



SHAMANA SPA

MENU OF SPA SERVICES



Shamana is a Sanskrit word for balance.

Shamana Spa at Grand Hyatt Goa is the resort's temple of wellness that offers a peaceful and serene retreat.

With a combination of modern and ancient Indian techniques, the essence of Shamana Spa is to create the perfect balance between well-being and lifestyle for a youthful you.

Well-being programs include the time-tested cultural and traditional wisdom of the South East Asian principles of science and Indian healing from Ayurveda to help you feel and look great.

Indulge in a Spa transformation. Luxuriate in a memorable, uplifting and sensory healing experience.

Spread across two levels (35000 sq. ft) the spa features 19 treatment rooms, a fitness center, a halotherapy studio, a beauty salon, indoor and outdoor pools, wet areas with sauna, steam, plunge pools, and whirlpools.





SIGNATURE EXPERIENCES

COUPLES RETREAT

120 min

INR 15000

Indulge and pamper your loved one with a romantic spa treat in our couple spa suite. The ritual starts with a soothing rose petal foot soak, followed by a detoxifying and re-mineralizing marine wrap. The journey continues with a rejuvenating massage aligning the mind, body, and spirit and ends with an intimate aromatic rose petal plunge pool bath.

SIGNATURE SHAMANA EXPERIENCE

120 min

INR 8500

Treat yourself to a very special aromasoul regenerating body polish followed by aromasoul elements massage. This treatment begins with a personalized selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India, and the Mediterranean. Each journey begins with your choice of essential oil blend body massage.

CHAKRA BALANCING MASSAGE

90 min

INR 7250

Deeply meditative, this experience brings the body's seven main chakras into alignment through our combination of healing massage techniques. This unique experience leaves you in a state of calmness, harmony, and well-being.

CHOCOLATE FONDUE WRAP

90 min

INR 7250

A unique and natural chocolate experience, cocoa revitalizes and nourishes the skin as it relaxes the body leaving you with an amazing glow. A luxurious exfoliation with coconut milk and coconut powder followed by the application of chocolate fondue. This luxurious body smoothie provides an invigorating exfoliation that seals in powerful antioxidants and improves blood flow, leaving the skin smooth and nourished.

RELAXATION

Relaxation therapies will help you to relieve stress, control anxiety symptoms, improve sleep, and help live a better life. All relaxation therapies are available for 60 and 90 minutes and focus on relaxing both mind and body.

LAVA HOT STONE MASSAGE

90 min

INR 7250

Lava hot stone massage is a unique massage where the therapist uses heated lava stones as an extension of their own hands. The heat from the smooth stones radiates deep into your body to soothe and relax the muscle tensions promoting a sense of deep relaxation and improving blood circulation.

RELAXING MASSAGE

60 / 90 min

INR 5500 / 6750

A gentle Swedish massage that uses long and gliding strokes to help you relax, improve circulation and blood flow, relieve tension, and induce relaxation.

BALINESE MASSAGE

60 / 90 min

INR 5500 / 6750

Balinese therapy employs age old techniques of stretching, long strokes, skin rolling and firm application of pressure to release tension and enhance flexibility.

AROMATHERAPY MASSAGE

60 / 90 min

INR 5500 / 6750

Calming & soothing aromatic oil massage with applications of gentle pressure using palm techniques and flowing strokes.

JET LAG MASSAGE

60 / 90 min

INR 5500 / 6750

Our jetlag massage induces a state of deep rest for both mind and body and promotes sound sleep by its calming and relaxing effect.

LYMPHATIC DRAINAGE MASSAGE

60 / 90 min

INR 5500 / 6750

It is a gentle massage that encourages the natural drainage of the lymph-carrying waste products away from the tissues. Ideal for detoxification.





FOOT & LEG MASSAGE

60 min

INR 4250

Treatment that concentrates on reflex areas in the feet that correspond to particular areas of the body, stimulating and improving your overall physical, mental, and emotional well-being as well as rejuvenating the tired legs.

HEAD & FACE MASSAGE

30 min

INR 3250

Release tension, reduce stress, ease headache pain, and promote relaxation.

NECK, SHOULDER & BACK MASSAGE

30 min

INR 3250

Specific massage focuses on the back, neck, and shoulder to provide quick stress relief.

INDIAN HEAD & FOOT MASSAGE

60 min

INR 4250

Help attain overall relaxation, improves blood circulation, joint mobility, increase oxygen supply to the brain and drain away accumulated toxins.



HEALING & DETOXIFICATION

Detoxifying the body can truly help you achieve remarkable health benefits. General body cleansing is something that every individual body should experience on a regular basis. A body cleanse is the perfect way to help your body function in the most effective manner.

HERBAL POULTICE THERAPY | DETOXIFYING 90 min INR 7500

A technique that involves poultices made of herbs and spices wrapped in cotton and steam-heated. The heat, combined with the organic herbs is absorbed by the body & helps reduce aches & pains, stimulates circulation, increases lymphatic drainage, and detoxifies & conditions the skin.

MILK CREAM, VETIVER AND TURMERIC BODY SCRUB | SOOTHING 60 min INR 5500

These three ingredients blend harmoniously together for inner rebalance and outer tone, soothing, protecting, and moisturizing the skin.

INDIAN SPICES SCRUB | HEALING 60 min INR 5500

Rice powder, clove, cinnamon, and cardamom are combined together to exfoliate the body and improve the texture of the skin. It also helps to relax tired muscles and alleviates the pain.

LIME, GINGER & COCONUT SCRUB | PURIFYING 60 min INR 5500

Lime, ginger, and coconut scrub with aromatic salts will gently slough away dead skin cells, cleansing purifying, and stimulating the regeneration of new cells.

ALOE VERA COOLING WRAP | SOOTHING 60 min INR 5500

Cooling and soothing wrap that heals sunburn and skin allergies. For all skin types.

INDIAN SPICES BODY WRAP | HEALING 60 min INR 5500

Warming and healing wrap using a mixture of healing Indian spices that helps to heal and ease the aches and pain.

RAINFOREST MUD WRAP | PURIFYING 60 min INR 5500

Purifying wrap enriched with antioxidants. Promotes healthy skin and natural beauty, helps to remove accumulated toxins, and tones your skin.

DETOX BACK TREATMENT | DETOXIFYING 30 min INR 4250

This unique treatment combines the benefit of a back exfoliation, massage, and a detoxifying mask to eliminate toxins, relieve stress, and ease muscle stiffness.







[comfort zone]
conscious skin science

[comfort zone] – FACIAL

The definition of anti-aging is to delay, stop or retard the aging process.

SACRED NATURE ELIXIR REBALANCE FACIAL Illuminating, purifying, rebalancing	75 min	INR 5750
SACRED NATURE ELIXIR LIFT FACIAL Illuminating, hydrating, antiaging	75 min	INR 5750
ACTIVE PURENESS ADVANCE FACIAL Cleansing, purifying, oily skin	75 min	INR 5750
SUBLIME ULTRA GLOW FACIAL Renewing, illuminating, hyperpigmentation	75 min	INR 5750
REMEDY FACIAL Calming, reinforcing, sensitive skin	75 min	INR 5750
HYDRAMEMORY FACIAL Hydrating, renewing, deep nourishing	75 min	INR 5750

[comfort zone] BODY STRATEGIST

Aesthetic treatments and integrative therapies are designed to improve your quality of life. By combining science, nature, and technology, we've created a sustainable and effective way to reduce the visible signs of aging and cellulite to firm up the skin. Body Strategist renews, reshapes, and tones from head to toe.

LEG REVIVAL

75 min

INR 6500

This treatment promotes an immediate and progressive sense of well-being. Thermal waters from Bagni di Pisa, the blend of essential oils, focus, and luminaria algae: a synergic intensive treatment recommended for tired and weary legs, to feel refreshed, toned, and strengthened..

DEEP BODY RENEWAL AND GLOW

90 min

INR 7500

Is a soothing, renewing, and regenerating treatment for restored tone, elasticity, and hydration. An ideal treatment for skin that needs moisture and elasticity with a regenerating and revitalizing action.

BODY SCRUB AND MASSAGE

90 min

INR 7500

Full body firming ritual with a marine—thermal renewing scrub combined with a relaxing massage purifying, toning, and nourishing the body.

BRIGHTENING AND REJUVENATING

90 min

INR 7500

Enjoy a soft, silky-like and completely renovated skin with the luxurious body strategist body polishing and skin rejuvenation treatment.





HAIR & SCALP SPA

The perfect add on to facials and body wraps

DRY OR OILY SCALP TREATMENT

30 min

INR 3750

Helps correct imbalances, revitalizes hair, relieves irritation and soothes scalp.

HYDRATE HAIR TREATMENT

30 min

INR 3750

Enhances manageability, adds hair definition and facilitates styling.

RESTORE HAIR TREATMENT

30 min

INR 3750

Restructures, fortifies, nourishes and repairs.



AYURVEDA

MUKHA LEPAM

60 min

INR 5500

Detoxification, nourishing, and glowing.

NASYAM

30 min

INR 2500

Migraine headaches, sinusitis, memory improvement.

PATRAPOTALA SWEDAM

90 min

INR 7250

Anti-aging and rejuvenating skin, effective in chronic muscular and joint pain, sprain, cramps and stiffness.

PICHU

30 min

INR 2500

Treatment of local swelling and sprains.

KATIVASTI, JANUVASTI, GREEVAVASTI

30 min

INR 3500

Treatment for lower back pain, knee pain and upper back pain, this relieves the muscular stiffness and pain.

ABHYANGA MASSAGE

60 min

INR 5500

Nourishes the body, lubricates the joints and improves circulation.

SHIRODHARA

60 min

INR 7500

Calms the mind, enhances quality sleep.



SPA BRIDAL SHOWER

This is the perfect way to indulge with your friends before your big day. It is perfect because we make sure we plan every little detail, just the way you like it. Speak to our Spa Manager for a custom-made Beautiful Bridal Shower Day.

THE RIGHT CUE

The planning starts with an exciting array of theme options that you can choose from, whether you want something that suits your personality or you wish to do something completely different - we have it.

ALIGN FUN CHAKRAS

Choose your theme and we will customize your invitations. Then comes the menu: Our chef will curate a special menu of your favorites as well as keep the energy levels up for the day. Throw in some detox juices while you are at it for that special glow. And finally, you get to choose the various activities that range from 'discovering new things' to 'getting naughty and nice'. Each is guaranteed to ensure a whole lot of laughter and selfie moments.

PICTURE PERFECT

You, dear bride, and all your friends will be wearing customized bathrobes, flip flops, and face masks (if you want) to get the perfect photographs while you let loose and hang out, with your loved ones.

FEEL THE LOVE

While you have fun, our experts will ensure your skin looks like never before with massage therapies, facials, scrubs, and wraps. After that, we get the glam quotient on with hair care, manicure, pedicure, styling, draping, and mehendi.

Weddings can be a bit demanding with unending to-do lists, which is why, our Beauteous Bridal Day is designed to make you stop and relax. Take time out to make those very special memories and enjoy the big event in your life. And of course, making sure you and your friends look like a diva, is our job.





HOW TO SPA

RESERVATION

To make your reservation at Shamana Spa please call +91 832 663 4174 / 75 or log on to hyattspas.com or dial extension 1603 /04 from within the hotel; a valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

PRE-ARRIVAL

Please arrive 30 - 40 minutes prior to your appointment to take full advantage of our facilities. Appointments begin at the time scheduled. If you arrive late, your appointment will have to be shortened so that the therapist will be on time for the next appointment.

HEALTH CONSIDERATION

Please advise upon booking of any allergies, ailments, or disabilities, especially if you have high blood pressure or are pregnant as some services may not be appropriate for you at this time.

SPA POLICY

We respectfully ask that you leave cell phones turned off so that the tranquillity of the Shamana Spa experience may be preserved and please leave at home or deposit all valuables in your room safe, as Shamana Spa cannot be held responsible for loss of personal items.

CANCELLATION

Cancellations and changes of scheduled treatments are accepted up to 4 hours prior to appointment time without incurring a charge. For cancellations within 4 hours or no-shows, you will be charged in full.

GIFT CERTIFICATE

To buy our spa gift certificates please contact our reception desk and gift your loved ones a relaxation they won't forget.

AGE LIMITATION

Children under the age of 16 are not permitted to use the spa facilities. However, some treatments may be available with parental supervision.



FITNESS CENTRE

Dedicated to wellness enthusiasts in search of innovative ways to restore balance in their lives, experience our state-of-the-art fitness centre equipped with cardio and strength-training equipment.

Our fitness centre also includes a yoga studio, indoor lap pool, steam sauna and locker rooms. A range of classes and personal training sessions are available at the fitness centre.

SPA / FITNESS CENTRE OPERATING HOURS

Spa: 9:00 AM to 9:00 PM Fitness Centre: Operational 24 Hours
(To use the Fitness Centre between 10:00 PM and 6:00 AM please contact the front office)

GRAND | HYATT

GOA

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