

SpaVeda

One Life, Live Well





SPAVEDA

Spaveda is the Ayurvedic spa of Rhythm kumarakom. Spaveda Offers health and beauty treatments both short term and long term under the supervision of qualified,experienced and certified Ayurvedic Doctor.

Ayurveda is an intricate system of scientific ancient healing that originated in India thousands of years ago. Historical evidance of Ayurveda can be found in the Vedas, ancient books of wisdom. Ayurveda is made up of two Sanskrit words- Ayur, which means life and veda, which means knowledge Ayurveda,thus,is the knowledge of life.

Ayurveda is all about achieving the right balance of three elements vata, Pitta and Kapha in the body. The right balance is a measure of healthy body and Spaveda professionals can assist in achieving the precious wellness through Ayurveda.

LIVE HEALTHY, LIVE WELL!!

Spa Veda



RELAX AND REJUVENATE



RELAX AND REJUVENATE

ABHYANGAM (REJUVENATION MASSAGE)

Duration 45 minutes INR 3500

This therapy is believed to bring balance to physical, mental and emotional wellbeing of a person. This is a long stroke soft massage with lukewarm medicated oil covering the entire body leading to muscle relaxation, stiffness reduction, joint pain relief and improves overall blood circulation.

MARMA MASSAGE

Duration 45 minutes INR 3999

In this therapy, pressure is applied on the muscles. The masseur applies medium pressure with fingers, thumb or palm at certain points with high concentration of energy. Ideal for relaxation and rejuvenation of the body muscles.

HEAD MASSAGE

Duration- 30 minutes INR 2500

Head massage is carried out using medicated hair oil. This soothes the nerves in the scalp and improves blood circulation in scalp and head leading to improved sleep and relaxed mind. This also strengthens hair and adds lustre.

LOWER LEG AND FEET MASSAGE

Duration 30 minutes INR 2500

Done with medicated oils which improves blood circulation of shin muscles and feet muscles. Helps in overcoming fatigue and pain.

NECK AND SHOULDER MASSAGE

Duration 30 minutes INR 2500

This massage with medicated oil of the neck and shoulder helps with stress and fatigue associated with long journey or voyage. Improves sleep.

STRETCHING MASSAGE

Duration 60 minutes INR 5500

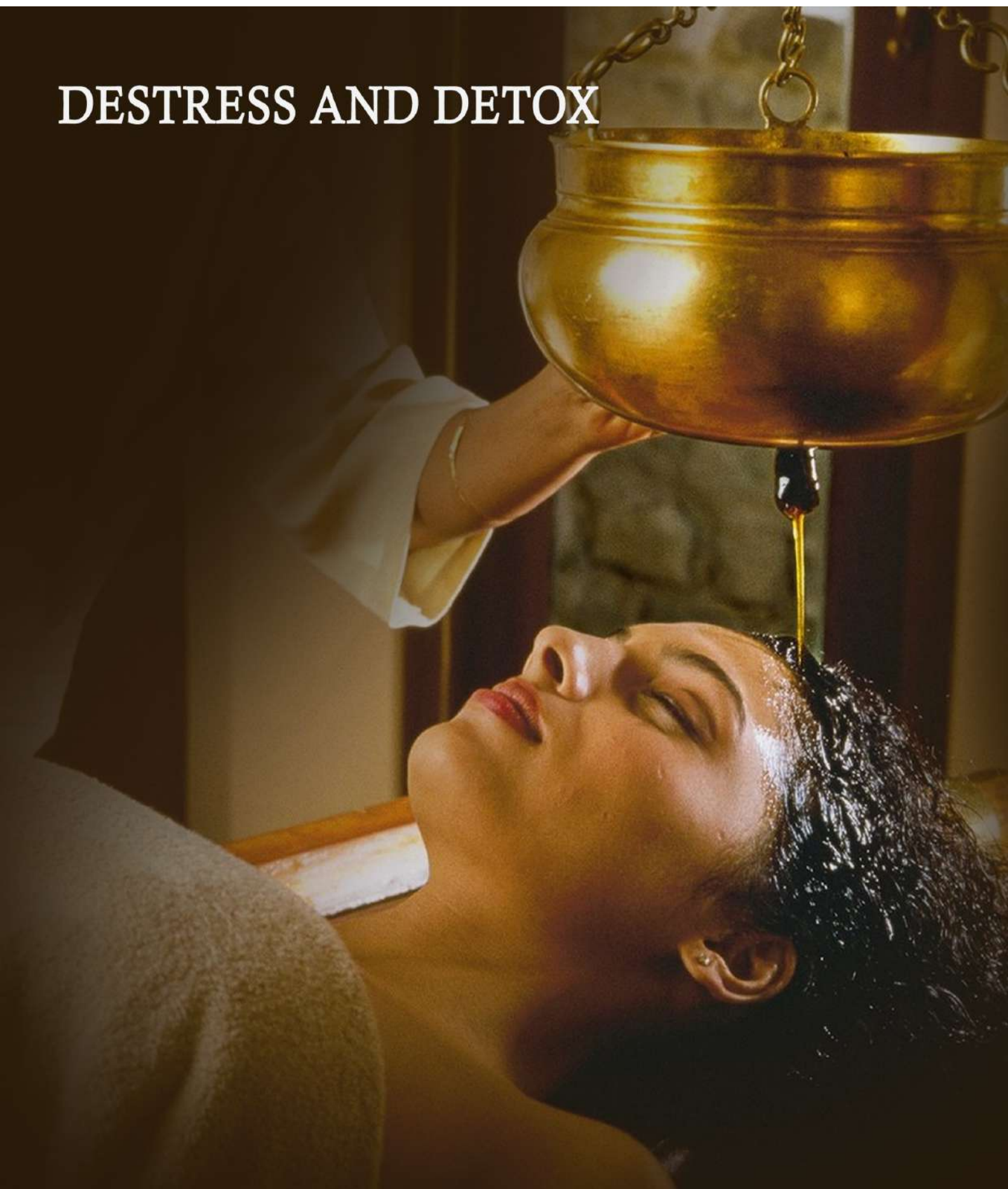
It is a full body deep tissue massage with stretching. Believed to improve blood circulation and relieve muscle stress.

NOTE: Prices are Exclusive Of GST.

Applicable GST will be charged extra.

Your booking confirmation based on
50% advance payment

DESTRESS AND DETOX



DESTRESS AND DETOX

ELAKKIZHY

Duration 75 minutes INR 5000

This therapy using warm roasted leaves in muslin bag (potli) or medicated powder potli dipped in medicated warm oil follows after 40 minutes of basic massage from head to toe with Ayurvedic oils. It is considered beneficial for relieving spasm and stiffness of muscles, lubricating joint pain, especially backache. The treatment is believed to relieve arthritic pain, back pain, muscle pain and tremendously benefit people suffering from spondylosis and myalgia. Recommended for minimum of 3 days for sustained benefits.

SIRODHARA

Duration 75 minutes INR 5500

In this therapy a continuous stream of lukewarm medicated oil flows on the forehead. A light 40 minutes medicated oil massage of full body precedes the treatment. The therapy is believed to reduce stress, migraine and help those suffering from insomnia. For sustained benefit, the therapy should continue for minimum of 3 days.

NARANGA KIZHI

Duration 75 minutes INR 5500

The special Ayurvedic treatment which begins with basic abhyangam and potli massage. The potli is made of lemon slices, herbal powders, garlic, rock salt, coconut and several other herbs. The treatment is mainly beneficial for frozen shoulder, muscle cramps, muscle stiffness, arthritis, and pain of joints. It can also be done for general wellness and improve muscular strength.

UDWARTHANAM

Duration- 60 minutes INR 4750

Massage with dry medicated powder helps in depleting subcutaneous fat, breaks cellulite and strengthens muscles. Most effective for weight loss through fat depletion when done for minimum 7 days. (Multi session Long term treatment includes drinking of certain hydrating medicated fluids which enhance the detoxification of the body.)

NJAVARAKKIZHY

Duration 75 minutes INR 7000

The Massage with warm rice (Medicinal Rice Njavara) bags dipped in milk and herbal decoction. Medicated oil massage follows. This massage nourishes tissue, softens and moisturizes skin, enhances complexion, strengthen body muscles and cures the stiffness of joints. This therapy is recommended for minimum 3 days for good results.

NIRVANA

Duration 90 minutes INR 7250

This is a fusion massage ideal for anti fatigue treatment after a tiring journey/voyage. A full body massage is followed by Elakkizhy and Sirodhara (see description above.)

SPICENIRVANA

Duration 75 minutes INR 5000

One of the most relaxing and refreshing massages one can enjoy. The massage is done with warm roasted spices in a potli (muslin bag) preceded by 40 minutes of full body massage with medicated oil. Great for relieving stress, stiffness of muscles, oedema of joints, back ache and joint pain.

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PAIN RELIEF AND JOINT CARE



PAIN RELIEF AND JOINT CARE

KATIVASTHI (BACK AND SPINE CARE)

Duration 30 minutes

INR 3000

A treatment in which warm medicated oils are poured and pooled for a fixed duration of time in a compartment constructed using wet gram flour, covering the lumbar spinal area. This ayurvedic therapy helps relieve lower back pain and Sciatica. Minimum 3 days treatment is recommended for sustained benefits.

JANUVASTHI (KNEE JOINTS CARE)

Duration 30 minutes

INR 3000

A treatment in which warm medicated oils are poured and pooled for a fixed duration of time in a compartment constructed over the knee joints using wet gram flour. Very beneficial for arthritic knee and other related pain ailments. Minimum 3 days treatment is recommended for sustained benefits.

GREEVAVASTHI (NECK CARE)

Duration 30 minutes

INR 3000

A treatment in which warm medicated oils are poured and pooled for a fixed duration of time in a compartment constructed using wet gram flour, over the neck and cervical spine area. Very beneficial for professionals who spend significant time sitting in front of desktops and suffering from posture issues. Minimum 3 days treatment is recommended for sustained benefits.

UROVASTHI (CHEST CARE)

Duration 30 minutes

INR 3000

Warm oil is poured on the chest in a gram flour paste enclosed area. This is effective in treating respiratory disorders such as asthma and other chest inflammations. Minimum 3 days treatment is recommended for sustained benefits.

PICHU

Duration 30 minutes

INR 3000

In this therapy a warm medicated oil soaked cotton pad is placed on the head or any other inflamed joint or muscle. Considered effective for migraine, insomnia, headache, muscle stiffness, joint pain, and sprain. Minimum 3 days treatment is recommended for sustained benefits.

AYUR KIZHI

Duration 30 minutes

INR 2999

A warm potli massage done on a specific body part to relieve stiffness and pain.

NOTE: Prices are Exclusive Of GST.

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BEAUTY AND SKIN CARE



BEAUTY AND SKIN CARE

FACIALS

AYURVEDA FACIAL

Duration 60 minutes

INR 4000

A face pack with unique blend of rare herbs is applied to enhance the glow of the skin. This treatment improves skin texture,cleanses skin,eliminates toxins and opens blocked pores.

FRUIT FACIAL

Duration 60 minutes

INR 4000

A fruit facepack, made by mixing aloe vera with various fruits rich in exfoliating and anti-aging natural acids and peptides, is applied to enhance skin tone and produce a radiant glow.

MUKHA LEPAM

Duration 30 minutes

INR 2500

This Ayurvedic facial treatment includes a facial massage with medicated oil followed by freshly prepared face pack. Ideal for anti wrinkle/anti-ageing and skin tone enhancement.

KERA KANTHI

Duration 30 minutes

INR 2500

A special face care therapy that includes face steam and scrub followed by a face pack. This therapy cleanses skin, enhance skin texture and gives a facial glow.

BLISSFUL BODY SCRUBS

Duration 60 minutes

INR 4750

This is a body toning scrub using various combination of natural herbs, fruits, oil and honey. The scrub mixes are gently applied on the entire body and scrubbed. The following combination of natural materials are used for each scrub session (please select one of the following 2 combinations)

*** COCONUT+ HONEY**

* AYURVEDIC HERBS (POWER)

BLISS PACKAGES

BEAUTY BLISS (Body massage plus Fruit Facial)

Duration 90 minutes

INR 6000

Combination of a full body honey massage, followed by medicated oil massage and fruit facial / face pack and scrub.

GLORY BLISS (Body massage plus Scrub)

Duration 90 minutes

INR 6500

Combination Of Honey Massage followed by Ayurvedic powder scrub to smoothen the skin and skin tone.

AYUR BLISS (Body Scrub plus Facial)

Duration 90 minutes

INR 6500

Combination of Ayurvedic herbal scrub to smoothen skin and improve skin tone. The body scrub is followed by a fruit facial.

REJUVE BLISS

Duration 90 minutes

INR 7250

Combination of Udvarthanam (Medicated powder scrub) and Njavarakizhi (medicated rice potli) which removes superficial dead skin and nourishes body and enhances complexion.

THARUNI KANTHI

Duration 90 minutes

INR 6999

A complete body skin polish with honey massage to cleanse and tone the body. Herbal scrub to remove the dead skin cells followed by a body wrap to rejuvenate the skin and revive the radiant complexion.

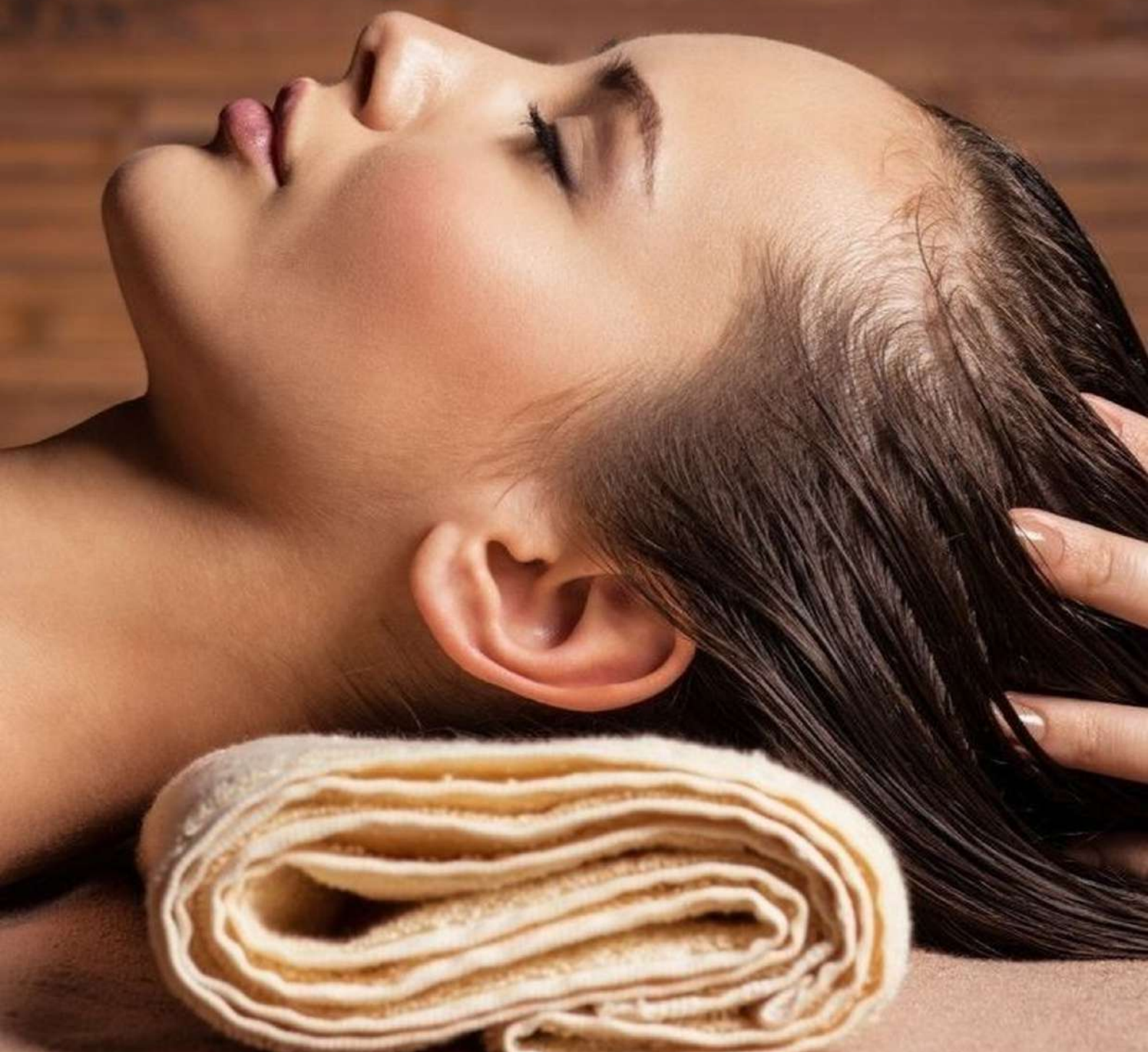
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HAIR CARE



HAIR CARE

TALI KESA RAKSHA

Duration 45 minutes

INR 2500

A herbal hair treatment including head massage and shirodhara with herbal mucilage for 45 minutes. This therapy is specially indicated for hair growth, cooling effect of head and dandruff related issues. It also provides natural lustre to the hair.

SHIRO RAKSHA

Duration 45 minutes

INR 3000

This is a head and hair therapy including head massage and hair pack followed by covering hair with cloth. Good for stress, sleep issues, concentration, memory and provides hair growth as well.

HERBAL HAIR TREATMENT

Duration 60 minutes

INR 3999

A hair therapy which is recommended for those who have brittle and thin hair. It nourishes hair root and gives natural hair growth. The treatment includes a head massage followed by hair pack with herbal powder and head dhara with herbal water

NOTE: Prices are Exclusive Of GST.

Applicable GST will be charged extra.

Your booking confirmation based on 50% advance payment



CUSTOMIZED MULTI SESSION AND MULTI DAY TREATMENT PACKAGES ARE AVAILABLE.

Please consult the onsite SPAVEDA Manager for details. Certain dietary restriction may be necessary to get a desired therapy results and Ayurvedic Doctor might prescribe certain Ayurvedic drugs to assist in the treatment of specific medical condition or symptoms.

SPAVEDA reserves the right to refuse treatment or therapy to any guest at its discretion.

Please disclose any pre-existing medical condition, medical treatment that you are currently undergoing or have recently undergone, to the Spa Manager and the Therapist. Certain Ayurvedic treatments may interfere with allopathic treatment.

Cancellation Policy

A-24 hour cancellation notice is required to help us re-schedule your appointment, subject to slot availability. Notice will incur a 50% cancellation fee. A full fee will be imposed for a "no - show"

PLEASE CALL EXTENSION - 545 TO BOOK AN APPOINTMENT AT SPAVEDA.

SPA TIMINGS - 8 AM to 8 PM

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RHYTHM KUMARAKOM

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