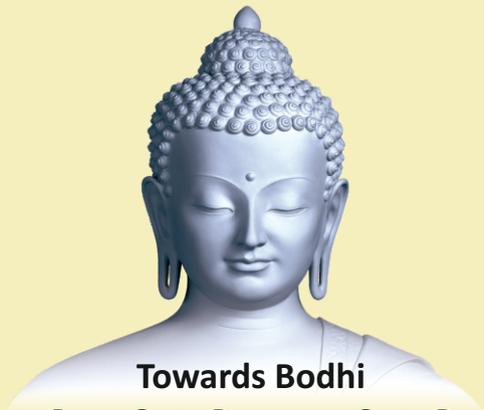




HIBISCUS

SPA MENU





Towards Bodhi

“Gate Gate Para Gate Parasam Gate Bodhi Svaha”

The meaning of this mantra is:

“Going, going, going on beyond, always going on beyond, always becoming Buddha.”

By reciting this mantra, you are able to perceive the essence of the Heart Sutra and awaken and achieve enlightenment. This is the final verse from “The Heart of the Prajna Paramita Sutra”, often called “The Heart Sutra” or “The Great Heart of Wisdom Sutra.”

Bodh Gaya

Bodh Gaya contains one of the holiest of Buddhist sites: the location where, under the sacred pipal, or Bo tree, Gautama Buddha (Prince Siddhartha) attained enlightenment and became the Buddha. A simple shrine was built by the emperor Ashoka (3rd century BCE) to mark the spot, and this was later enclosed by a stone railing (1st century BCE), part of which still remains.

Walk the path of Buddha with us.

After attaining enlightenment, the Buddha spent the next Seven weeks at these Seven places

Maha Bodhi -the sacred Tree where He found enlightenment and became the Buddha.

Animisa Lokana- The shrine where He stood gazing at the Bodhi tree unblinking for a week.

Ratanacankama- The spot wher Buddha walked back and forth for the third week-it is said lotuses sprung up wherever He stepped.

Ratnaghara- The Jewe shrie where Buddha sat in deep meditation and began to radiate red, white and orange rays from his body.

Ajapala Nigrodha:The Banyan tree where He answered query by a Brahmin during the fifth week of meditation.

Mucalinda Lake- During His sixth week of meditation, it rained heavily. A Naga king named Muchalinda protected Buddha from the elements till the rains stopped.

Rajayatana- Under this Banyan tree Gotama Buddha spent the last seventh week after enlightment. It is here where Buddha preached to the passersby, including two merchants, Tapussa and Ballika of Ukkala (believed to be modern day Yangon of Myanmar). Buddha gave them eight strands of hairs and sermons with two gems "Buddham saranam gacchami and Dhammam saranam gacchami".

DharmaChakra- Noble Eight-fold Path

Right intention- Samma samkalpa

You arrived in Bodh Gaya- to be surrounded by the vibrations of mantras chanted for thousands of years. The right intention indeed!

Right action- Samma Karma

Make a conscious choice towards your inner and outer wellbeing. Be one with Nature and choose from our range of All Natural therapies. The right karma to do

Right concentration- Samma Samadhi

Try the seven steps of Atma-Bodha included in all our full body therapies. You will find yourself concentrated on your inner self, rightfully so!

Right speech-Samma Vaacha

No sound but the soft music consisting of the gentle sounds of a flowing stream with the chirping of birds in a forest with the rhythmic chanting of mantras is meant to soothe your mind and transport you to a world of serenity.

Right view- Samma drishti

The eyes, tired of staring at electronic screens for long hours, are treated to soft lighting, with floating candles and beautiful flowers in Urli or the calm of blue waters with the greenery of a garden. The right view for your eyes.

Right Mindfulness- Samma Smriti

The mind is gently coaxed inwards with the use of aromatic blends of natural oils used for massage, such as Lavender, Rose, Sandalwood, Patchouli and Rosemary.

Right effort-Samma Vyaayaam

Address the purpose of right effort towards better wellbeing. The gentle firm strokes used in the massage therapy envelopes you from head to toe. The fragrant oils are used to envelope the body form a cocoon of wellness that calms the body and mind.

Right livelihood- Samma Aajivan

Everybody needs sustenance. As the body is relaxed and rejuvenated the need to quench the taste buds is awakened. Freshly brewed Hibiscus green tea sweetened with honey / Warm Saffron milk/ Cool Buttermilk, based on your Ayurvedic constitution is served after the ritual.

Shantisattva - Shanti means peace and calm, sattva means that which is true or good

1 Hr. (45 min. Massage & 15 Min. steam)

This is a Swedish massage with relaxing, medium pressure strokes that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility. Warm therapeutic oil is used for the massage as per your body constitution.

Punarjaat- Punarjaat means born again

1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)

This is a Balinese massage with full body, medium pressure strokes. It uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation. Warm therapeutic oil is used for the massage as per your body constitution.

Snehabhaara - Sneha means love or oil and bhaara means deep pressure

1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)

Deep tissue massage therapy is similar to Swedish massage but applies deeper pressure on the muscles. The focus is on the deepest tissues, ligaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.

Abhyangam- Abhyangam is typical Ayurveda massage with medicated oils

1 Hr. (45 Min. massage, 15 Min. steam)

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood, and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

Kizhi/potli (hot herbal compress)

1 Hr. (45 Min. massage, 15 Min. steam)

This nourishing technique alleviates the pain in strained body parts and targets sore muscles and joints. A heated cloth bolus containing Ayurvedic Herbs is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other skin inflammations especially joint pain.

Vimukta chitta (Hibiscus Signature Massage) Vimukta chitta means liberated mind

1 Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. steam)

Hibiscus signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvenating massage ritual. The ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.

Scrubs:

Phalakaasha (Papaya Exfoliation) to be polished by fresh papaya fruits (30 Min.)

Suitable for dry, thick skin. Excellent for all seasons. A gentle scrubbing process helps promote healthy skin with radiant complexion. A cream base scrub enriched with botanical extract of Papaya gently removes dead skin cells to make it smooth, soft and supple.

Haridra gharshana: (Turmeric scrub) (30 Min.)

Suitable for almost all skins, especially for dull skin or dark spots. Excellent for brides-to-be. Turmeric scrub with active Curcumins, using gentle scrubbing strokes, promotes flawless skin for an even skin tone and glow. A cream base scrub with Turmeric that is known for its skin lightening properties and is traditionally used in Ayurveda for Indian brides.

SugandhaPrabha: (Aromatic cocoa-based radiance scrub) (30 Min.)

Suitable for dry, cold skin. Excellent in cold weather. Indulge yourself in the luxury of a chocolate scrub that exfoliates and polishes, to promote healthy smooth skin and pampers your senses. A cream base scrub with the power of aromatic Cocoa works as a gentle exfoliator along with anti-ageing benefits, maintaining moisture levels.

Udwarthanam means upward strokes meant to create heat and friction using dry herbal powders (45 Min. massage, 15 Min. steam)

Suitable for stimulating the body to burn fat. Excellent in cold weather. Udwarthanam is a combination of an exfoliation, massage therapy and is administered using a specially-prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is applied as a scrub all over the body. This treatment also exfoliates the skin to give a toned and firm look, and is effective in reducing body fat. This is commonly known as the slimming massage.

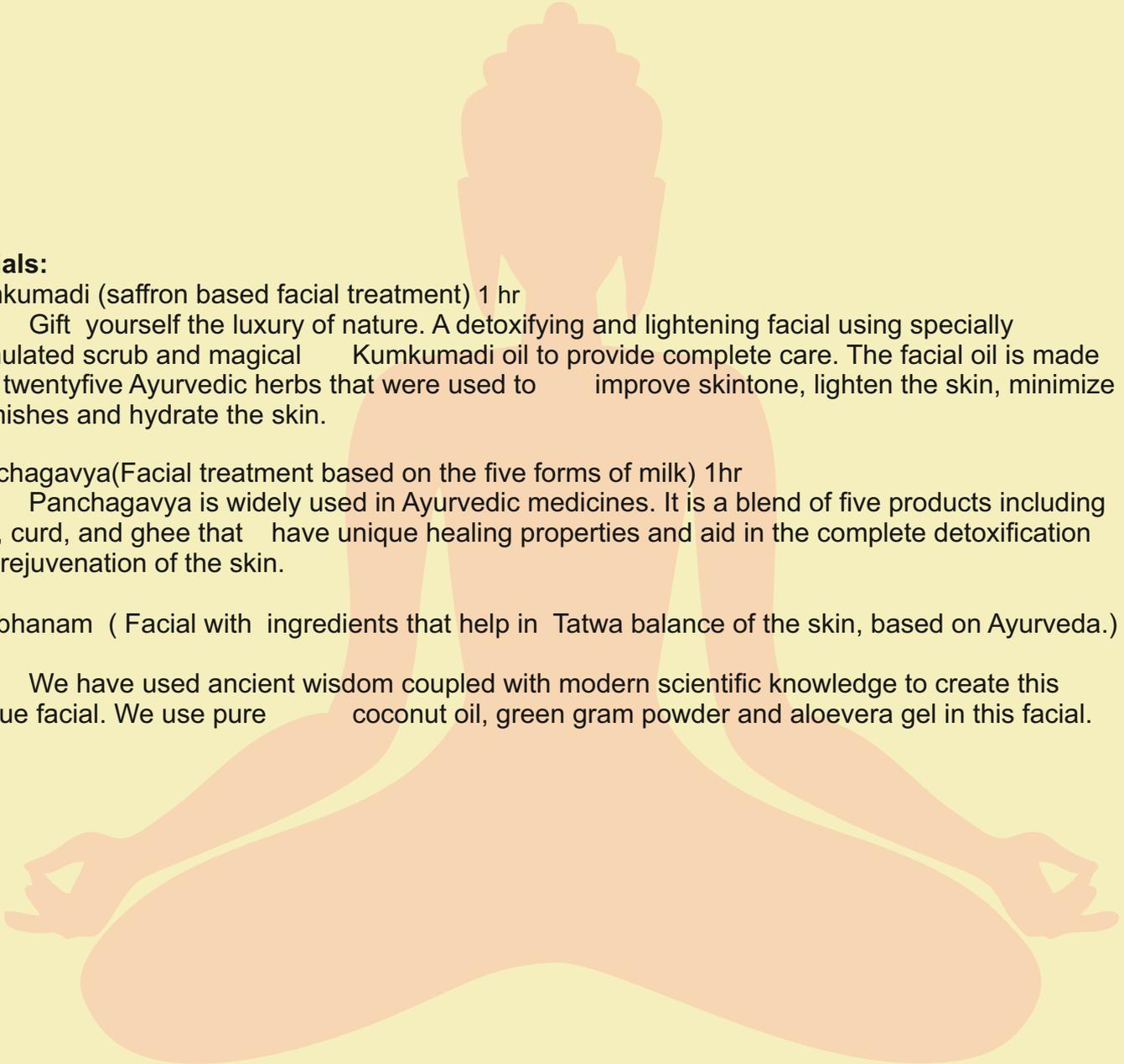
Wraps:

Nimba Siddha: (Neem healing wrap) (30 Min.)

Suitable for skin prone to acne, also for detoxification of the body. Help your skin heal with the benefits of time tested Neem. A hydrating wrap with the medicinal value of Neem and natural clays formulated to reduce excess oil and counter the effects of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is specially beneficial for sensitive or allergy prone skin.

Sugandhalepa: (Cocoa-based aromatic wrap) (30 Min.)

Suitable for dry, cold skin. Excellent in cold weather. Wrap yourself in the cocoon of luxurious Chocolate wrap and reap the benefits of clays and the caring cocoa. Step out with firmer, smooth skin along with excellent oil balance. Chocolate acts as a good moisturizer and softens the skin leaving a luminous glow. Excellent for dry skin.



Facials:

Kumkumadi (saffron based facial treatment) 1 hr

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twentyfive Ayurvedic herbs that were used to improve skintone, lighten the skin, minimize blemishes and hydrate the skin.

Panchagavya(Facial treatment based on the five forms of milk) 1hr

Panchagavya is widely used in Ayurvedic medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of the skin.

Shobhanam (Facial with ingredients that help in Tatwa balance of the skin, based on Ayurveda.)
1hr

We have used ancient wisdom coupled with modern scientific knowledge to create this unique facial. We use pure coconut oil, green gram powder and aloevera gel in this facial.

Kesh Abha (Crowning glory) 55 min

This natural hair treatment starts with a scalp massage using hair strengthening oil to stimulate your roots followed by a hair mask rich with herbs, thereby nourishing your scalp and hair. From roots to tips, your hair will thank you for this treat from nature.

Kesharaaga (Natural Hair colour) 1 hr

This colour uses Indigo(Neel) and beetroot pigments and combines them with Henna to give a hair colour of your choice. Like all things natural, there is no guarantee that you will get 100% grey coverage. However, if you are tired of using chemicals and have the patience to give natural products a chance, this is your best bet.

Shiro Abhyangam (Ayurvedic head massage) 30 min

ShiroAbhyangam focuses on your head, neck & shoulder. It is a deep oil massage which uses a variety of pressure and Marma techniques that tap into your path of energy and encourages healing and balance in the whole body.

Shirodhara(Ayurvedic oil therapy for head) 1 hr

This Ayurvedic treatment involves gentle pouring of herbal liquids onto the forehead from a hanging pot. This process is said to cure many diseases, relieves tension and improves general well-being.

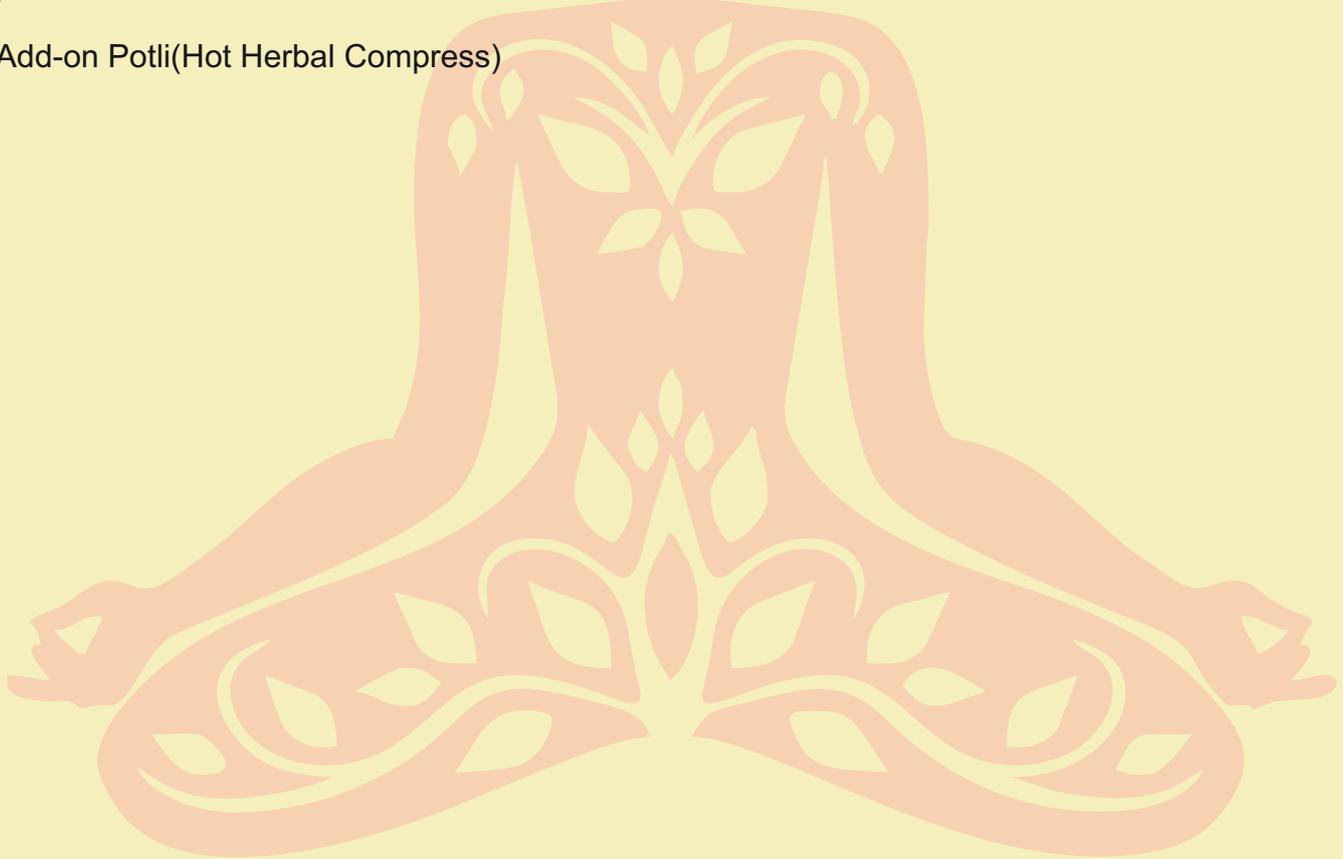
Hasta bhushana-(Hand Spa) 45 min

This Natural Handspa is an excellent substitute for regular manicure. Let nature work on your hands-detoxify them with a warm salt soak, and then gently exfoliate them with our natural hand scrub. Follow this with our nourishing oil massage and finally a herbal pack to finish in style. You now have soft glowing hands naturally ready to face the world!

Padaalankara-(Foot Spa) 1hr.

Treat your tired feet to our all Natural Foot Spa. Although this ritual has all the ingredients of a pedicure, it combines the natural touch of a spa leaving your feet light, clean & beautiful. It uses a salt soak to detoxify your feet our natural brown rice scrub to gently exfoliate, and finally a massage with Neem oil followed by Neem pack to nourish and pamper your pedestals.

Add-on Potli(Hot Herbal Compress)











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