NIRBAN SPA

Reconnect Rebalance Rejuvenate



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Reconnect ❋ Rebalance ❋ Rejuvenate

A glimpse of Nirban Spa

Nirban Spa's are the fusion of Indian and Western well-being. Inspired from the East and the West all set-in eco-friendly surroundings, giving the consumer a true natural luxury fusion experience. Nirban Spa's treatments are totally unique and relaxing. Our treatments ranges from varieties of Body Massages, Facials, Scrubs, Wraps, Express treatments, Baths, and other Organic Rituals. Each one has its own benefits of Relaxing, Pampering, Detox, Revitalizing, Anti-ageing, Refreshing and Correcting. Treatments are designed in specific response to your age, lifestyle, and skin conditions. They are designed for both women and men. Aiming to optimize the skin's own resources and to encourage it to regain its beauty. After a careful and personalized consultation, your therapist will know which one of the following treatments are the most suitable for you.



Raja Mayong Signature Therapies

Signature Nature's Harmony Body Massage
90 Min

Inspired by the traditional wellness heritage of Mayong, Assam, this signature massage combines warm herbal oils, rhythmic strokes, gentle stretching, and focused pressure to release everyday tension and promote deep relaxation. A soothing wellness experience inspired by the timeless healing traditions of Mayong.

Signature Aroma Sensational Body Massage
90 Min

A deeply restorative full-body massage inspired by the traditional healing spirit of Mayong. A soothing blend of aromatic oils and customized pressure helps release muscular tension, reduce stress, calm the senses, and restore a renewed sense of energy and well-being.

Serenity Body Massages

Well-Being Relaxing Body Massage
60 / 90 Min

Well-Being body massage that promotes relaxation from the soles of your feet to the crown of your head. It releases physical and mental tensions by soothing the nervous system. Swedish and Balinese strokes relax the tensed muscles, restores circulation, and recover lost energies. After the treatment, the body feels totally unwind and deeply re-balanced.

Re-Balance Deep Touch Body Massage
60 / 90 Min

It is a deeply rhythmical massage, often giving the sensation of being stroked by many hands at once. Deep tissue is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual well-beings. It releases the toxins and deeply relaxes the muscles.

Enlightening Massage with Hot Stones
90 Min

The spiritual nature of being healed with ‘Earth’ offers a new dimension to restore vigour, strength, and vitality. The deep penetrating heat of the natural basalt stones enhances circulation and creates an extremely balanced state for body, mind and soul. Heated stones placed over seven chakras enlightens and re-balances.

*Government taxes are applicable

Pobitora Signature Facials

Visible Radiance Even Tone Facial
60 Min

Discover an ultimate in systematic skin care treatment to help smooth, sculpt and restore skin radiance and plumpness.

Intense Lift Effect Anti-Ageing Facial
60 Min

Advance anti-ageing facial that helps to defend against the signs of ageing. It reduces the presence of fine lines and wrinkles on the face and re-define the eye contour. The facial sculpts instantly appear shaped, firmed, and lifted to achieve natural youthfulness.

Clarifying Shine Fix Restoring Facial
60 Min

Restoring glow into stressed skin, this clarifying facial tightens the skin pores, rebalancing sebum and reducing rosacea; the results reveal a clearer, radiant and more balanced skin. The skin recovers from the stress of modern living and imbalances.

Moisture Boost Hydrating Facial
60 Min

A hydrating care to supply intense moisture to dry, dehydrated and sensitive skin. It nourishes, protects, and softens the skin. It boosts hydration and comforts to thirsty skin that becomes more soft, supple, and thus more resistant to external aggressions.



*Government taxes are applicable

Brahmaputra Ayurvedic Healing

Kizhi (Potli) Body Massage
60 Min

It is an ancient Ayurvedic therapy that uses heated herbal poultices. The pouches are filled with medicinal herbs, powders and used in rhythmic massages to relieve pain, reduce inflammation, and ease muscle stiffness.

Shirodhara
60 Min

Shirodhara is a traditional Ayurvedic therapy where Lukewarm, medicated oil is continuously poured over your forehead. Derived from the Sanskrit words "shiro" (head) and "dhara" (flow), it deeply calms the central nervous system, reduces stress, and promotes mental clarity.

Abhyangam Body Massage
60 Min

A massage performed with warm herbal oil for the entire body. Elongated sweeping movements spread the oils along the whole body, as deeply relaxing, flowing massage techniques soothe and de-stress. The properties of the oil help to revitalize and refresh the nervous system.

Udwarthanam
60 Min

Udwarthanam uses dry or medicated herbal powders, known as choornas. Applied vigorously in an upward direction against hair growth, this stimulating therapy is highly effective for detoxifying the lymphatic system, exfoliating the skin, reducing cellulite, and promoting weight loss.

Indian Head Massage (Champi)
30 Min

A traditional head massage to release the stress that has accumulated in the tissues, muscles and joints of the head, neck and shoulders. A range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow leaving you energized and revitalized.

*Government taxes are applicable

Wild Meadow Body Scrubs & Wraps

Body Scrubs

Purifying Relax Nourishing Scrub
60 Min

An exfoliating treatment to smoothen and nourishes the body. The fine granules of nourishing scrub gently exfoliates the dead skin cells and facilitates the body to absorbs the moisturizer well. Your skin feels satin-soft, smooth and luminous.

Body Delight Smoothing Scrub
60 Min

This delightful body scrub clears out superficially flaky skin. Invigorating smoothing scrub followed by moisturizing body lotion leaves your skin ultra-soft and glowing. A perfect add-on to any massage.

Body Wraps

Ultra-Moisturizing Body Wrap
60 Min

Treat your body to this nourishing treatment. An ultra-moisturizing wrap that remineralizes the skin and promotes a wonderful feeling of relaxation. This leaves the skin silky soft, moisturized and comfortable.

Super Restorative Body Wrap
60 Min

Soothe your senses with the healing nature of this delightful wrap. It boosts skin's glow, hydration level and restores the natural immunity. This will instantly revive and illuminate your skin. A relaxing head and feet massage during the wrap enhances the highest level of relaxation.



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Rhino & River Express Rituals

Spot-On Ultra Relax Back Massage
30 Min

From your tensed lower back, up to the nape of your neck, your therapist performs the unique massage technique, combined with a tailored "relax back massage" leaving you de-stressed, pampered and serene.

De-Stress Head, Neck and Shoulder Massage
30 Min / 45 Min

A tranquillizing massage to promote maximum well-being. It soothes and releases all stress & tensions accumulated in head, neck and shoulder region to induce sound sleep.

Sole Delight Reviving Foot Massage
30 Min / 45 Min

A refreshing treatment that relaxes tired & heavy feeling legs. Reflex zone massage rebalances the energies & relieves the fatigue.

Ultimate Packages

Pamper (Body Exfoliation + Body Massage)	90 Min
Sacred (Body Massage + Facial)	120 Min
Harmony (Body Exfoliation + Body Wrap + Body Massage)	135 Min
Indulge Couple's Retreat (Steam + 90 Min Body Massage + Shower)	120 Min

Path to Inner Harmony - Private Yoga Sessions

Basic Yoga	60 Min
Relaxation Yoga	60 Min
Advance Yoga	60 Min

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The Wild Assam Wellness Collection

Punorjibon (A Ritual of Regeneration) (02 Nights & 03 Days)

A rejuvenating wellness journey designed to restore balance, release physical tension, and renew the body and mind. Through a harmonious blend of therapeutic massage, Ayurvedic rituals, yoga, steam, and meditation, this retreat encourages deep relaxation and supports your natural process of regeneration.

Arrival Day
- Steam Therapy
- Relaxing Body Massage - 60 Minutes

Departure Day
- Yoga & Meditation

Day 2
- Yoga Session
- Steam Therapy
- Shirodhara
- Abhyangam - 90 Minutes
- Foot Massage - 30 Minutes

THE EXPERIENCE:

A thoughtfully curated wellness escape to unwind the body, calm the mind, and reconnect with your inner sense of balance and vitality.

Samanjasya (A Ritual of Balance) (03 Nights & 04 Days)

A balanced wellness journey created to harmonise the body, calm the mind, and nurture the senses. Combining therapeutic massage, Ayurvedic rituals, facial care, yoga, and meditation, this retreat offers a balanced approach to relaxation, renewal, and inner wellbeing.

Arrival Day
- Steam Therapy
- Relaxing Body Massage — 60 Minutes

Day 3
- Yoga Session
- Steam Therapy
- Shirodhara
- Abhyangam - 90 Minutes

Day 2
- Yoga Session
- Steam Therapy
- Rejuvenating Facial - 60 Minutes
- Dry Head Massage - 30 Minutes

Departure Day
- Yoga & Meditation

THE EXPERIENCE:

A thoughtfully curated wellness escape that combines mindful movement, therapeutic treatments, and Ayurvedic rituals to restore harmony, promote relaxation, and leave you feeling refreshed, balanced, and renewed.

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Bishuddhi (A Ritual of Detoxification)
(04 Nights & 05 Days)

A deeply restorative wellness journey designed to refresh the body, revitalise the senses, and promote a renewed sense of lightness and wellbeing. Combining mindful movement, therapeutic bodywork, Ayurvedic rituals, exfoliation, wraps, and nourishing facial care, this immersive retreat offers a complete experience of cleansing, relaxation, and renewal.

Arrival Day
- Steam Therapy
- Relaxing Body Massage — 60 Minutes

Day 3
- Yoga Session
- Steam Therapy
- Relaxing Body Massage - 60 Minutes
- Rejuvenating Facial - 60 Minutes

Departure Day
- Yoga & Meditation

Day 2
- Yoga Session
- Steam Therapy
- Rejuvenating Body Scrub - 60 Minutes
- Shirodhara
- Abhyangam - 90 Minutes

Day 4
- Yoga Session
- Steam Therapy
- Body Scrub - 30 Minutes
- Body Wrap - 30 Minutes
- Body Massage - 60 Minutes
- Foot Massage - 30 Minutes

THE EXPERIENCE:

An immersive wellness escape thoughtfully designed to release accumulated tension, refresh the skin, nourish the body, and restore inner balance. A harmonious blend of movement, Ayurvedic therapies, and therapeutic treatments leaves you feeling lighter, revitalised, and renewed.



*Government taxes are applicable



General

WHAT ARE THE SPA WORKING HOURS?

The Spa is open from 09:00 Hrs. to 21:00 Hrs. however, the last one-hour service can be scheduled at 20:00 Hrs. Yoga Session can be organized as per guest convenience.

DO YOU HAVE TO BE A CERTAIN AGE TO ENJOY SPA TREATMENTS?

Guests must be 16 years or older for using the Spa facilities. Unaccompanied guests under 16 years of age must have a parent or guardian's signed approval or consent.

SHOULD I BOOK MY TREATMENTS BEFORE WE ARRIVE?

We encourage guests to schedule appointments in advance to ensure their preferred treatment, time and therapist are available, especially when making multiple appointments. Bookings made on the day of service and walk-in appointments are always welcome based on availability.

HOW DO I CHOOSE THE TREATMENT?

Our menu offers a wide range of treatments designed for the most luxurious and holistic well-being experience. The Spa menu is available in all guest rooms. Guest can visit the Spa to speak to our team for a consultation. Our wellness consultant can help guest decide which treatments will be beneficial to them.

CAN I SMOKE WITHIN THE SPA PREMISES?

No, the Spa is a smoke-free and alcohol-free environment. Guests under the influence of alcohol, high-energy drugs and medication will not be allowed to use the Spa and avail of treatments.

WHAT SHOULD I NOT BRING TO THE SPA?

Lockers are available for clothing however it is recommended that you leave valuable items in the safe of the hotel room. The Spa services require bare skin and freedom to move, we request that you refrain from wearing jewellery. For the courtesy of our Guest, cellular devices, cameras and other technology must be turned off while you are in the Spa. Nirban Spa will not be held responsible for lost or stolen articles.

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