

WELCOME TO ILA ONLY

**“If light is in
your heart, you
will find your
way home”**
Rumi

Ancient Wisdom for Modern Times

ila only spas are about coming home to yourself, to peace, to wholeness, to joy. We aim to create extraordinarily soulful spaces where therapists trained in mindfulness and heart consciousness pave the way for gentle transformation and inner healing. Our treatments, and our products, honour the purity of nature and the power of ritual. They are about celebrating love and life. They are about allowing your true beauty to shine.

RETREAT. REFRESH. REPLENISH. RETUNE. RECONNECT.

ila only works with the purest of intentions. We pledge to care sensitively for your energy levels and soul body, combining heartfelt connection with our results-driven treatments. Behind the scenes we are renowned for our earth-to-skin ethical, environmental and sustainable practices. We support rural farmers, indigenous tribes and village communities across the globe. We are a small, independent company. We are passionate about what we do. We bless every product we make, infusing it with meaning and positivity.

Choose ila for you, change the lives of others, support the future of our planet.

A Profound Union

ila only is honoured to hold a space at RAAS Devigarh, one of India's most monumental and beguiling palace hotels. We feel Devigarh is a perfect match for the ethos, products and inspirational therapies of ila. Both are an exotic and meaningful adventure; fusing the Eastern and Western, the traditional and the contemporary. Above all, both strive to touch you at the core of your being. To stay at Devigarh is to immerse yourself in an artistic, creative and reverent environment. It is an experience which transports you. Reflective of this powerful spiritual atmosphere, our **ila only** spa aims to complete the sensory journey.

Consciously born from the heart, for the heart, **ila only** is an active education in India's healing arts. An old Sanskrit word denoting Mother Earth and her ever-flowing curative energy, the remedial essence of **ila** is echoed through age-old beauty rituals, the rejuvenating power of touch, and sublime smells.

Our unique treatments intuitively combine our own beautifully evocative music (sung by our wise woman founder, Denise Leicester) with the likes of Marma massage, subtle chakra cleansing and herbal poultices. Meanwhile, our products are purposeful yet profound, majoring in the most exquisite of local ingredients, wild-harvested by artisan producers using minimal processing.

Relish the most superlative and feminine of oils, Rajasthani damascene rose otto oil (harvested at dawn for the highest potency), as well as jasmine from Tamil Nadu, sandalwood from Mysore and tuberose (which helps to connect us to our soul light) from Himachal. We also harness the healing properties of Himalayan salt crystals – drawn from the relics of an ocean trapped over 250 million years ago. Because we believe ancient medicinal wisdom can help ease the stresses of modern day living.

We are ila only. Pure. Authentic. Made by Women For Women. Redefining Beauty.



All prices are
inclusive of tax

TREATMENTS

Ananda Face Therapy

60 mins 5,500 INR

Using **ila's** Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

Nourishing * Hydrating
* Rejuvenating * For stressed
and exhausted skin

*Treatment ritual - Cleanse,
exfoliation and tone, classic
opening techniques, Marma and
light therapy, green clay mask.*

Kundalini Back Treatment

60 minutes 5.500 INR

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

Soothing * Grounding
* For exhaustion, stress
and chronic fatigue

*Treatment ritual - **ila** core back
massage, Marma therapy, chakra
balancing, warm herbal poultices,
back of leg massage.*

Ku Nye Massage

60/90 minutes 5,500/8,250 INR

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

Rejuvenating * Therapeutic medicine * Time honoured techniques * For dry skin, deep fatigue and recovery

*Treatment ritual - Tibetan cupping, **ila** advanced full body massage, Tibetan acupressure, warm herbal poultices and rose quartz crystals, Tibetan scalp massage.*

Manipura Full Body Massage

60/90 minutes 5,500/8,250 INR

This warming treatment helps balance and energise the Manipura - the solar plexus (naval) chakra - the centre of fire and sun energy that ignites our health and vitality. Meaning 'beautiful, shining jewel' in Sanskrit, the Manipura massage uses marma therapy, lymphatic drainage and warm herbal poultices on the abdomen to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

Calming * Anxiety release * For digestive disorders

*Treatment ritual - Express mini body scrub, **ila** core full body massage, Marma therapy, focus on abdominal area, warm herbal poultices.*

Energising and Detoxifying Body Renewal

60 minutes 5,500 INR

Using the ionising properties of Himalayan Salt Crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

Toning * Illuminates skin *
Cleansing * For exhaustion and combatting cellulite

*Treatment ritual - **ila** core full body massage, Marma therapy, shower, full body oil/cream application.*

Blissful Body Renewal

60 minutes 5,500 INR

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both physical and emotional wellbeing - ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

Nourishing * Illuminates skin * Restorative * For depletion and fatigue

*Treatment ritual - **ila** core full body massage, Marma therapy, shower, full body oil/cream application.*

Bio Rhythms Treatment

120 minutes 9,900 INR

This powerful treatment aims to restore the body's natural biorhythms and support a detox or cleanse. An ionising energy scrub and mud wrap charge and renew the body's bio-magnetic field; a head and face marma massage relaxes; a Kundalini back massage balances tension and relieves negativity. Together they aid the removal of waste and toxins, energise skin and restore the nervous system.

Combats exhaustion * Hydrating
* For jet lag and when feeling out of sync

*Treatment ritual - **ila** full body renewal, mud wrap application, cranial hold or facial massage, shower, Kundalini Back Treatment.*

Couples Connect

120 minutes 9900 INR/person

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils - rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love). Chakra healing and the pouring of warm oil over the third eye encourage a beautiful union of body, mind and soul.

Reconnection * Love * Happiness

Treatment ritual - Chakra Wellbeing with couples connect blend.



ENHANCEMENTS

30 minutes

Enhance your face or body treatment with some additional therapy time.

Back and Shoulder Recovery

2,800 INR

Using a unique blend of five elements oil, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

Treatment ritual - Express Ku Nye back massage.

Scalp and Head Reviver

2,800 INR

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.

NOTE: Due to the green clay mask, this treatment is not suitable for those with blonde or bleached hair.

Treatment ritual - Scalp scrub, Tibetan scalp massage, green clay mask, warm herbal poultices.

Eye Indulgence

2,800 INR

Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

Treatment ritual - Cleanse & serum application, eye massage, Marma massage, targeted nerve point therapy, night cream mask around eye area and cranial hold.

Flawless Feet Treat

2,800 INR

A relaxing and energising treat for flawless feet, comprising an Energising and Detoxifying scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften. Perfect for jetlag.

Treatment ritual - Exfoliation and soak, massage, Marma therapy, mud mask, cream application.

Instantly Detoxifying Scrub

2,800 INR

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

Treatment ritual - Express Body Renewal (mini body scrub).

Instantly Blissful Scrub

2,800 INR

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

Treatment ritual - Express Body Renewal (mini body scrub).

