

Doctor's Consultation: Recommended to determine the appropriate therapy for your needs.....**Rs 300**

Rate Card			
	1 Day	7 Day	Membership
Complete Relaxation: Body & Mind (60 mins-90 mins)			
<i>Massages to relax & rejuvenate overall being</i>			
Abhyangam with Steam Full body synchronized massage	1500	8400	1000
Sirodhara Stream of warm oil poured on head with massage(30 min)	2800	14700	1800
Pizhichil 3ltrs of medicated oil poured & massaged on body	2800	14700	1800
Relieve Aches & Pains (60 mins-90 mins)			
<i>Massage therapies with soft, medicated boluses</i>			
Njavarakizhi Bolus cooked in cow's milk is tapped on body	2500	12600	1800
Choonaswedanam Massage with bundles of powdered herb	1500	8400	1000
Podikizhi Bundles of leaves to target soreness/pain	1500	8400	1000
Kadikizhi Massage w/ bundles of powdered pulses & seeds	1500	8400	1000
Healing & Strengthening Treatments (60 mins-90 mins)			
<i>Therapy to fortify body by storing oil in boundary</i>			
Kativasti Retaining oil in well sculpted paste on lower back	2000	12600	1500
Grivavasti Oil retained on neck in sculpted boundary	2000	12600	1500
Beauty Treatments (60 mins-90 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	2000	12600	1500
Revitalizing Treatments (60 mins)			
<i>Alleviates stress and relieves fatigue</i>			
Full Body Ksheerdhara Body massage with infused herbal milk	2800	14700	1800
Kadidhara/Dhanyamladhara Pour herbal potion(mixture) on body	2800	14700	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	2800	14700	1800
Thakradhara Herb infused buttermilk poured to relax mind	2800	14700	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	800	4900	600
Sirovasti Herbal oil retention into scalp to treat ailments	2000	10500	1100
Tharpanam Keep medicated oil on eyes to nourish & sooth	700	4200	450
Siroabhyangam Ayurvedic head & face massage	900	4900	600
Ease Nerves & Relax Joints (30 mins)			
<i>Massages to target stressed nerves and overstrained joints</i>			
Padabhyangam Foot massage to combat aches and pains	700	4200	400
Back Massage Warm herbal oils massaged into back	700	4200	400
Pichu Treat pain by applying cotton pad soaked in warm oil	700	4200	400
Janu Vasti Curative oil applied to knees to relieve pain	800	4500	600
Purification & Detoxification (30-60 mins)			
<i>Purging of harmful toxins & radicals using herbal enemas</i>			
Sneha/Matravasti Removes toxins & nourishes body	800	4200	600
Kashaya Vasti Enema cleanse w/ honey, oil & herbal paste	800	4200	600

SAUNDARYA (BEAUTY)TREATMENTS (150 mins)

Saundarya Treatment (Beauty Package).....Rs 4800
[Siroabhyangam | Abhyangam | Face Massage | Mukhalepanam | Sarvang Ksheerdhara | Herbal Steam]

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. 4200*

Rejuvenation Package.....Rs 4000
[Abhyangam | Sirodhara/Ksheerdhara | Herbal Steam]

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. 3400*

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. 3400*

Abhyangam with Potli.....Rs 2000

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. 1500*

Abhyangam with Mukhalepam.....Rs 1800

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. 1300*

Abhyangam with Nasyam.....Rs 1800

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. 1300*

SEASONAL TREATMENTS(120 mins)

Summer Cooling Package.....Rs 2600

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. 1800*

Winter Nourishing Package.....Rs 2600

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. 1800*

SPECIAL PACKAGES

Bridal Package (7 Days; 150 mins per session).....Rs 12000

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 (15Day (5 KG); 45-60 mins per session).....Rs 9000

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

Detoxification (7 Days; 60 mins per session).....Rs 8400

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