

## Western Treatments



### Swedish Massage

₹3100

Swedish massage includes long, relaxing strokes, kneading, friction, tapping, and shaking motion. Benefits are improved circulation, relief of muscle tension, relaxation and being.

Duration: 55 minutes

### Balinese massage

₹4000

An ancient deep tissue massage technique that forms an extension to Ayurveda massages and involves the use of oils. Deep relieve stress and tension and improve circulation and to promote harmony of mind, body and soul.

Duration: 55 minutes

### Hot Stone Therapy

₹3250

Allow the deep, penetrating heat of volcanic basalt stone melt tension away.

Duration: 60 minutes

### Sports Massage

₹4000

Perfect for a very active or athletic individual who seeks a muscle – intensive massage modality. Sports massage concentrates more on specific areas of the body along with stretching.

Duration: 45 minutes

### Reflexology

₹2800 / 1500

A foot treatment incorporation pressure points that mirror the body's key systems. For many ages, the Chinese have practiced foot reflexology to heal the body and mind to maintain balance and equality.

Duration: 55/25 minutes

## Express Treatments



### Leg and Foot Massage

₹1375

Duration: 25 minutes

### Neck and Shoulder massage

₹1375

Duration: 25 minutes

### Ayurveda Facial

₹3500

Duration: 60 minutes

### Pedicure

₹1000

### Manicure

₹800

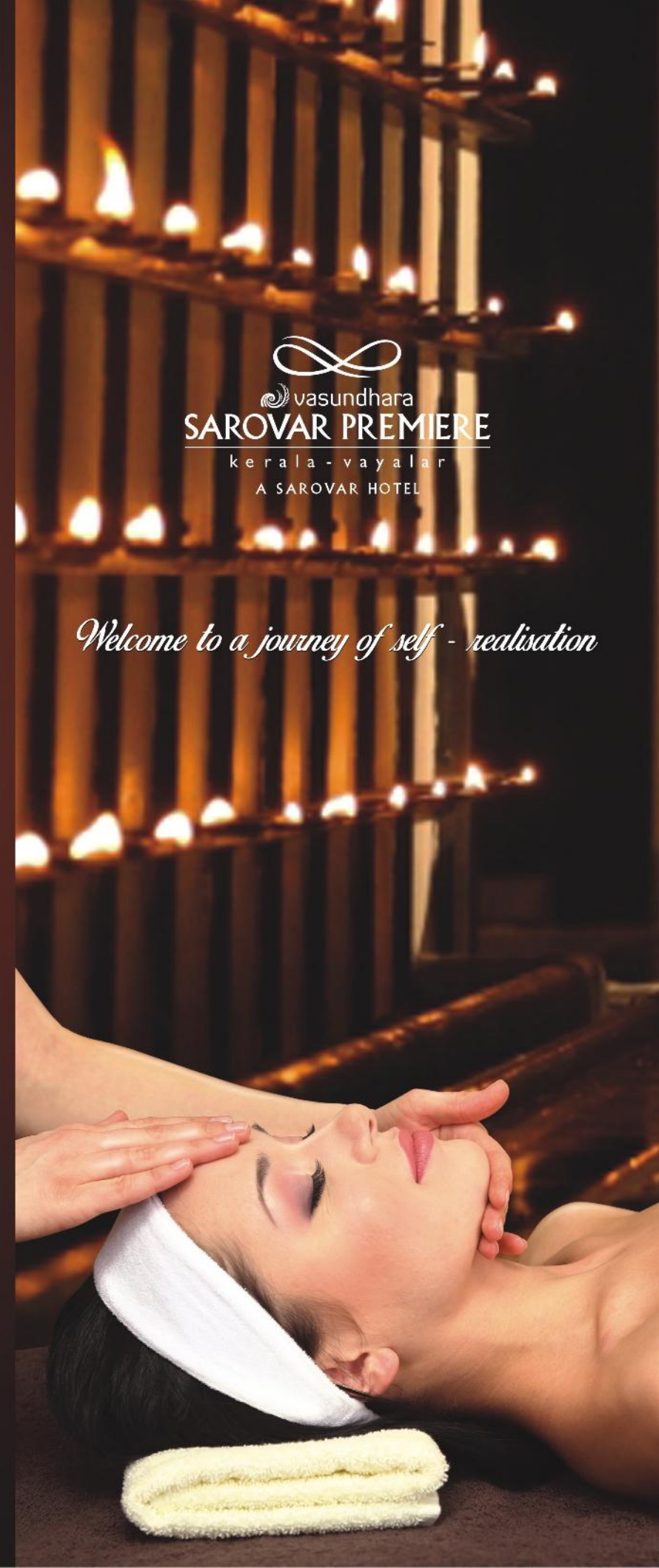
  
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*Welcome to a journey of self - realisation*



## Ayurveda Treatments



### Abhyangam ₹2100

This is the basic Ayurveda massage. Experts massage luke warm Ayurvedic oil on the head and body. Enhances proper blood circulation relaxes the mind.

Duration: 45 Minutes

### Marma Massage ₹2800

This is by applying pressure on the vital points (marma), muscles. The masseur applies pressure with the fingers, thumb or palm at certain points having high concentration of life energy.

Duration: 45 minutes



### Elakkizhi ₹4000

One of the most relaxing and refreshing massages, you can enjoy. This is a massage with warm roasted leaf bags, after 40 minutes of basic massage from head to toe with Ayurveda oils. This is very good for relieving spasm and stiffness of muscles, lubricating joints, strengthen the spinal muscles and relieving joint pain, especially backache.

Duration: 75 minutes

### Sirodhara ₹4000

A unique massage of Kerala, in which a steady stream of decoction, medicated oil or medicated buttermilk is poured on the forehead in peculiar pattern. This is done after 30 minutes of basic massage for the whole body. Very effective for mental relaxation, sleep disturbance, head ache, hair problems and skin diseases.

Duration: 75 minutes



### Navarakkizhy ₹6250

The massage with warm rice (medicinal rice, Navara) bags dipped in milk and a herbal decoction. Oil massage follows again. This massage nourishes tissues, softens and moisturizes the skin, enhances complexion, strengthens body muscles and cures the stiffness of joints.

Duration: 75 minutes

### Scrub n' Trim ₹6000

This massage is designed for reducing weight. This includes a herbal power scrub after an exotic and vaso-dilating massage with warm herbal bags in oil / decoction.

Duration: 90 minutes



### Udvarthanam ₹3750

Massage with special herbal power after 40 minutes of oil massage. This is done like a scrub for exfoliation; breaks cellulite, depletes the fat, strengthens the muscles.

Duration: 60 minutes

### Anti Voyage Fatigue ₹6250

This massage is designed to relieve the stress and strain from long journey. This helps relieve muscle pain and aches, swelling of the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

Duration: 90 minutes

## Ayurveda Treatments Packages

### Ayurveda refreshment program 3 DAYS ₹13600

This includes the combination of traditional massages; Herbal Soothe, Tranquility, Body Revive along with time tested herbal teas for the total refreshment of body and mind.

### Rejuvenation Therapy (90Minutes/day)

This treatment includes detoxification and rejuvenation of body by herbal oils and medicines, which nourishes the body tissues. This therapy increases the health span by improving the quality and purity of structural components. An effective and prominent treatment for the release of day-to-day strain and stress.

5 Days - ₹ 18999 | 7 Days - ₹ 24999

14 Days - ₹ 48999 | 21 Days - ₹ 67999

### Slimming program (90 minutes/day)

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body massage by special herbal powders and internal herbal medicine.

5 Days - ₹ 20000 | 7 Days - ₹ 26000

14 Days - ₹ 50000 | 21 Days - ₹ 70000

### Panchakarma Therapy (Detox) 90 Minutes/day

A five-fold treatment, which includes different massages, internal herbal teas and treatments like Nasyam (Nasal drops), Virechanam (purgation), Vasthy (Enema therapy) etc. This is for the mental and physical well being - tones the body, mind, breath, nerves and purifies the blood. It takes a minimum of 14 up to 28 days for the treatments.

14Days - ₹ 50000 | 21Days - ₹ 70000

### Spine Care program (90 Minutes/day)

This program includes special treatments for neck pain and low back pain due to various conditions like muscular conditions, Spondylosis, Spondylitis, Ankylosing spondylitis, Disc problems etc. The treatment includes traditional massages with special herbs from Kerala, Nasal drops, medicated steam, medicated spinal baths and internal medications.

5 Days - ₹ 18000 | 7 Days - ₹ 21000

14 Days - ₹ 36000 | 21 Days - ₹ 55000

### Skin Care program (90Minutes/Day)

This special program is for improving the complexion and toning up of the body. This includes special detoxification program and beautification therapies. Cures skin diseases like psoriasis, eczema, scabies, dermatitis, folliculitis, premature graying and hair falling etc. This includes special herbal face packs, etc.

5 Days - ₹ 16000 | 7 Days - ₹ 20000

14 Days - ₹ 38000 | 21Days - ₹ 55000

### Stress & Strain Relief program (90Minutes/Day)

An effective and prominent treatment for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace.

5Days - ₹ 20000 | 7Days - ₹ 25000

14 Days - ₹ 47500 | 21 Days - ₹ 70000

Please note:

As the treatments are strictly personalized, the exact treatment and medicines can be fixed after detailed consultation with the doctor.

\*\* Taxes extra, as applicable

\*\*The above rates are only the charges in Ayurveda & Spa, room charges not included.

