




Ekam
THE SPA

Leave the world behind once in a while.

Escape and indulge yourself in exquisite wellness treatments.

You will discover an inner harmony and peace of mind that unfolds with every breath.

Our spa experiences are a beautiful blend of traditional Indian wellness wisdom and 100% natural products, offered by trained experts in harmonious settings.

Pamper yourself at



Scents free the mind, melodies inspire the spirit and massage nourishes the soul.

Everything else falls away and all that is left is you.



SENSE OF BLISS

In the luxury of EKAM-the spa

Renew, support and soothe your skin

with a variety of exfoliating body polishers and nourishing wraps.

The products are derived from natural ingredients like Indian herbs, honey and fresh fruits. Body polishers can be taken as an independent treatment.

However, we recommend them before a body massage

for better absorption of the massage oils.



Body Polishers

45 minutes

Basil and Marigold Sand

Smooths and polishes the skin, leaving it firm and fresh.

Lime and Ginger

Ginger will stimulate and fresh lime will clear and brighten the skin.

Turmeric and Salt Scrub

Revitalizes dull skin and gives it a glow.

**Steam - Aromatic Hot Towel - Body Polisher -
Shower - Body Lotion - Herbal Tea**

Body Wraps

60 minutes

Shimla Wild Honey and Vanilla Wrap

Emerge feeling soft and sensuous. You are enveloped in an exotic blend of pure Shimla wild golden honey, succulent warm vanilla and black sesame.

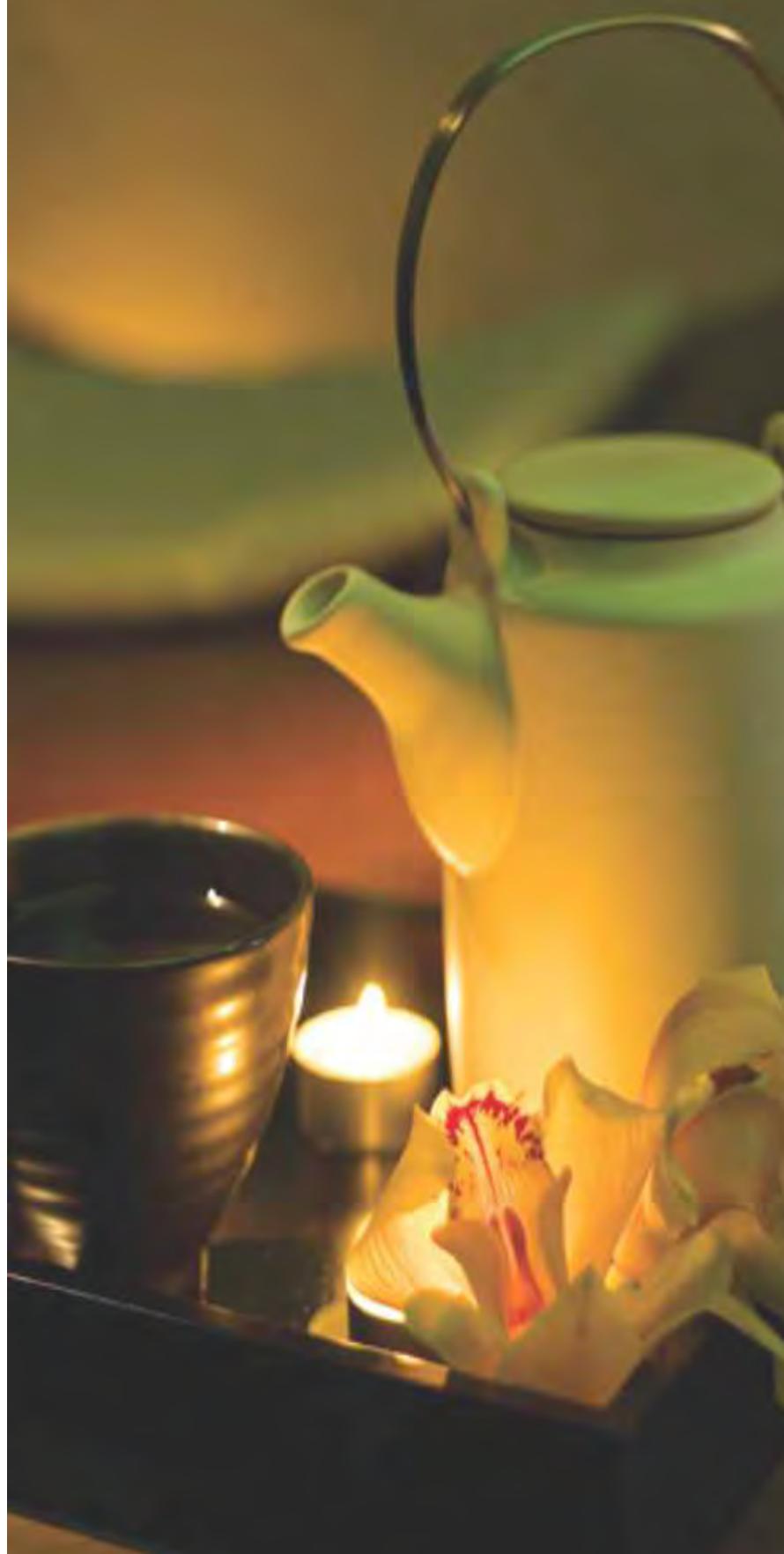
Himalyan Clay Wrap

This wrap has powerful antioxidant properties, which cool and soften your skin.

Frangipani Wrap

Frangipani will add stunning beauty to your skin. Whilst being emotionally uplifting because of its anti-inflammatory and anti-oxidant properties, it also gives your skin a soft glow.

Steam - Aromatic Hot Towel - Body Wrap - Shower - Body Lotion - Herbal Tea





SENSE OF TOUCH

In the luxury at EKAM-the spa

Your pampering starts with a serene welcome for your well being.

Choose from the individual massage

treatments – each provided with an understanding of your personal needs.

You also have the option of the following natural oils - Lime and Ginger;

Bitter Orange and Indian Cinnamon; Jasmine and Mogra;

Eucalyptus and Black Pepper.



Holistic Massage

60/90 minutes

(Soft and relaxing)

Your therapist provides you with a combination of rhythmic soothing strokes, applying soft to medium pressure. This massage stimulates the skin and soothes the nerves. It also reduces stress - both emotional and physical.

Stress relieving massage

60/90 minutes

(Deep Muscular)

The best of eastern and western techniques, this massage offered with or without oils, combines soothing strokes and stretches to loosen muscular tension. The treatment leaves you relaxed, yet energized and more flexible.

Indian Foot Massage

30 minutes

(Pressure point)

This ayurvedic reflexology treatment is an ancient massage for the sole which focuses on the 'marma' points of the feet and lower legs. It increases the circulation and energy, rejuvenating your entire body.

Calming Head,

Neck and Back Massage

45 minutes

(De-stress)

Because it feels so fantastic, this is the most frequently requested treatment in our Spa! In this therapy, the vital points of the upper body are balanced to calm the senses.

This relaxing massage loosens muscles and eases tension.

Dasaswamedha Indulgence 3 hours

(The Spiritual Ghat in Benares where morning Aartis (prayers) take place)

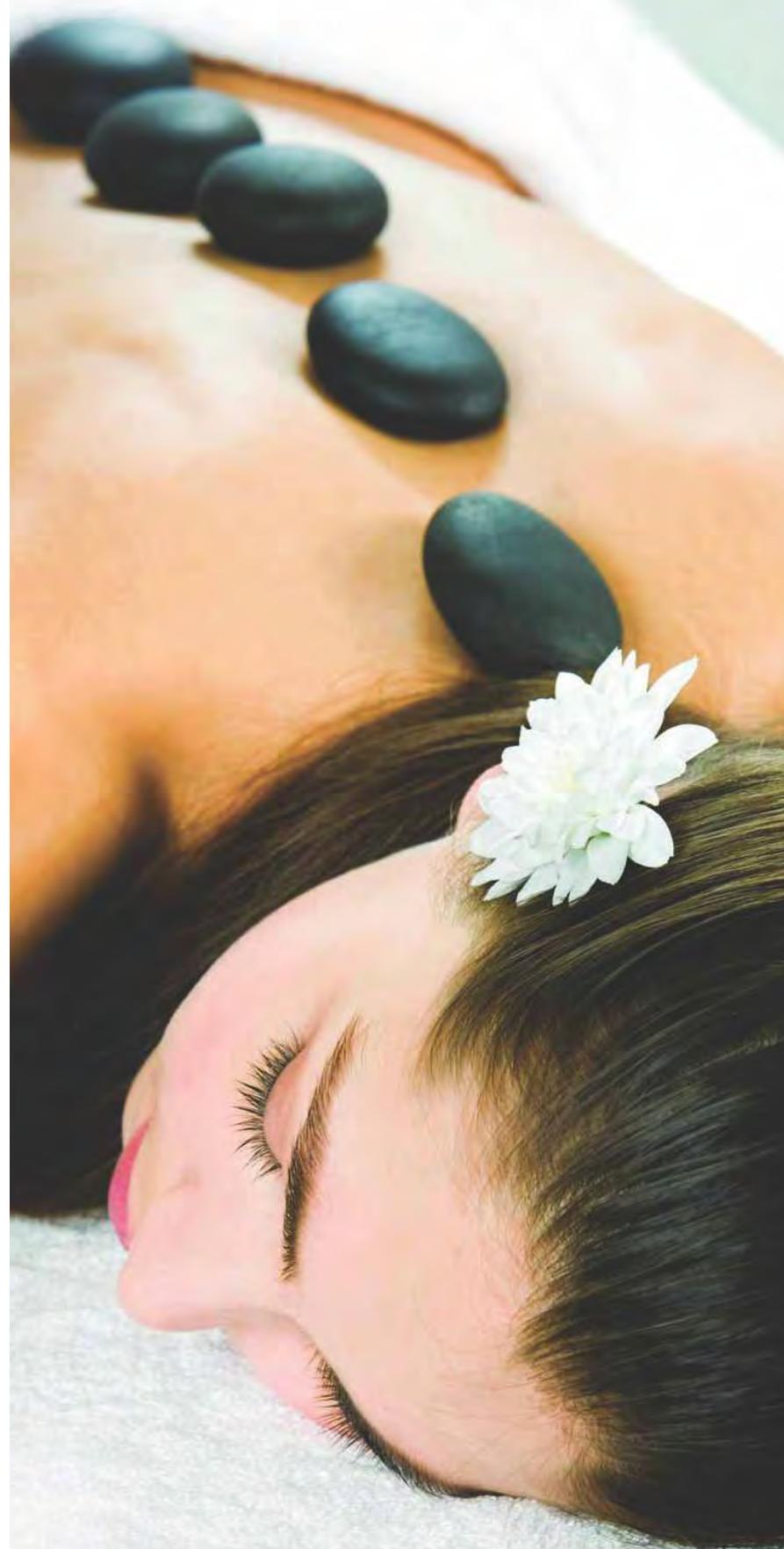
The treatment starts with a flower scented body scrub to exfoliate and soften your skin. This is followed by a full body massage with herbal essence oil – a harmonious balance of scent and touch. A languid face massage with signature oils leave you glowing with vitality.

Private Private Steam & Sauna - Aromatic Hot Towel - Body Scrub - Signature Massage - Face Massage - Aromatic Rose Bath - Herbal Tea

Inspiration from Ganges 3½ hours

Varanasi is synonymous with the pious Ganges, the one that gives life and absorbs it peacefully in its lap too. This signature rejuvenating combination takes inspiration from the peaceful Ganges. You start with a gentle scrub made from marigold and basil followed by a wild honey and vanilla wrap. After the body treatment, our therapist will ease out the tension from your body with a strong rhythmic signature massage – alternating palm and thumb strokes.

Private Steam & Sauna - Aromatic Hot Towel - Body Scrub - Body Wrap - Signature Massage - Aromatic Rose Bath - Herbal Tea





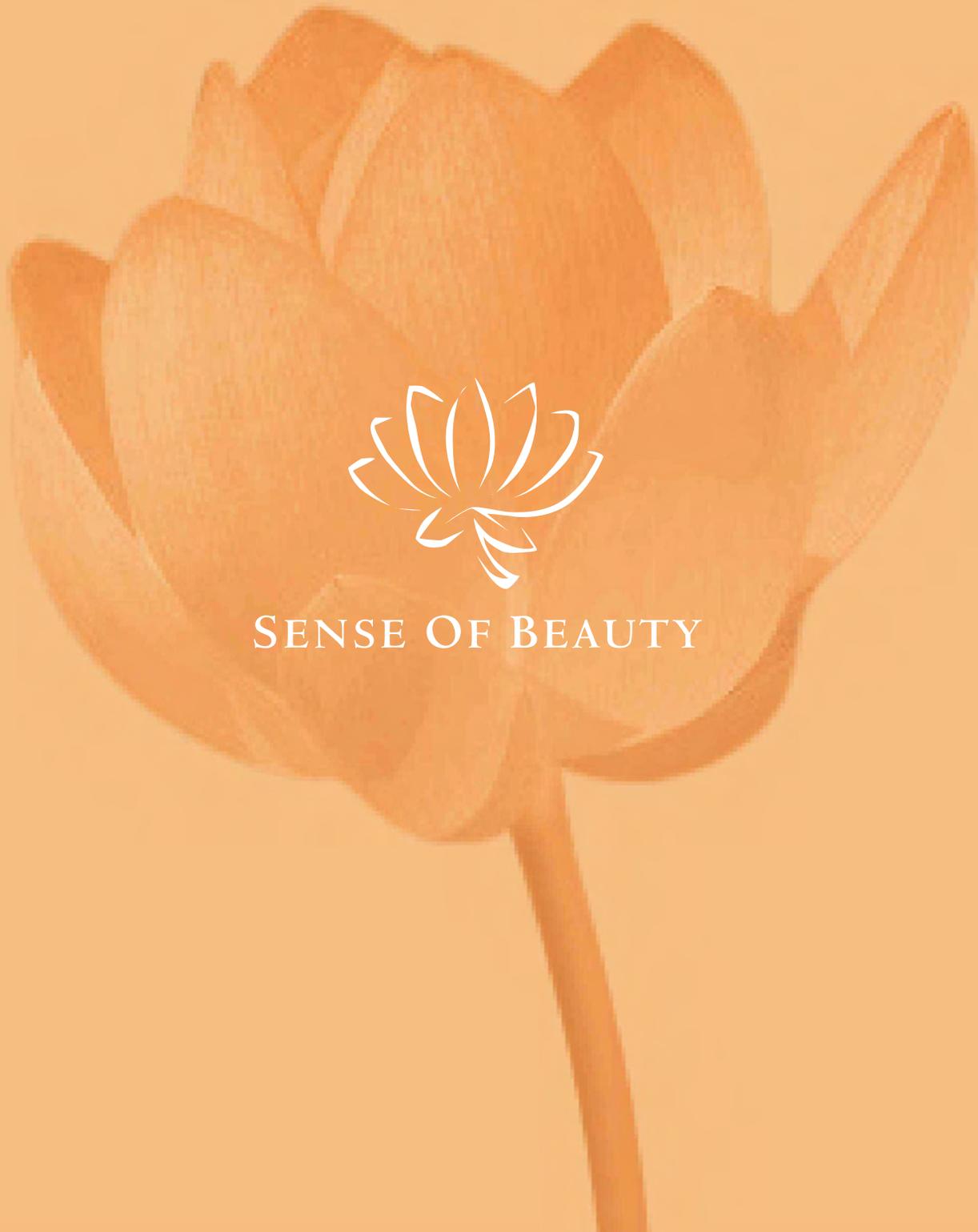
Tree of Life Eternal Bliss

4½ hours

Your visit to the Tree of Life Resort & Spa, Varanasi would be incomplete without our signature ritual. Using natural ingredients, this beautiful experience will delight your senses and rejuvenate your body. Treat yourself to our holistic spa experiences in the absolute privacy of Ekam – the spa.

Begin with a deeply nourishing bath, scrub and wrap using an oil of your choice. In candle light, our therapist will next invigorate your senses with an indulgent aroma therapy massage using a blend of sensual Indian oils. Then give your skin a natural glow with a one hour facial of your choice. As a final touch, relax with a glass of sparkling wine.

Private Steam & Sauna - Aromatic Hot Towel - Body Polish - Body Wrap - Ekam Signature Massage - Facial - Jacuzzi - Aromatic Rose Bath - Sparkling Wine.



SENSE OF BEAUTY

In the luxury of EKAM-the spa

Our 100% natural products are rich in minerals and plant extracts.

Natural refreshing properties of fresh products are used in our signature facial.

Various ingredients like watermelon,
cucumber and honey are selected depending on your skin type.

These collective ingredients will deeply cleanse,
restore the balance and elasticity of your skin,
leaving it healthy and glowing.

Your therapist will decide on which products are best suited
for your skin type in consultation with you.



The Ekam Facial

60 minutes

Delight the senses and let your skin be renewed to look healthy and radiant with this unique facial treatment, which is tailored to suit your skin type. Your face will be delicately cleansed, exfoliated, massaged and moisturized. A nourishing yoghurt mask is then applied to restore your youthful appearance. While the mask hydrates your skin, enjoy a soothing hand and foot massage with a balm.

We offer you facials specific to your skin type:

Oily Skin - Soya Milk cleanser - Kashmiri Walnut Gel scrub - Aloe vera face gel - Multannimitti face mask, Cucumber and Green Tea toner.

Dry and Sensitive Skin - Soya Milk cleanser, Narangi and Nagkesar Ubtan scrub - Alphonso Mango cream - Yoghurt face mask - Rose Marigold day cream.

Combination Skin - Soya milk cleanser, Tejasvi Ubtan scrub - Panchpushp gel - Yoghurt face mask - Panchpushp Mist toner.

Radiance Booster (Mature Skin) - Soya Milk cleanser - hand pounded Fruit Scrub - Tejasvi Emulsion - Aloe vera gel - Jasmine and Aloe vera toner - Panchpushp lotion.

All of our facials include our Cucumber eye wrap and lymphatic drainage.

Hand Care

45 minutes

Precious and expressive, your hands need to be pampered. We begin with cleansing and nail grooming, which is followed by an aromatherapy soak to soften your hands and cuticles. A nourishing mask is then applied. The treatment ends with a special hand balm which leaves them soft and supple.

Foot Care

60 minutes

After cleansing and nail grooming, your feet are immersed in a warm scented footbath. They are thoroughly pampered and relaxed. You then choose from an array of mask applications. The treatment ends with the application of foot balm, leaving them relaxed.





SENSE OF BEING

Yoga and Meditation

75 minutes

In your private Yoga and Meditation session, you will receive the individual attention of your gentle teacher. He will draw from your specific requirements and plan the session tailored just for your needs.

The word 'YOGA' is derived from the Sanskrit word 'Yuj' which means 'to unite' or 'to join' It is about connecting the body and the mind physically, mentally and spiritually. While the best time to practice yoga is early in the morning or in the evenings, you can practice it anywhere and anytime.

It is as much a workout of the mind, as of the body. After a personalized consultation, your gentle teacher will take you through a series of 'Asanas' (body and mind postures), 'Pranayamas' (controlled flow of breathing) and 'Mudras' (emotional, devotional, aesthetic gestures)

"Everything starts with the Mind, and when the Mind is at Peace, We are at Peace and the World is at Peace" said Lord Buddha. His teachings guide us to look at our mind as a separate unit from our body. With such awareness, we can strip our clinging feelings of like, dislike and temporal matters that are the cause of our suffering. With guided meditation, your gentle teacher will hopefully assist you achieve inspiration and peace of mind.

ESSENTIALS: Try and avoid eating 2 hours before a class. Functional wear, like the one provided in your Suite, should be used. Make sure you drink plenty of water before and after your session so you do not get dehydrated. Should you have any health problems like high blood pressure and heart disease, please alert the yoga teacher prior to the session. Women with menstruation and pregnant women should refrain from yoga practice.

We arrange private sessions for Yoga and Meditation with a days notice. Sense of Being is offered in the privacy of your luxury Suite, at the Ganga Kund or under the calm shade of our "Litchi Vriksh" in the Resort's green spaces.

For the Complete Spa Journey

We offer treatments in the privacy of EKAM – the spa. This has been indicated under the various treatments.

To make sure that your experience is fully enjoyable, we recommend the following:

RESERVATIONS

Please speak with Spa Services – Dial 3. You could also ask our Resort Services to make your reservation.

- We encourage you to schedule appointments 24 hours in advance in order to ensure availability.

ARRIVAL

- For your convenience, please be at Spa Reception 15 minutes prior to your treatment in order to change and prepare yourself.
- Should you arrive late for your scheduled appointment, we will do our best to accommodate you. However, your treatment time may be shortened or rescheduled to avoid inconvenience to the next guests.
- We suggest a shower prior to your appointment in order to receive full treatment benefits.
- Consult our therapist who will be pleased to advise on what treatment you need.
- To fully enjoy the tranquil environment of the spa, mobile and electronic devices are discouraged.

TIMINGS

- Like with everything else at the Resort, we have no time limitations and will be pleased to provide you with a spa experience at your convenience. However, we would need prior notice, should you desire to have any of the treatments early in the morning or late at night.

CANCELLATION

- A 24 hours cancellation notice is required to enable us to reschedule your appointment, subject to availability. Should you cancel the spa treatment with less than four hours notice, 50% will be charged as a cancellation fee.
- Should you not come for your spa treatment without any prior cancellation as stated above (No Show), the entire charge of the treatment will be levied.

VALUABLES

We request that all valuables be left in the safe in your room. While we endeavour to look after your belongings, the Resort will not be liable for any loss of your valuables.

GRATUITIES

Gratuities apart from billing should reflect your satisfaction level and hence is left solely to your discretion. However, we request that tips not be given to individual staff. Gratuity may please be left in an envelope at the Reception, which will be distributed collectively to all those who have served you. Thank you.

ETIQUETTE AND CONSIDERATIONS

- To fully enjoy the tranquil environment of the spa, mobile and electronic devices are discouraged.
- Drink water before all treatments.
- Please note that the spa is non-smoking and alcohol free environment.
- Guests with high blood pressure, heart condition or medical complications and ladies who are pregnant should inform the spa therapist.
- Please wear a proper swimming costume before entering the wet areas. Disposable underwear, which is provided, must be worn for all body treatments.
- Gentlemen who are having a facial are advised to shave at least 3 hours before the treatment.
- Although strict policies and procedures are implemented to maximize safety, The Tree of Life Resort & Spa, its employees and representatives will not be held liable or accountable for any incident experienced by any person undergoing spa treatments at Ekam – the spa.
- The Management has the discretion not to provide spa treatment in case of non-adherence to spa etiquette and considerations.



TREE OF LIFE
Resorts & Hotels

www.treeofliferesorts.com