

Tanjung Rhu – JivaRhu Spa menu

Massages

Aromatherapy Massage (*Gentle to medium pressure*)

50mins

Aromatherapy which means "*treatment using scents*" is the art and science of massaging the body with essential oils extracted from aromatic plants. The essential oils work on the brain and nervous system through stimulation of the olfactory nerves, improving blood circulation and lymphatic flow.

It is a holistic treatment of caring for the body because in addition to relaxing the entire body, aromatherapy has been known to relieve pain, improve the condition of the skin, alleviate tension and eliminate fatigue and anxiety. .

Malay Traditional Massage (Urut) (*Medium to Deep Tissue Oil Massage*)

50mins

It is an age old belief of the Malay community that air trapped in the blood stream and veins is the main cause of ill health and lethargy. In `urut', the application of herbals oils on the body by using deep pressure of the thumb and palm combined with long, rhythmic strokes and gentle kneading, is believed to relieve aches and pains and to enhance physical well being.

Ancient Thai Massage (*Manipulative, no oil massage & fully clothed*)

50mins

Through an ingenious system of movements, Thai traditional massage allows the therapist to manoeuvre the individual without much effort. Palm strokes and thumb pressure is applied along the energy lines of the body to streamline the energy flow and to harmonize the body, loosen knots, and recoup deficiencies along the energy lines. This oil-free massage technique assists in loosening joints, improving flexibility and inducing deep relaxation.

The stretching of the muscles is a form of "Passive Yoga" perfected by well-trained therapists

Swedish Massage

50mins

This massage was developed by a Swedish physiologist and is the foundation of other types of Western massages, employing various strokes such as kneading, effleurage, frictions and so on. The application of long strokes, combined with kneading by thumbs and palms along the nerve path, encourages blood circulation and also aids in the removal of toxins by way of stimulating the lymphatic system.

Swedish massage is an effective treatment to relieve stress, tension and muscle pain while increasing circulation, flexibility and relaxation.

Shiatsu

50mins

Shiatsu is an ancient Japanese massage technique which utilizes acupressure to relieve the tension of the body muscles. This oil-free massage focuses on applying firm rhythmic pressure by using thumbs, fingers and palms on the pressure points of the body, thereby unlocking the energy flow through the meridian channels.

This massage helps to relax the deep tissues and muscles, aiming to reduce stress levels and release toxins from the body. Apart from enhancing mental and spiritual awareness, Shiatsu improves flexibility of the body.

Sports Massage

50mins

Sports Massage is a massage technique that utilizes a system of movements including gliding, compressing, and stretching. It primarily focuses on the management, manipulation and rehabilitation of the body's soft tissues. This type of massage aids in improving physical training, preventing injury and enhancing self awareness and performance.

Sports massage is designed to ease muscle strain and promotes flexibility by improving blood circulation and restoring one's equilibrium, leaving one feeling refreshed and rejuvenated.

Balinese Massage**50mins**

In this traditional Balinese therapy, warm blended essential oils are applied with alternating intense palm pressure and soothing strokes to revitalize the body.

Herbal Bolus Heat Revival**50mins**

Herbal *bolus* (pack) treatment (also known as herbal heat revival) is a traditional Thai therapy in which herbs are used to complement massages to treat illness. Typically, a herbal *bolus* consists of herbs and spices that are wrapped tightly in muslin or cotton, and then infused in steam. Instead of using hands, the *bolus* is used to apply soothing strokes to massage.

Apart from removing toxins from the body, this massage assists in relieving muscle aches and sprains caused by excessive sport. It is also believed to calm nerves and redirect energy.

Tropical Rain Shower**50mins**

Picture yourself relaxing on a massage bed table as warm, tropical rain is sprayed gently on your body. The end result is one of complete and total rejuvenation and relaxation!!!

Shramonash Massage**30mins**

To maintain your professional edge, why not try a soothing head, shoulder and spinal massage to ease the stress and strain caused by knots in the back muscles?

Udvarthanam**(Herbal Powder Massage)****1 hr 20 mins**

This massage combines traditional Ayurvedic massage and massage with natural herbal powder mixed with fruit juices. It is performed in a synchronized manner to assist in exfoliation, reduction of excess fat, improvement of lymphatic drainage, while smoothening and beautifying the skin.

Abhyangam**(Traditional Ayurvedic Massage)****1 hr 20 mins**

Abhyangam is a time tested traditional massage performed by two therapists using medicated herbal oil to bring about a dynamic equilibrium of the bio-energies in the body. Strong palm pressure, effleurage, thumb pressure, friction, long strokes, kneading and knuckling are applied based on the location of muscles and nerves. It is beneficial for reducing aches and pains, relaxing the muscles and nerves, curing rheumatism, improving physical consistency, improving vision, inducing sound sleep at night, increasing longevity and preventing dry scales on skin. It improves the complexion and texture of the skin, making it supple and soft. The beneficial effects of this therapy are enhanced when followed by a natural scrub.

Oil treatments

Sirodhara (The Third Eye)**1 hr 20 mins**

In this traditional Ayurvedic massage, warm herbal oil/decoction is continuously dripped gently on the forehead (third eye chakra) from a specific height. The oil then streams down the crown chakra, which magnifies the senses, disperses negative electrical impulses that accumulate in the forehead from stress, reverses imbalances within the body, rejuvenates the face and renews the sweetness of life. Sirodhara is one of the most unique therapies available for reducing stress, enhancing cellular intelligence and immunity, and is very effective in resolving neurological problems, insomnia (lack of sleep), stress and depression.

(There will be a discount of 25% from the published rate if this treatment is repeated during a stay.)

Pizhichil (Oil Bath)**1 hr 20 mins**

In this oil bath therapy, warm natural herbal oil is poured all over the body, followed by marma massage (bio-energy point). It is highly recommended for overall nourishing and strengthening of muscles, nerves and tendons. Better still, it helps to delay the aging process and prevents wrinkles.

(There will be a discount of 25% from the published rate if this treatment is repeated during a stay.)

Ayurvedic herbal bolus rejuvenate

1 hr 20 mins

Body wraps act like giant poultices which detoxify the body. As the toxins are drawn out, the soft tissue is compressed and compacted. The use of pure herbal and botanical preparation tones up sagging tissue and moisturizes dry skin while adding luster and radiance. The contours of the body will improve as the skin regains its elasticity, effectively creating a smoother and firmer muscle base over the soft tissues.

**Udvarthanam
(Herbal Powder Massage)**

1 hr 20 mins

This massage combines traditional Ayurvedic massage and massage with natural herbal powder mixed with fruit juices. It is performed in a synchronized manner to assist in exfoliation, reduction of excess fat, improvement of lymphatic drainage, while smoothening and beautifying the skin.

Spa packages

Rhu Enhancement

4hrs

Aromatherapy **or** Urut
Herbal Heat Revival **or** Hot stone therapy
Marine Mud Scrub
Marine Algae Wrap
Oceanic Mineral bath
Enhancing Moisturization

Jiva Journey

4hrs

Jiva Rhu Signature massage
Body polish of your choice
Body wrap of your choice
Moisturizing
Mukha Kanthi (Rejuvenating Facial)

Prekrithi

4hrs

Traditional Ayurvedic Massage
Natural Exfoliating & Nourishing Body Scrub
Cleopatra Bath
Moisturizing
Natural facial

Rhu Romance

3hrs

Aromatherapy Massage
Candle Nut Body Scrub
Yoghurt Body Wrap
Tropical Floral Bath
Moisturizing

Experience a unique and innovative Asian fusion massage that is enriched with Ayurvedic techniques. This massage is personalized to suit your bio-energy level, the focus being complete relaxation of mind, body and soul. To ensure a seamless experience from head to toe which will allow you to drift into a heavenly unforgettable Jiva Rhu Spa therapy, our Signature therapy is performed by two therapists.

***** Many other therapies and beauty treatments available *****