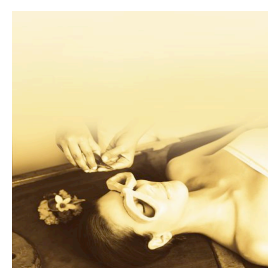
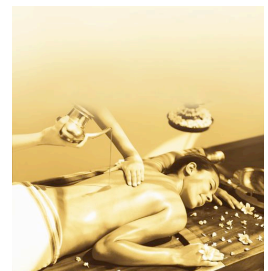
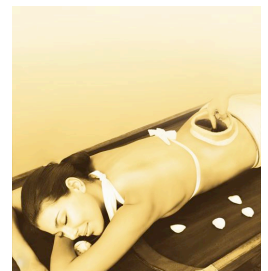
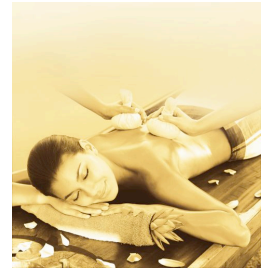


Doctor's Consultation Recommended to determine the appropriate therapy for your needs.....**Rs 200**
Prakruti Analysis Extended analysis of body constitution & prescription of therapies to realign doshas.....**Rs 500**



KERALA ayurveda™
wellness, naturally

	1 Day	7 Day	Membership
Complete Relaxation: Body & Mind (60 mins)			
<i>Luxury massages to relax & rejuvenate overall being</i>			
Abhyangam w/ Steam Full body synchronized massage	1500	9450	1050
Sirodhara Stream of warm oil poured on head w/ massage	3000	16800	2250
Pizhichil 3ltrs of medicated oil poured & massaged on body	3400	19040	2550
Relieve Aches & Pains (60 mins)			
<i>Massage therapies with soft, medicated boluses</i>			
Njavarakizhi Bolus cooked in cow's milk is tapped on body	2700	17010	2025
Choornaswedanam Massage w/ bundles of powdered herb	2200	13860	1650
Pathrapotaliswedanam Bundles of leaves to target soreness	2200	13860	1650
Kadikizhi Massage w/ bundles of powdered pulses & seeds	2200	13860	1650
Healing & Strengthening Treatments (60 mins)			
<i>Therapy to fortify body by storing oil in a well</i>			
Kadivasthy Retaining oil in well sculpted paste on lower back	1500	9450	1125
Pristhavasthy Medicated oil placed in well, along spine	2200	13860	1650
Grivavasthy Oil retained on neck in sculpted boundary	1500	9450	1125
Beauty Treatments (60 mins)			
<i>Beauty therapies for weight-loss, skin toning & complexion</i>			
Udwarthanam Deep weight-loss massage, tones muscles	2000	12600	1500
Mukhalepanam Facial using exotic herbal powders	1300	8190	975
Revitalizing Treatments (60 mins)			
<i>Alleviates stress and relieves fatigue for body & mind</i>			
Sarvang Ksheeradhara Body massage w/ infused herbal milk	2400	15120	1800
Kadidhara/Dhanyamladhara Pour herbal potion on body	2400	15120	1800
Treatments for Mental Rejuvenation (45 mins)			
<i>Relieves anxiety and tension; Improves sleep & well-being</i>			
Ksheeradhara Stream of herbal milk poured on head	2200	13860	1650
Thakradhara Herb infused buttermilk poured to relax mind	2400	15120	1800
Relax Head, Hair, Eyes & Nose (20-60 mins)			
<i>Treatments to relieve mind & soothe senses</i>			
Sirolepam Ayurvedic hair pack-- medicated paste on head	1100	6930	825
Sirovasthy Herbal oil retention into scalp to treat ailments	2400	15120	1800
Tharpanam Keep medicated oil on eyes to nourish & soothe	1500	9450	1125
Siroabhyangam Ayurvedic head & face massage	900	5670	675
Thalam Oil applied to head to soothe nervous system	900	5670	675
Akshi Sekam Eyes wash with stream of herbal decoctions	800	5040	600
Karna pooran Mineral oils poured into ears to cleanse inside	750	4725	560
Nasyam w/ dhoompanam Treatment for sinus & congestion	1500	9450	1125
Upanaham Fomentation(poultice) w/ medicated herbs & leaves	1600	10080	1200
Ease Nerves & Relax Joints (30 mins)			
<i>Massages to target stressed nerves and overstrained joints</i>			
Padabhyangam Foot massage to combat aches and pains	900	5670	675
Back Massage Warm herbal oils massaged into back	1100	6930	825
Pichu Treat pain by applying cotton pad soaked in warm oil	1100	6930	825
Janu Vasthy Curative oil applied to knees to relieve pain	1600	10080	1200
Purification & Detoxification (30-60 mins)			
<i>Purging of harmful toxins & radicals using herbal enemas</i>			
Sneha/Matravasthy Removes toxins & nourishes body	900	5670	675
Kashaya Vasthy Enema cleanse w/ honey, oil & herbal paste	1400	8820	1050
Madhu Tailik Vasthy Enema to cleanse & purify blood	1800	11340	1350
Ksheer Vasthy milk decoction applied as enema for ailments	1400	8820	1050
Vaitaran Vasthy Enema of medicinal herbs & potions	1400	8820	1050



SIGNATURE TREATMENTS (150 mins)

Saundarya Treatment (Beauty Package).....Rs 5000
[Siroabhyangam | Abhyangam | Face Massage | Mukhalepanam | Pada Abhyangam | Sarvang Ksheerdhara | Kashaya Snana]

Cleanse the skin and pores, while detoxifying the body from within. This special package is designed to clarify and tone skin, promote weight loss, circulate the blood to create a healthy glow and relax and strengthen muscles**Membership Rate – Rs. 4500**

Nirvana Treatment (Rejuvenation Package).....Rs 5000
[Abhyangam | Sirodhara/Ksheerdhara | Sarvang Ksheerdhara | Kashaya Snana]

The ultimate therapy in relaxing the mind and rejuvenating the senses. This package restores vigor and vitality of the mind & body by eliminating toxins and enhancing immunity. It is so soothing that it can restore youthfulness**Membership Rate – Rs. 4500**

COMBINATION THERAPIES (90 mins)

Abhyangam with Sirodhara.....Rs 4000

Relaxing & effective top-of-the-line rejuvenating experience for body & mind. It nourishes skin, removes impurities & synchronizes brainwaves. Perfect for stress & anxiety

.....**Membership Rate – Rs. 3300**

Abhyangam with Choornaswedam.....Rs 3300

Ideal for treating aches, pains & body fatigue. Two therapists massage warm, herbal oil and herbal bundles onto body to relieve the stress and pain of sore joints and muscles.

.....**Membership Rate – Rs. 2700**

Abhyangam with Mukhalepanam.....Rs 2500

A luxurious massage where exotic pastes are massaged on face and medicated oils are rubbed on body to rejuvenate, nourish, soften and cleanse the skin & prevent aging.

.....**Membership Rate – Rs. 2025**

Abhyangam with Nasyam.....Rs 2600

The face, shoulders, chest, nose, palms and feet are massaged to relieve congestion & stress. It regulates hormones and purifies the nasal passages for easy breathing.

.....**Membership Rate – Rs. 2100**

SEASONAL TREATMENTS (120 mins)

Summer Cooling Package.....Rs 4000

Using soothing oils and cooling buttermilk, this therapy targets shriveled cells and organs, and replenishes them. It nourishes the body and cools biorhythm.... **Membership Rate – Rs. 3600**

Winter Nourishing Package.....Rs 5000

Moisturizes the body & retains vital nutrients that make skin soft and supple. The decadent therapy nourishes skin, making it radiant and s..... **Membership Rate – Rs. 4500**

Monsoon Caring Package.....Rs 4000

Unclog, detoxify & realign doshas. This therapeutic treatment purges the excess of each dosha and is very effective in disease prevention, increasing energy levels, reinvigorating the body and extending the longevity of life. Great curative value!... **Membership Rate – Rs. 3600**

SPECIALITY TREATMENT PACKAGES

Bridal Package (7 Days; 150 mins per session).....Rs 35000

Purifies the skin and blood, softens the skin, clears complexion, make hair glossy and calms the mind. The thoroughly pampering & nourishing treatment is ideal for long-lasting beauty.

Weight Loss (12 Day; 45-60 mins per session).....Rs 25200

Holistic, effective slimming treatments that are focused on reducing cellulite in the affected areas and on internal cleansing of the system.

Detoxification (8 Days; 60 mins per session).....Rs 16000

Combination treatment to expunge harmful radicals using herbal enemas. Recommended to prevent diseases, cure digestive problems, manage life-style disorders and feel lighter.

