



the SPA

Relax | Rejuvenate | Revitalise



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We offer a healthy holiday experience that is totally unique. Our spa will transform your physical and mental well being. It is the perfect combination of hiking, personal training, yoga and massage in beautiful, comfortable and harmonious surroundings. The expert team of massage therapists ensure that each of our guests benefits from the services as much as possible. Guests experience improved fitness, greater flexibility, stress relief and a heightened sense of well being.





*We invite you to energize your body, detoxify your system and calm your mind, at our spa.
The one-to-one attention ensures that our luxury health holidays are suitable for absolute beginners as well as more experienced guests, of all ages.*



Aroma Therapy (60 / 90 minutes)

3,500 / 4,700

This therapeutic massage technique uses essential oils to enhance relaxation, release muscular pain and improve overall well-being.

Swedish Massage (60 / 90 minutes)

3,500 / 4,700

A gentle, relaxing massage that uses long strokes, kneading, and circular movements on the topmost layers of muscles to improve circulation and reduce tension.

Balinese Massage (60 / 90 minutes)

3,700 / 4,900

This massage therapy involves gentle stretching, acupressure, reflexology and aromatherapy to stimulate the flow of blood. It helps to relieve joint pain & muscle strains and helps to reduce stress levels.

Deep Tissue Massage (60 / 90 minutes)

4,100 / 5,300

This massage technique primarily used to alleviate musculoskeletal issues. The therapist will use slow, deep strokes and friction to target the deeper layers of muscle and connective tissue. It helps to break up scar tissue. Which increases blood flow and reduces inflammation and pain.

Abhyangam Massage (60 Minutes)

4,700

Abhyangam massage treatment is done on the body, utilizing warm herbal oils and rhythmic strokes. The massage helps reduce muscle tension and joint stiffness, alleviating aches and pains throughout the body. It helps to relieve stress, mental clarity, lowering blood pressure. It also improves mental agility and sleep cycles.

Couple Massage (60/90 minutes)

7,000 / 9,400

A nurturing and intimate experience that allows you and your partner to unwind and connect on a deeper level.

Riva Signature Bliss Massage (90 minutes)

5,900

Embark on a sensory journey with our Signature Bliss Massage, a harmonious fusion of a 45-minute Full Body Massage, 15-minute Head Massage followed by a luxurious 30-minute Full Body Scrub.

****All prices are inclusive of taxes 5%***





Head Massage (30 minutes)

1,400

Experience a soothing head massage that targets pressure points to alleviate tension, reduce headaches, and promote mental clarity. It may also ease migraine and improves sleep.

Back Massage (30 minutes)

1,400

Discover the relief of a back massage, targeting tight muscles, reducing stiffness. Through a combination of gentle strokes and firm pressure, a back massage enhances blood flow, alleviate back pain and improve posture.

Neck and Shoulder Massage (30 Minutes)

1,400

Experience ultimate relief with our neck and shoulder massage, designed to ease tension, improve circulation, and restore mobility for deep relaxation and well-being.

Foot Reflexology (45 minutes)

2,100

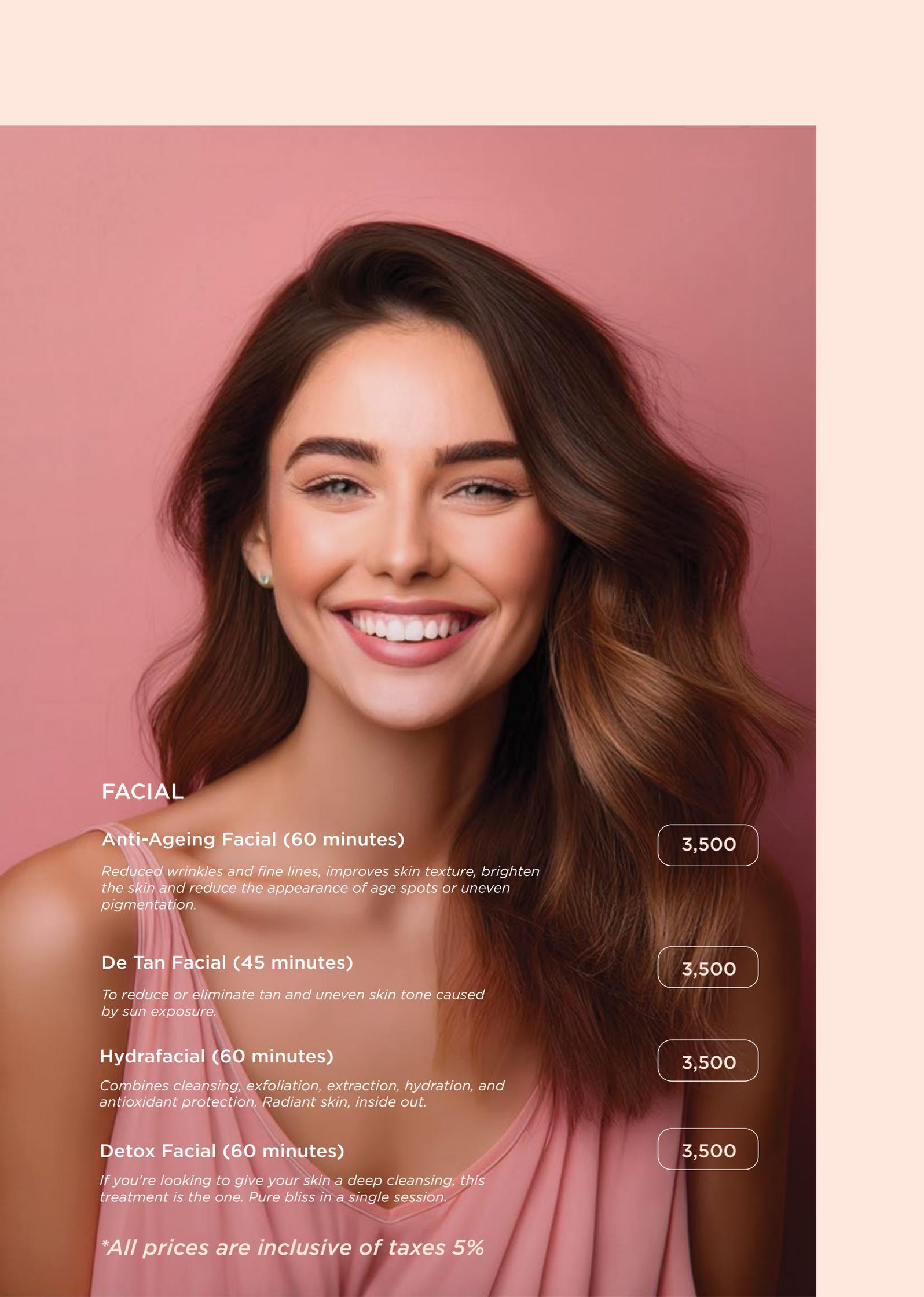
A Therapy that applies pressure to specific points on the feet, relieving stress and tension. It stimulates the body's natural energy pathways, promoting harmony and vitality.

Full Body Scrub (45 minutes)

2,900

Reveal softer, smoother skin by removing dead cells and impurities with a rejuvenating full body scrub. Cleanse your body of toxins, leaving you feeling refreshed, energized, and revitalized.

****All prices are inclusive of taxes 5%***



FACIAL

Anti-Ageing Facial (60 minutes)

3,500

Reduced wrinkles and fine lines, improves skin texture, brighten the skin and reduce the appearance of age spots or uneven pigmentation.

De Tan Facial (45 minutes)

3,500

To reduce or eliminate tan and uneven skin tone caused by sun exposure.

Hydrafacial (60 minutes)

3,500

Combines cleansing, exfoliation, extraction, hydration, and antioxidant protection. Radiant skin, inside out.

Detox Facial (60 minutes)

3,500

If you're looking to give your skin a deep cleansing, this treatment is the one. Pure bliss in a single session.

****All prices are inclusive of taxes 5%***

Riva Special Combo (150 minutes)

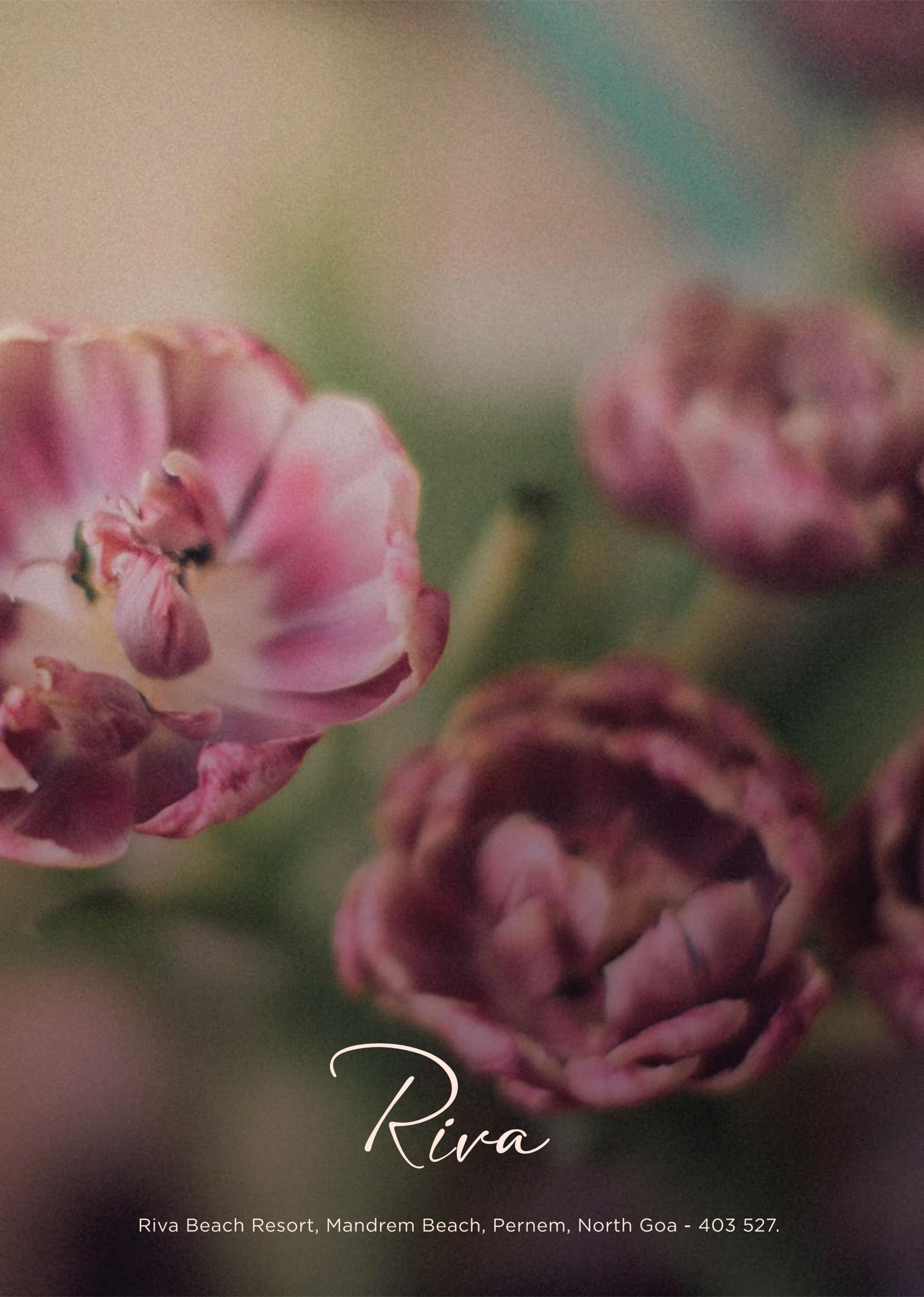
8,800

Embark on this holistic spa journey, designed not just for relaxation but to nurture your body, mind, and spirit. It's time to treat yourself to the ultimate self-care experience. Unwind and revitalize with:

- 60 minutes full body massage
- 30 minutes full body scrub
- 60 minutes facial treatment



**All prices are inclusive of taxes 5%*



Riva

Riva Beach Resort, Mandrem Beach, Pernem, North Goa - 403 527.