed by daily meditation.

Daily Meditation

Duration – 30 Mins

You are invited to our complimentary daily meditation where we lead you through Mantra Invocation, guided meditation instructions and 20 minutes of silent meditation. Every day at 9am, immediately following the daily yoga.

Fundamentals of Meditation

Duration – 60 Mins

Meditation is one of the most powerful tools to restore harmony. It quietens the mind; allowing our entire being to receive the necessary rest to release stress and fatigue. In this class you will learn the basic principals of meditation. A perfect way to start the first day of the rest of your life.

Gentle Yoga

Duration – 75 Mins

A relaxed approach to yoga postures. This class focuses on breathing, gentle stretching, and deep relaxation, creating openness and freedom in the body and mind.

Restorative Yoga

Duration – 75 Mins

Deep relaxation and rejuvenation characterize this practice. In this class props are used to support and open the body to restore energy, provide healing, release tension and soothe the mind.

Yoga General

Duration – 60 Mins

This session offers a well-rounded sequence of asanas or body postures that support the student in developing strength & flexibility. Emphasis will be placed on practicing with awareness and joy.

Yoga Awareness

Duration – 60 Mins

In this class you are guided to perform the asanas with the eyes closed; drawing the senses inward, allowing one to move with total focus and awareness.

TAJ SPA EXPERIENCE

We recommend contacting our spa manager, who can guide you to your individualized program - as many treatments as you like, for as many days you would like.

If you are interested in the healing powers of Ayurveda, our Ayurvedic physician can arrange everything from a single treatment to a full week of holistic health.

Svashakti Find The Powers Within

Duration – 3.3 Hrs

An experience where you encounter spirituality, balance, and inner peace. For the seeker, the beginner or simply the stressed person to find a new way to relax.

- ∞ Commence with Fundamentals of Meditation
- ∞ Continue with an hour of Yoga
- ∞ Refresh with a wholesome fresh fruit juice
- ∞ Relax in nourishing bath
- ∞ Rest in a private cabana and enjoy a lunch of your choice
- ∞ Finalize the day with our bliss full signature treatment “Balance”

Soundarya A day of Beauty

Duration - 5 hours

- ∞ A combined scrub and wrap of your choice
- ∞ A cup of green tea and a fresh cut apple for health and beauty
- ∞ A spoiling Aromatherapy Massage
- ∞ A Rasa Facial
- ∞ The final touch - a Royal Manicure and Pedicure

Pranōm An Indian Encounter

Duration – 4 hours

- ∞ Start the day with a consultation with our Ayurveda Physician
- ∞ Commence with a one-to-one yoga of your choice
- ∞ Sip a herbal Tea
- ∞ Step back 200 years in time and encounter Ventoz
- ∞ Leave the spa radiating after the Ayurvedic Mukahelpa

Sukha Bliss

Duration – 2.30 Hrs

- ∞ Enjoy a scrub, wrap and bath of your choice
- ∞ Continue with a Pehlwan Malish, our Indian Powerful Oil massage
- ∞ Give yourself a quick boost with Jiva, our Energizing Facial

FOR TWO

SOMA

Nectar of the Gods

Duration – 2 Hrs

Two therapists will perform a romantic candle-lit, Indian Aromatherapy Massage using evocative oils to set the mood. Later, you can enjoy a rose petal bath and time alone in the outside cabana, with a bottle of champagne.

DEV NIDRA

Sleep of the Gods

Duration – 90 Mins

Upon booking this treatment, we will send you relaxing bath salts and oils for you to enjoy a tranquil bath before your treatment. Our therapists will then administer a soothing aromatherapy massage in the privacy of your own villa, after which an infusion of relaxing tea will be served.

SPA ADDITIONS

TREATMENTS

Please arrive 15 minutes prior to your appointment. You are welcome to wear your robe in the Spa, or change in our changing area. Our communal wet area encompasses a Sanarium, Laconium, Hammam, Chill pool, infinity pool and out door shower. Please wear a swimsuit in these areas.

We strongly recommend a 30-minute session in the 'wet' areas before your treatment. Spending relaxing time here will enhance the effect of your treatments by warming muscles, opening pores, encouraging detox and allowing you deeper relaxation during your treatment.

We recommend that men shave a few hours prior to a facial treatment.

Guests with high blood pressure, heart conditions, who are pregnant or have any medical complications, are advised to consult their doctors before signing up for a Spa service. Please inform your Spa Therapist of any medical conditions.

TIMINGS

The Gym and Spa is open from 8.00 am to 8.00 pm seven days a week.

VALUABLES

We suggest that you leave all valuables in the safe in your villa. While we endeavour to look after your belongings, we do not assume liability for your valuables.

CANCELLATIONS...

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellations with less than 3 hours notice will incur a 50% cancellation fee. Full charges will be imposed for a "No show".

SPA ETIQUETTE

To preserve Taj Spa's tranquil environment, we respectfully request you to leave pagers and mobile phones turned off. Please remember that Jiva is a smoke free environment. Guests under the age of 16 years are not permitted to use the spa facilities.