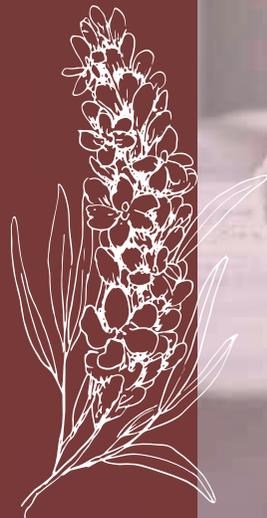




**NIKAAY**

wellness & spa

pause . focus . mindful



Greetings from



**NIKAAY**  
wellness & spa  
pause . focus . mindful



We welcome you at the Coorg Wilderness Resorts & Spa, Madikeri, settled in a multi-sensual and picturesque hill station town popular for its exuberant landscapes, misty weather and untouched forest trails. This is where Nikaay resides in; it means the *body* in ancient Indian scriptures.

*We believe that the beginning of every life changing habit is through the medium of the body, Nikaay.*

Revel in the magic of Nikaay Wellness, an Indian spa with international faire. Unique therapies and treatments blending age-old Indian healing techniques with the finest natural-select ingredients and state-of-the-body-and-mind techniques are our prided offerings.

Nikaay strives to enrich your wellness and healing journey to feel rejuvenated, empowered with resilience and focus.

## The New Spa Language

We take pleasure in helping our guests with healing, manage stress and balance their inner life force. Our spa menu draws inspiration from the wealth of knowledge in traditional Indian medicine systems.



*Soothing down does wonders to one's wellness. You unwind to achieve calm and be restful and open up to meaningful, revitalising experiences. You Pause, Focus and become Mindful.*

# SPA SPECIALS

## NIKAAY SIGNATURE TREATMENTS

### PAUSE

- Passaddhi

### FOCUS

- Vodaana

### MINDFUL

- Samatha

## MASSAGE THERAPY

- Swedish
- Aromatherapy
- Thai
- Balinese
- Hot Stone
- Abhyanga
- Shirodhara
- Indian Head Massage
- Foot Massage
- Back Massage

## SPA SENSE BODY REFINEMENT REGIMEN

### PURE SCRUB

- Thermal Salt Scrub
- Charcoal Mud Peel
- Orange & Apricot Cream Peel
- Sesame & Avocado Butter Peel

### AUTHENTIC WRAP

- Sapphire Cream
- Hematite Mud
- Green Tea Effervescent
- Glacier Water Cooling Gel

### FACIAL REGIMEN

- Power Oxygen
- Power C
- Derma Peel Pro
- Skeyndor Men Treatment

## ĀVARTANA DHYANA: MOVEMENT MEDITATION

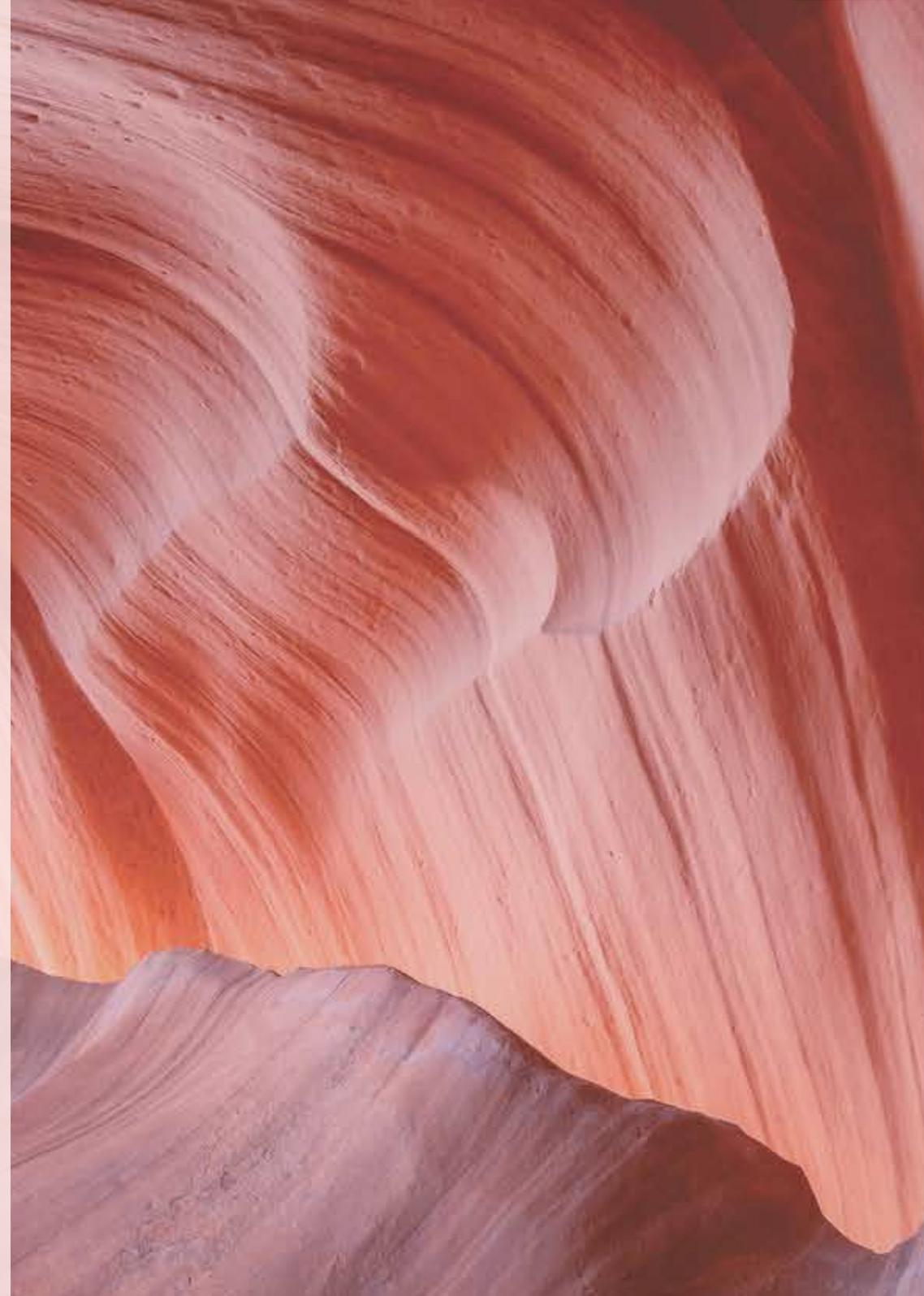
### YOGA THERAPY

- Nikaay Signature Yin Yoga
- Vinyasa Yoga
- Therapeutic Yoga
- Pranic Detox

### ACUPUNCTURE

### HRV STRESS ASSESSMENT & BIO-FEEDBACK

### COLONIC IRRIGATION



## Understanding Equipoise

The idea of equanimity is deeply rooted in Indian philosophy. Themes of equipoise resonate in the Bhagavad Gita, Patanjali yoga sutras and Ayurveda. Modern medicine terms this state of balance as homeostasis.

At Nikaay, we endeavour to move beyond balance of the physical body functions and journey into the balance of life-force energy, emotions and intellect, culminating in a state of equipoise.

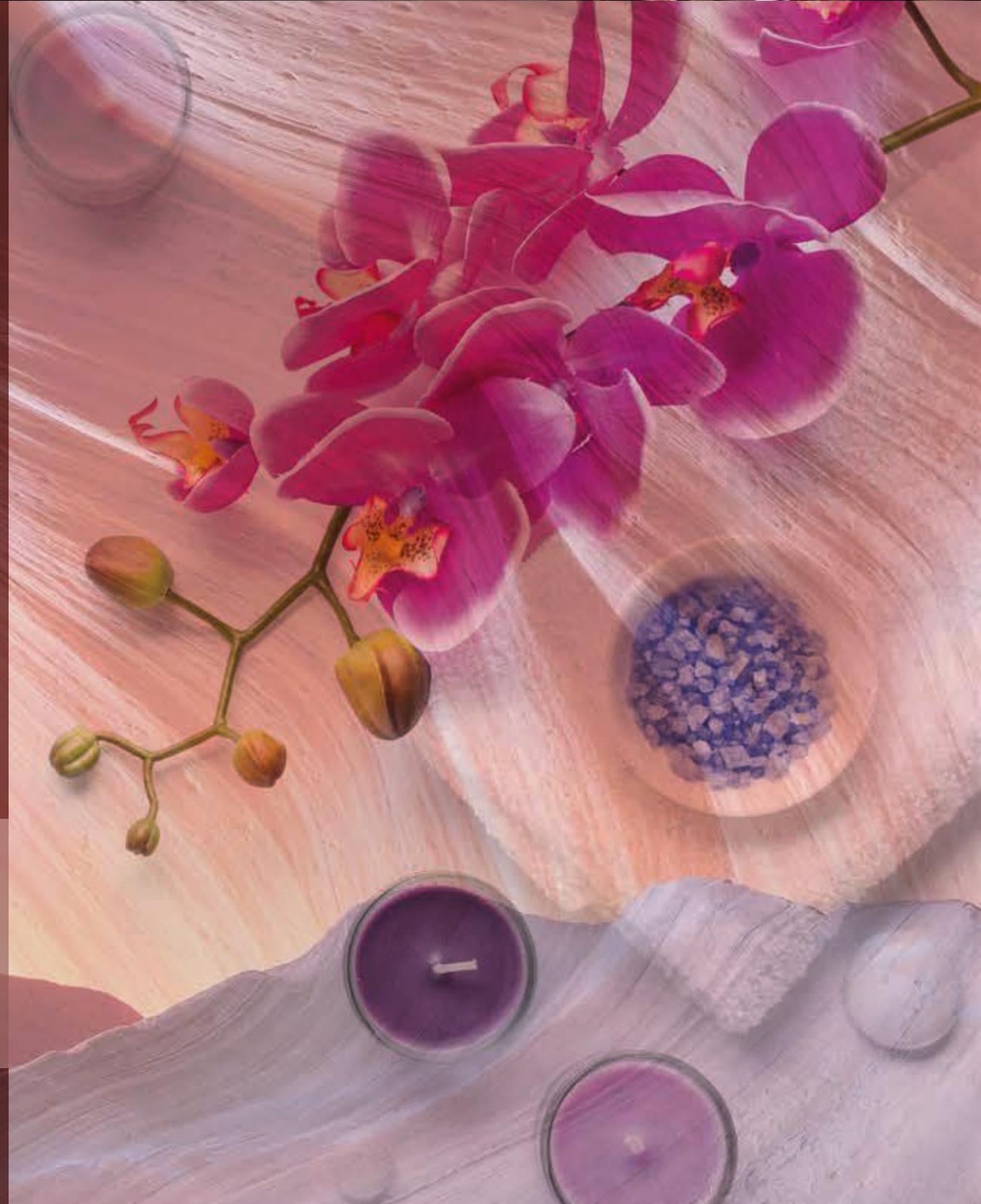
## Coorg's Apothecary

Coorg's foliage is classified into evergreen woods of the north and west, moist deciduous and dry deciduous forests of the central and southern portions and isolated Shola forests located tucked between the folds of the mountain slopes, covered by grasslands. Native tribes of Coorg have documented the use of over 200 species of medicinal plants.

Nikaay's range of products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Our product range contains ingredients with a molecular vibrational energy which promote equilibrium and holistic healing.

*'The great thing about Ayurveda is that its treatments always yield side benefits and not side effects.'*

- Shubhra Krishan





## NIKAAY SIGNATURE TREATMENTS

*The Nikaay Signature Spa Menu reflects our PAUSE, FOCUS and MINDFUL ideology.*

*Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.*





For those seeking attunement,  
tranquillity and insight.

## PAUSE

This regimen is developed to help you take a pause from the frenzied routine lifestyle, promote inner peace and return the body and mind to a state of harmony.

### Passaddhi - 150min.

Practice the tranquillity ritual with Tibetan singing bowls, followed by the breathing practice and guided visualisation. This is followed by a calming massage with nurturing oil.

Skin refining facial with Marma is designed to deeply rejuvenate and nourish aging skin, featuring a double cleanse and exfoliation technique; a special mask blend using a Kansa wand to soothe, tone and release stress from facial muscles, neck and shoulders.

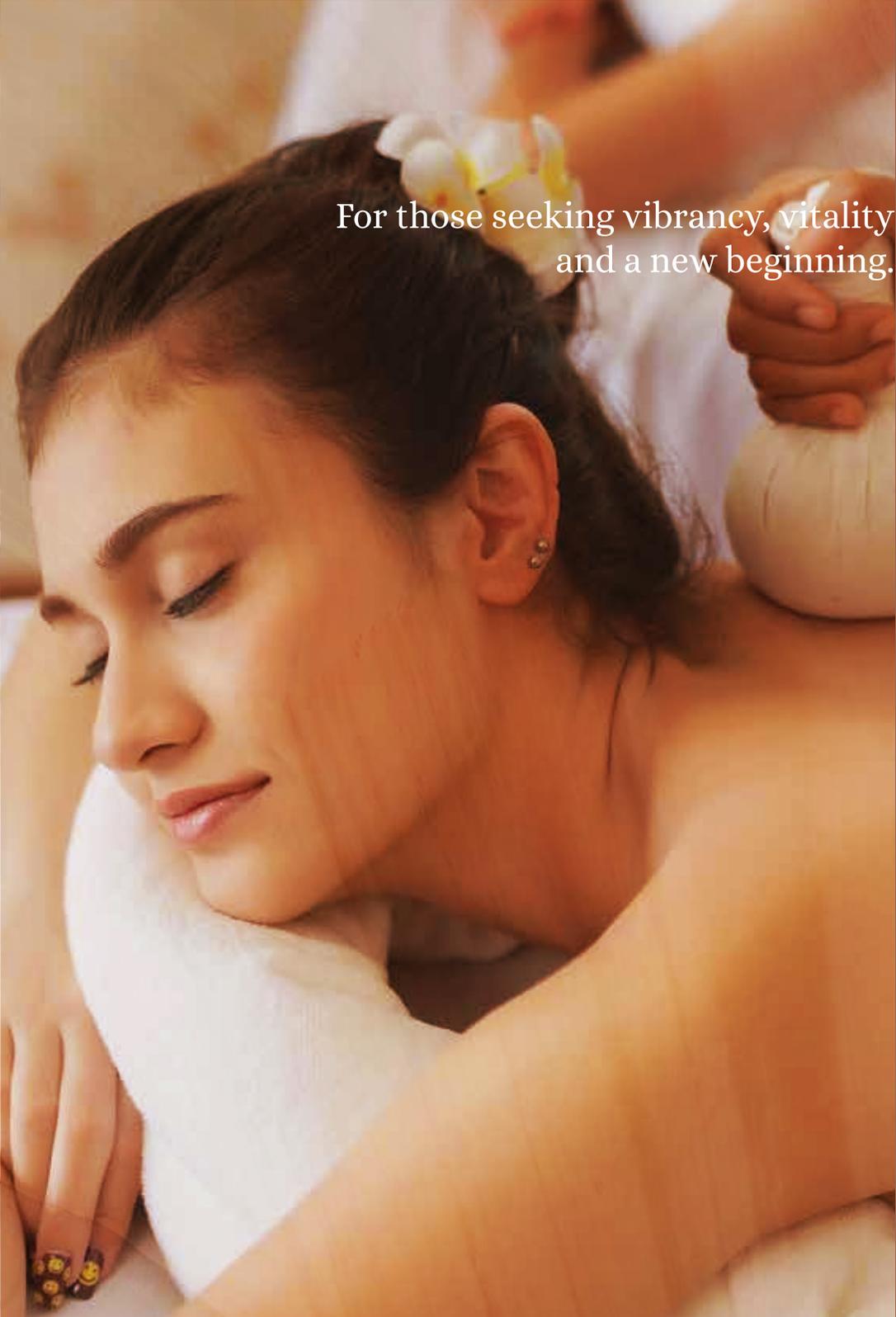
**Recommended for:** Mature skin type

### Key Ingredients

**Dashmoola** is strengthening and naturally calming, grounding and soothing.

**Vetiver** is purifying, has profound rejuvenating qualities and is also calming and grounding.

**Borage** rejuvenates and moisturises the skin while providing strong soothing and calming benefits.

A woman with dark hair tied back, adorned with a white flower, is lying on her side on a massage table. A therapist's hands are visible, applying a thick, light-colored mud to her back. The scene is set in a spa environment with warm lighting.

For those seeking vibrancy, vitality  
and a new beginning.

## FOCUS

This regimen is a potent detoxifier and metaphysical cleanser that holds the spiritual energy of vitality, calming the heart and mind, reducing restlessness, and invigorating the body.

### Vodaana - 150min.

Shankara's Signature Balancing Replenishment entails mud envelopment with massage to replenish moisture and hydration in skin. It includes a full body exfoliation including the use of aromatherapy, relaxing scalp massage and foot massage, using a special balancing treatment bowl/ Kansa wand.

Recommended for: All skin type

### Key Ingredients

**Jasmine** is a rejuvenating flower with purifying benefits that moisturise deeply and soothes the skin.

**Ylang Ylang** relaxes and uplifts the mind while being soothing & purifying to the skin.

**Rose Geranium** is a rejuvenating and moisturising blend that brings soothing balance to the skin.



For those seeking rejuvenation,  
recovery and restoration.



# MINDFUL

This therapeutic regimen, imbued with the spiritual energy of love, promotes reconnection with oneself via the healing of emotional and mental afflictions.

It promotes self-acceptance while also restoring and rejuvenating the body on a physical level.

## Samatha - 120min.

This ritual brings forth the best of Ayurvedic wisdom in one powerful and transformative treatment to balance and rejuvenate body and mind. A traditional Abhyanga massage with a customised Dosha-specific massage oil opens the treatment and is followed with a Kansa wand facial massage, a tension-melting foot massage using Kansa wand and culminates in a traditional Shirodhara to bring deep rest to the nervous system.

Recommended for: Sensitive skin type

### Key Ingredients

**Frankincense** calms, soothes and helps to unwind from tension.

**Helichrysum** invigorates and rejuvenates the skin while soothing tension, helping to alleviate pain.

**Plai** helps to relieve pain with its calming, soothing and cooling properties.



# MASSAGE THERAPY



## Swedish

Medium Pressure - 60/ 90min.

Classical Swedish massage is a whole-body therapeutic massage that involves manipulation of the soft tissues and muscles using techniques like effleurage, kneading, tapotement and stroking.

Recommended for: All skin types

## Aromatherapy

Mild Pressure - 60/ 90min.

It is a perfect combination of nurturing power of touch and powerful sense of smell. Massage oil imbued with the potent aromatic compounds of essential oils is used in the treatment which stimulate brain areas responsible for relaxation.

Recommended for: All skin types

## Thai

Moderate Stretching - 90min.

It is a dynamic bodywork therapy where the therapist guides the guest through a series of yoga postures, while palming and thumbing along the body's energy lines and pressure points and manipulates the body into stretches.

Recommended for: All skin types

## Balinese

Medium-Strong Pressure - 60/ 90min.

Balinese massage is a full-body, deep-tissue and holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aromatherapy. Specific pressure points on body's energy lines are suitably manipulated to dissolve the energy blocks.

Recommended for: All skin types

## Hot Stone

Medium-Strong Pressure - 90min.

The massage is carried out with oil enveloped on smooth, flat and heated volcanic stones which are placed on key energy points on the body. The warmth and heaviness of the stones provide a deep sense of comfort, while the combination of the heat and pressure is truly divine and soothing.

Recommended for: All skin types



*'Massage is the study of anatomy in Braille.'*

- Jack Meagher



## Abhyanga

Medium Pressure - 60min.

Abhyanga is an Ayurvedic therapy in which the whole body is enveloped in warm herb infused oil. It is the perfect way to nourish, moisturise and bring comfort and balance to your whole body. At the end of the session, medicated herbal powder is applied on the crown to re-balance energy flow and awaken the senses.

Recommended for: All skin types

## Shirodhara

Medium Pressure - 45min.

This is the ultimate Ayurvedic therapy for relief from anxiety, wherein warm medicated herbal oil is poured in an even stream onto the forehead. This therapy is known to pacify and revitalise the mind, taking you to a deep peaceful meditative state.

Recommended for: All skin types

## Indian Head Massage

Medium Pressure - 30min.

It is an invigorating experience where firm and quick strokes are combined with stimulation of trigger points on the head. This improves blood flow, nourishes the scalp and induces a deep sense of relaxation.

Recommended for: All skin types



## Foot Massage

Medium Pressure - 30min.

The application of pressure on appropriate points on the feet helps to stimulate the reflex points that correspond to various internal organs. This ensures relaxation and ease in the feet and helps one to enjoy a pampering experience.

Recommended for: All skin types

## Back Massage

Strong Pressure - 30min.

This therapy is based on the philosophy that a flexible and tension-free back is the backbone for body alignment. When executed, it will help you to melt into total relaxation as our expert therapists dissolve the tension stored in the muscles of the back and help you to feel energised and refreshed.

Recommended for: All skin types

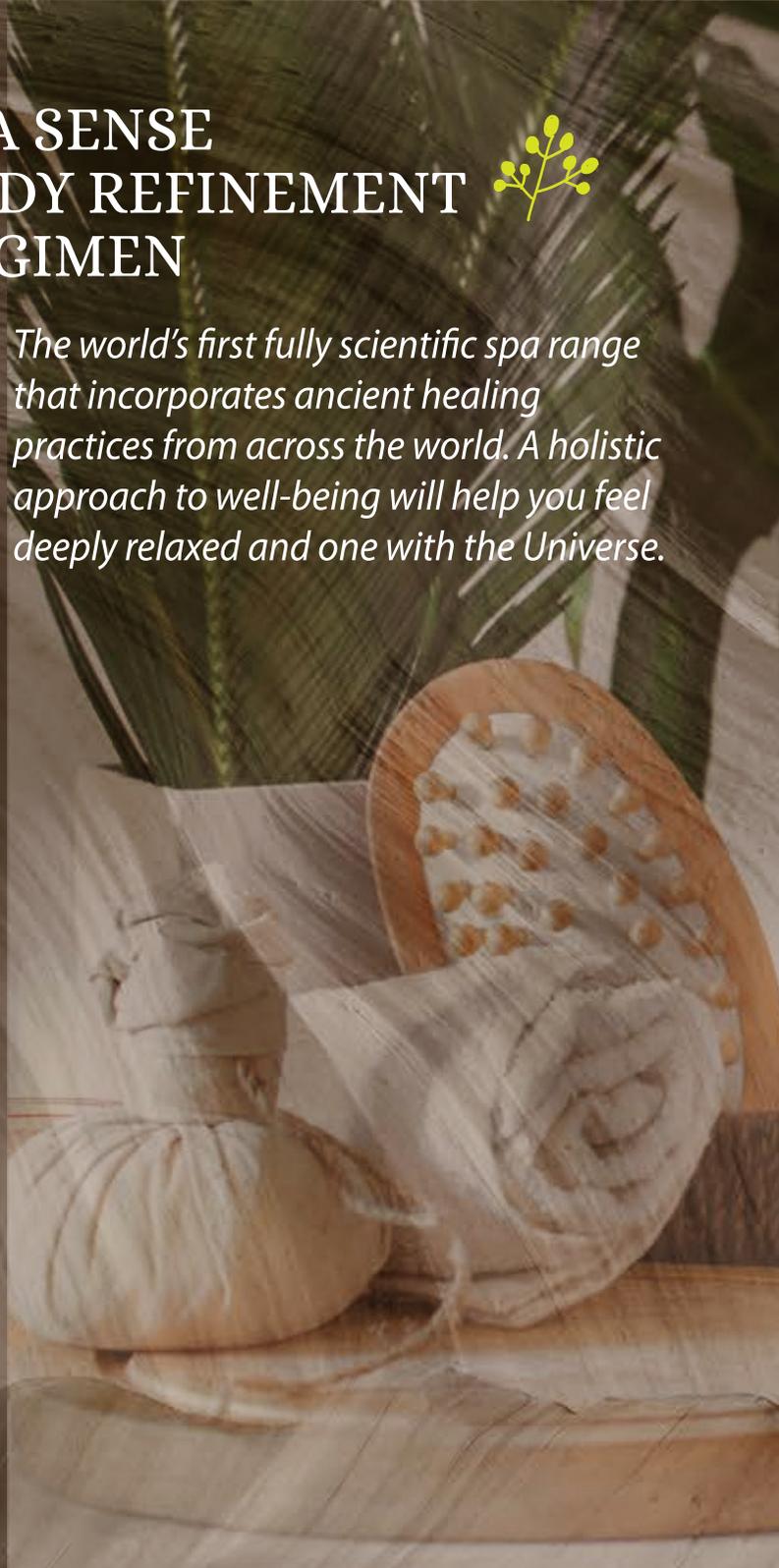




## SPA SENSE BODY REFINEMENT REGIMEN



*The world's first fully scientific spa range that incorporates ancient healing practices from across the world. A holistic approach to well-being will help you feel deeply relaxed and one with the Universe.*



## PURE SCRUB - 30min. each

Exfoliating jewels that penetrate deep into your skin, leaving it revitalised, smooth, and even. The purifying power of nature for every skin type.

### Thermal Salt Super Strong

Exfoliating salt particles, an age-old gem from Salies-de-Béarn, contain a concentrated composition of mineral content for an intense renewal of the skin and a refreshing and energising sensorial experience.

#### Benefits

- Super strong peeling
- Remineralising
- Purifying

**Recommended for:** Thick skin

### Charcoal Mud Peel Strong

Organic mud and charcoal cleanse, smooth and purify the skin. The result: the remineralising & detoxifying effect of nature, thanks to the fine particles of black sand, which provide a natural and deep exfoliation and the purifying, absorbing properties of charcoal.

#### Benefits

- Strong peeling
- Detoxifying
- Purifying

**Recommended for:** Thick skin with impurities

### Orange & Apricot Cream Peel Medium

Orange, apricot kernel and grape micro-particles cleanse, smoothen and moisturise the skin to renew and oxygenate the body. These jewels restore the skin's radiance thanks to their medium exfoliating power.

#### Benefits

- Medium peeling
- Antioxidant
- Purifying

**Recommended for:** All skin types

### Sesame & Avocado Butter Peel Soft

Avocado and sesame oil gently exfoliate and nourish the skin to leave it moisturised and soft. The nourishing power of nature provides all the softness your body needs.

#### Benefits

- Soft peeling
- Nourishing
- Puifying

**Recommended for:** Fine and sensitive skin

## AUTHENTIC WRAP - 50min. each

Powerful ingredients that melt into your skin like an enveloping caress all over your body. Exceptional textures that deeply nourish and revitalise.

### Sapphire Cream

Creamy, energising body wrap with sapphire particles. This jewel of well-being, also known as the gem of heaven, provides radiance and deeply revitalises the skin.

#### Benefits

- Invigorating
- Luminosity
- Energy

**Recommended for:** All skin types

### Hematite Mud

This wrap strengthens the skin's natural defences with hematite extract, organic mud and water from Salies-de-Béarn. Nature repairs the skin with its firming and remineralising effect.

#### Benefits

- Remineralising
- Firming
- Moisture

**Recommended for:** Devitalised skin with a lack of firmness

### Green Tea Effervescent

This body wrap with a warming effect is formulated with green tea and citrus fruits that help to eliminate liquids and impurities from the skin through the stimulating power of nature's ingredients.

#### Benefits

- Detoxifying
- Purifying
- Renewing

**Recommended for:** Congested skin

### Glacier Water Cooling Gel

Glacier water, pink pepper, peppermint and eucalyptus are the natural ingredients that make up this stimulating body wrap. It helps to improve circulation and creates a calming and cooling effect, making it ideal for tired legs.

#### Benefits

- Circulation activator
- Draining and stimulating

**Recommended for:** Skin with signs of poor circulation



# FACIAL REGIMEN - 60min. each



## Power Oxygen

Experience the anti-pollution range with the powerful combination of antioxidants and Perfluorodecalin, used for the first time in cosmetic treatments. It leaves your skin feeling:

- Healthy
- Detoxified
- Energised
- Enhanced in tone
- Smooth in texture

**Recommended for:** All skin types

## Power C

Feel the power of Vitamin C derivatives and pure Vitamin C, along with two super fruits pomegranate and açai.

### Benefits

- Energising
- Super antioxidant
- Radiant light effect
- Hydrating
- Softer skin
- Improved skin's appearance
- Softened eye contour (Eye Bags)
- Instant brightening

**Recommended for:** All skin types, except sensitive skins



## Derma Peel Pro

The first ever genetic de-pigmenting treatment to get rid of dark spots, melasma, pigmentation, tanning etc. An exfoliation treatment comparable to medical-aesthetic treatments for pigmented, dull, dark and tanned skin. Minimises pores and reduces early signs of ageing.

### Benefits

- Chemical peel
- Anti-blemish
- Antioxidant
- Even skin tone
- Renewing

**Recommended for:** All skin types

## Skeyndor Men Treatment

Energise yourself with precious elements like diamond and titanium. It is combined with dragon's blood from the trees of the Amazon region to give healing to micro-cuts due to shaving. This treatment is customised to take special care for the needs of a masculine skin. It provides an extremely replenishing experience for the eyes. The oxygen supply gives a feeling of well-being and harmony. It revitalises fatigued skin or skin damaged by extreme climate.

**Recommended for:** All skin types



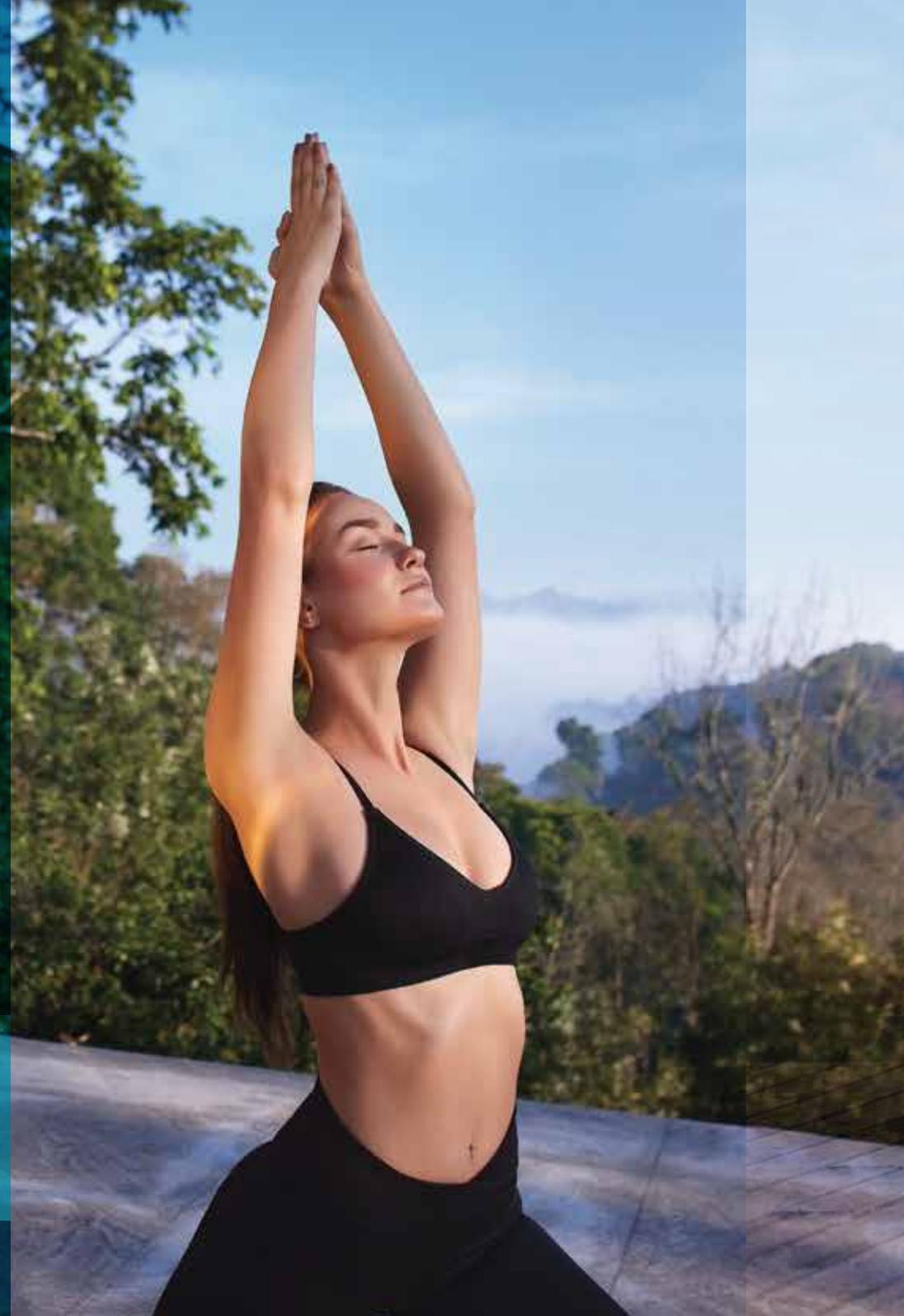
# Āvartana Dhyana: Movement Meditation

*This cyclical combination of simple yogic postures and relaxation techniques help you explore the deeper layers of consciousness.*

*It is a beginner-friendly meditation regimen designed to manage stress, insomnia, migraine and improve cognitive performance.*

*'Yoga is the perfect opportunity to be curious about who you are.'*

- Jason Crandell



# YOGA THERAPY - 60min. each



## Nikaay Signature Yin Yoga

Guided Yin Yoga with soothing music to improve relaxation while gracefully holding yoga poses that enable detox of energy channels.

### Benefits

- Improves joint mobility
- Improves flexibility
- Maintains stability

**Recommended for:** Corporate sector and the fast-working middle-age group

## Vinyasa Yoga

Guided rhythmic movements where you seamlessly glide from one yoga pose to another using timed breathing practice. Fluid transitions help strengthen the muscles and relieve stress.

### Benefits

- Improves endurance
- Improves strength
- Builds muscle strength

**Recommended for:** Beginners and advance practitioners and the best flow for the young body to build strength



## Therapeutic Yoga

Therapeutic yoga is an inherently holistic approach, simultaneously working on the body, mind and spirit. Work with your yoga physician to customise your yoga session specific to conditions you want to address.

### Benefits

- Improves digestion
- Reduces pain and inflammation
- Reduces hormonal imbalances

**Recommended for:** Here the focus is on healing, especially for the geriatric group

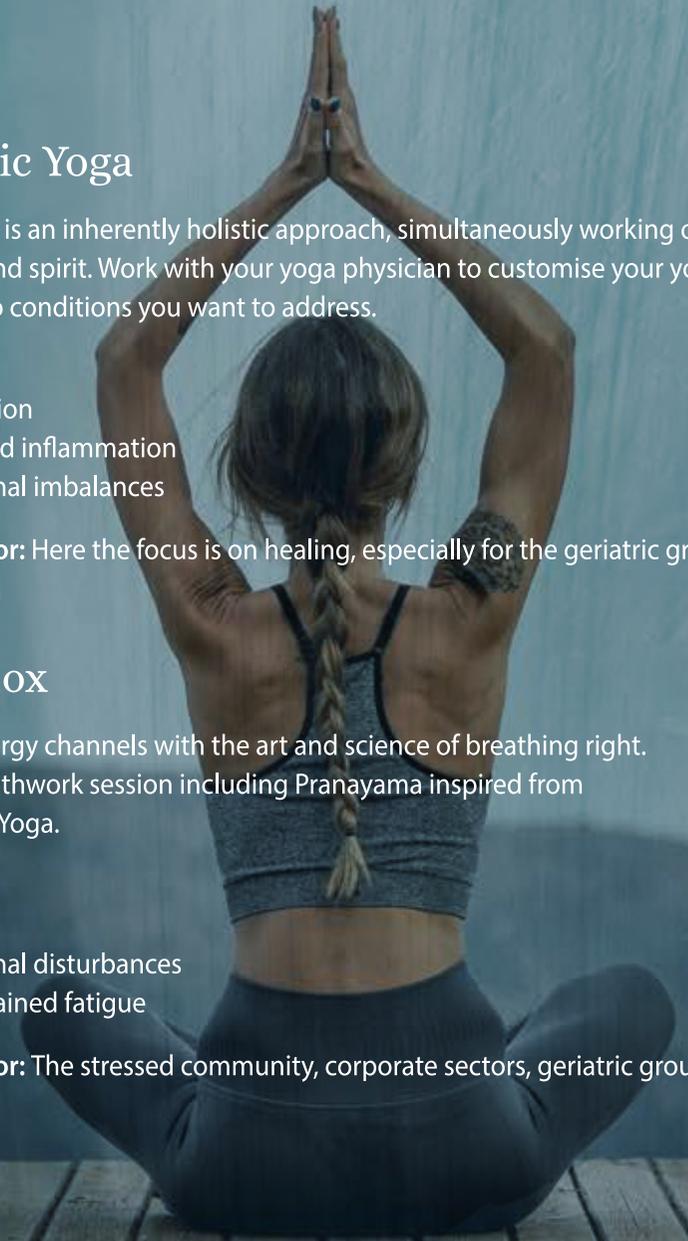
## Pranic Detox

Unblock your energy channels with the art and science of breathing right. Experience a breathwork session including Pranayama inspired from traditional Haṭha Yoga.

### Benefits

- Mental clarity
- Reduces hormonal disturbances
- Reduces unexplained fatigue

**Recommended for:** The stressed community, corporate sectors, geriatric group



## ACUPUNCTURE - 30min.

Acupuncture forms an important part of traditional Chinese medicine. It focuses on resolving energy imbalances within the body to promote healing. This relaxing, painless procedure produces a therapeutic response to relieve pain, calm stress and normalise body functions relying on the body's own ability to heal itself.

## HRV STRESS ASSESSMENT & BIOFEEDBACK - 45min.

A unique stress assessment test using HRV equips us to measure your baseline stress levels and provide personalised stress management solutions.

Our breath biofeedback approach of re-training your mind to manage stress has its roots in the traditional text, Haṭha Yoga Pradīpikā.

## COLONIC IRRIGATION - 60min.

It is an ancient form of cleansing the colon (large intestine) and rectum with temperature and pressure controlled filtered water. It is a drug-free, safe and effective method of removing toxins from the bowel. Take a proactive approach to ensure your gut health.





## SPA GUIDELINES

- **Spa reservations:** Please call Extension 851 to plan your spa sessions.
- **Appointments:** Guests are encouraged to book treatments in advance to ensure their preferred time and service is available.
- **Treatment preparation:** We recommend arriving at least 15-30min. before treatment, to consult the doctor and follow pre-treatment ritual allowing use of steam or sauna.
- **Special considerations:** Most treatments can be adapted to accommodate pregnancy or injury. Please discuss with the doctor before any treatment and inform staff of any medical or health concerns.
- **Spa environment:** Please refrain from smoking and using your phone while using the spa and wellness facility.
- **Eligibility:** The minimum age must be of 16 years for the use of facilities and receiving spa treatment.
- **Mandatory:** Please communicate parental consent when confirming booking for guest under 18 years of age.
- **Cancellation/ Change:** Notice of a minimum 12 hours in advance will be appreciated as the spa time is especially reserved for you. Cancellation made under 6 hours of the appointment will be fully chargeable.
- **Valuables:** While personal lockers are available at the spa, we recommend leaving your valuables in your room.
- **Operating hours:** The wellness and spa facility will be operational from 8:00am to 8:00pm. Last appointment at 7:00pm.

# Spa Menu & Tariff



**NIKAAY**

wellness & spa

pause . focus . mindful

## NIKAAY SIGNATURE TREATMENTS

PAUSE - Passaddhi - 150min.	₹10,000
FOCUS - Vodaana - 150min.	₹10,000
MINDFUL - Samatha - 120min.	₹8,000

## MASSAGE THERAPY

• Swedish - Medium Pressure - 60/ 90min.	₹5,000/ ₹6,500
• Aromatherapy - Mild Pressure - 60/ 90min.	₹5,000/ ₹6,500
• Thai - Moderate Stretching - 90min.	₹7,000
• Balinese - Medium-Strong Pressure - 60/ 90min.	₹5,000/ ₹6,500
• Hot Stone - Medium-Strong Pressure - 90min.	₹7,000
• Abhyanga - Medium Pressure - 60min.	₹5,000
• Shirodhara - Medium Pressure - 45min.	₹5,000
• Indian Head Massage - Medium Pressure - 30min.	₹3,000
• Foot Massage - Medium Pressure - 30min.	₹3,000
• Back Massage - Strong Pressure - 30min.	₹3,000

## SPA SENSE BODY REFINEMENT REGIMEN

### PURE SCRUB - 30min. each

• Thermal Salt Scrub - Super Strong	₹3,000
• Charcoal Mud Peel - Strong	₹3,000
• Orange & Apricot Cream Peel - Medium	₹3,000
• Sesame & Avocado Butter Peel - Soft	₹3,000

## NIKAAY COUPLE RITUAL - 180min.

₹18,000

Choice of 30min. Massage Therapy + 60min. Body Ritual + Facial + Jacuzzi



**NIKAAY**

wellness & spa

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# Spa Menu & Tariff

## SPA SENSE BODY REFINEMENT REGIMEN

### AUTHENTIC WRAP - 50min. each

- Sapphire Cream ₹4,000
- Hematite Mud ₹4,000
- Green Tea Effervescent ₹4,000
- Glacier Water Cooling Gel ₹4,000

### FACIAL REGIMEN - 60min. each

- Power Oxygen ₹5,000
- Power C ₹5,000
- Derma Peel Pro ₹5,000
- Skeyndor Men Treatment ₹5,000

## ĀVARTANA DHYANA: MOVEMENT MEDITATION

### YOGA THERAPY - 60min. each

- Nikaay Signature Yin Yoga ₹1,000
- Vinyasa Yoga ₹1,000
- Therapeutic Yoga ₹1,000
- Pranic Detox ₹800

ACUPUNCTURE - 30min. ₹2,000

HRV STRESS ASSESSMENT & BIO-FEEDBACK - 45min. ₹2,500

COLONIC IRRIGATION - 60min. ₹5,000



**Coorg Wilderness Resort & Spa**

Virajpet Main Road, Mekeru,  
Madikeri, Karnataka 571 201.

[f](#) [t](#) [i](#) [v](#) coorgwildernessresort

+91 80 6911 1111

[coorgwildernessresort.in](http://coorgwildernessresort.in)

Hours of spa operation

8:00am to 8:00pm

Last appointment

7:00pm

Spa reservations

Call Ext: 851

18% GST applicable

*'You only live once.  
But if you do it right,  
once is enough.'*



### Coorg Wilderness Resort & Spa

Virajpet Main Road, Mekeru,  
Madikeri, Karnataka 571 201.

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Hours of spa operation  
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