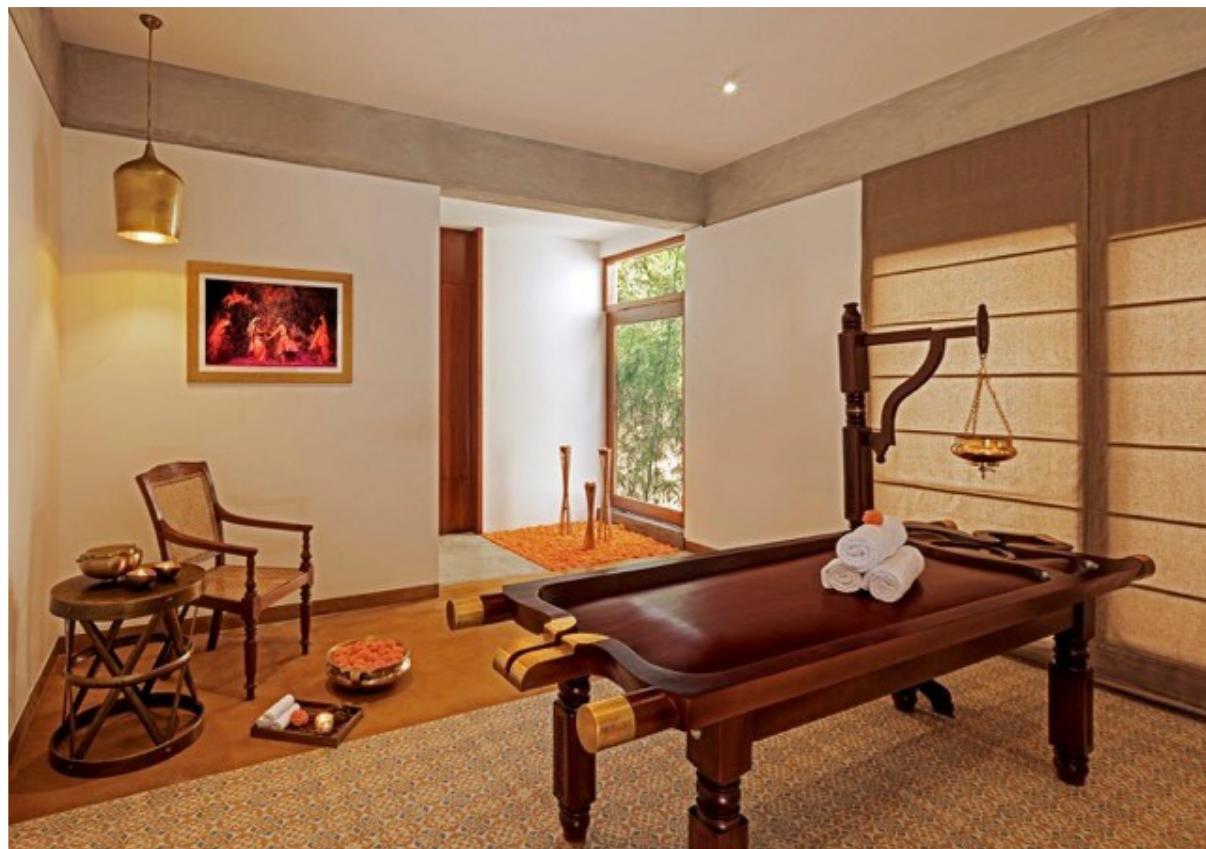




A journey of self-discovery



Anaha – The Wellness Spa

MASSAGES, an introduction

The comfort, warmth and reassurance of “touch” can improve the body’s wellbeing by stimulating its own natural healing abilities and restoring both the physical and the psychological self.

Massages offer the ideal solution to the damaging effects of accumulated stress and aid in harmonizing the body and mind.



Regular massage strengthens and tones the entire body system. Depending on your need, the variety of Massages at Shreyas gives you the option to either stimulate or alternately calm the nervous system by easing tension, stiffness and pain leaving you with an enhanced sense of “wellbeing”

BALINESE MASSAGE

This is an oil-based massage that involves deep manipulation of the body’s soft tissues. It concentrates primarily on the connective tissues of the muscles. The therapist uses smooth but deep thumb pushes along each individual muscle, following the course of the body’s energy channels (meridians).



It is excellent for treating stiff and painful muscles. An hour of this massage is enough to leave you feeling relaxed, refreshed, rejuvenated and re-energized.

THAI MASSAGE

Traditional Thai Massage is a fusion of bodywork techniques ranging from Acupressure, Yoga and Reflexology, designed to relax and open the body’s natural energy flow. Unlike the scooping and continuous strokes of western-style massage, this massage uses point pressure, muscle stretching and compression done in a rhythmic moment of gentle rocking.



Thai massage is commonly referred to as Lazy Man’s Yoga as the therapist helps stretch your body into a variety of Yoga-like positions, whilst giving manual compression strokes on the muscles to further enhance the stretch and release tension.

For your session, please wear loose and comfortable clothing. No oils are used in a traditional Thai Massage session and it is performed on Thai massage bed.

SWEDISH MASSAGE

Per Henrik Ling, a Swedish doctor developed this in the 1700's. The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.



This massage helps in increasing the oxygen flow in the blood and releases toxins from the muscles. It also stimulates the skin and nervous system resulting in reduction of emotional and physical stress.

AROMATHERAPY MASSAGE

For this massage, based on your need, the therapist chooses the blend of essential oils that either stimulate or relax you.



It is good for chronic conditions such as stress, insomnia, menstrual problems, hypertension and general stiffness of joints, low energy and fatigue.

HOTSTONE MASSAGE

The hot stone massage is a special treatment that uses pre-heated volcanic stones and medicated oil for fomentation (known as 'thapa swedanam' in Ayurvedic texts). The stones are sanitized in boiling water beforehand, and their volcanic origin, smoothed over time by the forces of water (either seas or rivers) allows them to absorb and retain heat well. The medicated oils are specially formulated for each individual with due regard to his specific ailments. The therapist warms up the body with a traditional massage, followed by one with heated stones. As the stones cool, they are replaced and the therapy continues with stones of different shapes and sizes placed on various muscles, along points of the spine, the palms, the forehead and between the toes - to improve the flow of energy in the body. Ideally, the stones are neither too warm nor the pressure too intense, leading to a feeling of physical and physiological well-being.



The hot stone massage helps remove stiffness from the joints, ease the tightness and tone the muscles, improves circulation, stimulate the nerves and energize the body and mind. The hot stone massage is excellent for relieving deep-rooted stress.

PARTIAL MASSAGES

HEAD, NECK & SHOULDER MASSAGE

Designed to give special concentrated attention to the head, neck and the shoulders, this massage leaves you feeling light, relaxed and refreshed.

REFLEXOLOGY

Reflexology procedure consists of applying appropriate pressure to reflex points by special hand and finger techniques. The stimulation of reflex points on feet & palms help in conditions like stress, sleep problems, pain in the feet & palms and causes certain physiological changes in the body that help to get rid of fatigue and tiredness.



BACK MASSAGE

A combination of long and soothing strokes along the entire length of the spine help remove the stiffness, improve blood circulation and stimulate the nerves around the spine.



INTRODUCTION

Ayurveda is an ancient science of life and healing that is being practiced in India for more than 5000 years. It is the oldest system of health care known to mankind. The practice of *Ayurveda* principles purify our body and eliminate toxins from it. All *Ayurvedic* therapies help in building the immunity and promote health.



ABHYANGA (TRADITIONAL AYURVEDIC MASSAGE)

Abhyanga is a combination of soothing and long strokes that help in restoring balance and re-establishing calmness and harmony in the body.

Specially blended *Ayurvedic* oils leaves you feeling refreshed and rejuvenated.



SYNCHRONIZED ABHYANGA

A unique massage done by two therapists working in unison to bring about a harmonious sense of well being



SHIRODHARA

This process is traditionally done immediately after a synchronized *Abhyanga*. Here therapeutic oils are poured in a continuous stream to bathe the head, directed to the mid forehead. This calms and relaxes the mind. Depending on the body type and season the oil/milk/butter milk can be used to enhance the therapeutic benefit of this treatment. When material other than oil is used the name of the treatment and the benefits change.

TAKRADHARA

Medicated Butter Milk (diluted Yogurt) is used instead of oil as in *Shirodhara*. While the *dhara* is done on the whole body, it is known to help in alleviating psoriasis and diabetes. *Takradhara* works wonders on people with a predominant *pitta* constitution.

KSHEERADHARA

Medicated Milk is used in *ksheeradhara*. Works well on people with *pitta dosha*. Good remedy for insomnia. An excellent treatment as it cools, relaxes and alleviates burning sensation in the body. *Takradhara* and *Ksheeradhara* are advised in warmer months of the year.

UDWARTHANAM

This is a process of forceful reverse body massage using powdered herbs. It reduces kapha, strengthens the muscles and beautifies the skin.

This is one of the most effective therapies to eliminate adipose tissue deposits.



PATRA PINDA SWEDAM

This process begins with the application of oil and massaging the entire body with mild pressure on either side with the help of finely chopped herbal leaves, which are warmed in medicated oil and bundled into boluses. These boluses are frequently warmed during the process. This promotes better circulation and relieves body strain.



CHOORNA PINDA SWEDAM

This begins with application of oil and massaging the entire body by two therapists on either side of the body. The body is then subjected to exude sweat profusely after a thorough massage of herbal powders made in to boluses. It produces therapeutic sweat and relaxes the muscles.



JAMBIRA PINDA SWEDA (NARANGAKIZHI)

Jambira Pinda Swedam is a treatment specifically designed for cervical spondylitis. Cloth boluses containing lemon, garlic and other herbal powders are warmed and gently applied to different parts of the body, with kneading motions. Regular Jambira Pinda Swedam massages can retard the progression of arthritic changes in the cervical vertebrae, and reduce pain and swelling in the neck region.



DHANYAMLA SWEDAM

The Dhanyamla Swedam is an anti-inflammatory, analgesic massage done with fermented cereal grains dipped in herbal decoctions. A treatment that opens up the body's micro-channels, the Dhanyamla Swedam helps improves circulation and metabolism, and can effectively treat obesity.



DHANYAMLA DHARA

Similar to the Dhanyamla Swedam, the Dhanyamla Dhara involves pouring a decoction of cereal grains and herbal oils all over the body. Its analgesic, anti-inflammatory benefits help open up the body's micro-channels, improve circulation and metabolism, and can effectively treat obesity, water retention, arthritis and gout.



KASHAYA DHARA

Kashaya Dhara involves pouring hot herbal decoction all over the body from a receptacle tied at a specific height. The treatment induces sweating, and the herbal mixtures are combined to suit the individual characteristics and ailments. Kashaya Dhara speeds up the metabolism, thereby addressing weight issues and purging the skin of disease.

SARVANGA DHARA(Pizichil)

This is a combination of two classical Ayurveda therapies sudation (induces perspiration) and oleation (involves saturation of the body with herbal and medicated oil via external and internal oleation to make it soft and thereby disintegrate the *doshas*). This begins with massaging the whole body by pouring large quantities of warm medicated oil all over the body with one hand and massaging with other hand by two therapists in special rhythmic movements. It protects one from illness and builds up the immunity for a healthy life. The procedure culminates with a gentle massage is given and excess oil over the body is removed.



PICHU

Cotton swabs soaked in warm medicated oil are placed at various parts of the body that are under pain. The cotton swab is changed accordingly to maintain its warmness. Proven to be a good treatment in handling pain and stiffness in joints as well as it serves as a muscle relaxant.

LEPAM

Lepam involves the topical application of herbal pastes on affected areas in the body, and is generally recommended for arthritis, degenerative lesions, to reduce swelling, inflammation, stiffness and to treat certain type's skin diseases.



KATI VASTY

This treatment helps in correcting the primary lifestyle issue, low back pain, which is due to inter-vertebral inflammation. Warm medicated oil is allowed to stay inside a bund constructed over the affected area. As and when the temperature of the oil drops the therapist replenishes it.



URO VASTY

Warm medicated oil is allowed to stay inside a bund constructed over the chest. Rest of the treatment procedure is as described in *Kati Vasty*.

JANU VASTY

Warm medicated oil is allowed to stay inside a bund constructed over the affected knee(s). Rest of the treatment procedure as in *Kati Vasty*.



GREEVA VASTY

This unique technique combines the oleation and sudation techniques of Ayurveda. Greeva Vasty involves a placing a bund upon the neck region into which warm oil is poured, to counter degenerative, cervical (related to the neck) changes. Greeva Vasty is beneficial for neck pain and inflammation, cervical spondylitis and spondylosis, and can lubricate and strengthen the neck joint.

NAVARA KIZHI

‘*Navara*,’ the special rice, is cooked in a *kashaya* (special blend of cow’s milk and specific herbs) and tied in boluses. Massage is done with these boluses. The temperature of the boluses is maintained by constantly dipping it in the *kashaya*. The process is continued till the *kashaya* and / or the *Navara* is exhausted. Adequate pressure is applied during this process that strengthens the body, opens out the pores and rejuvenates the skin.



NASYAM

Prescribed medicated oil / herbal decoction is administered into nostrils, one after the other. Complete facial and chest steam is given before this treatment to ensure less congestion in the lungs and the airways.



NETRA TARPANA

The word 'netra' means eye, and 'tarpana' means to nourish - and the Netra Tarpana therapy involves a gentle oleation of the eyes to soothe them. In our present-day lifestyles with our

constant visual stimulation, Netra Tarpana counters the effects of pollution and the strain caused by bright screens. A band is placed upon the eyes, and warm, medicated clarified butter or herbal decoction is allowed to sit for 10-15 minutes, with regular replenishment to maintain the temperature. The treatment is beneficial for specific eye diseases.

KARNA POORANA

Karna Poorana involves administering slow, measured doses of medicated oil or ghee to the ear for a specific period of time (as required by the individual). Karna Poorana reduces inner ear pain; helps prevent ear diseases, and can play an important role in the treatment of vertigo.

THALAM

'Thalam' is an Ayurveda therapy focused on the crown of the head. A paste of select herbs, often mixed in medicated ghee is applied to the crown and can provide relief from migraines, counter insomnia and other neurological maladies. The herbs differ based on the ailment, and Thalam is known to be effective in treating psychiatric disorders, hemiplegia, facial paralysis, diabetic neuropathy and cranial nerve palsy, as also for rhinorrhea, watery bloody or purulent nasal discharges.

SHIROLEPAM (THALAPOTHICHIL)

The head is covered with a medicated paste prepared in buttermilk or some decoctions suitable for the condition and then the head is covered with a banana leaf. Effective for dealing with stress, anxiety, chronic headache, sleep disorders and hair loss.



SHIROVASTY

Shiro Vasty is an oleation therapy focused on the head. Large quantities of medicated, lukewarm oils are poured into a specially fitted cap on the head. Shiro Vasty can stimulate the entire nervous system rendering deep therapeutic benefits for those suffering from facial palsy, migraines and neurological disorders of the eye and ear.

SHIROBHYANGA(AYURVEDIC HEAD MASSAGE)

Shirobhyanga is a simple, relaxing massage performed on the head, neck and shoulders with herbal, medicated oils. The oils are chosen based on the desired results which can include releasing the stress from the upper body, improving blood circulation to the brain, enhancing vision, relieving headaches, occipital neuralgia and treating scalp-related diseases.



PADABHYANGA(AYURVEDIC FOOT MASSAGE)

Padabhyanga, as the name suggests involves a massage (or 'abhyanga' in Sanskrit) of the lower limbs (or 'pada' in Sanskrit). Padabhyanga improves fluid circulation of the lower limbs, reduces discomfort in the legs, like tightness, numbness, restlessness, and pain. It also helps to stimulate the nerve endings in the feet and to de-stress one's body.



SNEHA PANAM

(Preparatory Procedure)

The initial, preparatory phase of the Panchakarma therapy (which can also be used as an independent procedure), the Sneha Panam involves the consumption of medicated ghee. The ghee collects the unwanted toxins from the body and helps eliminate them, thereby purging the alimentary systems.



VIRECHANAM

Virechanam is a procedure that involves the purging of Pitta toxins downwards through the natural alimentary passage, and out through the anal orifice. A herbal tonic is administered orally, which helps to loosen the Pitta dosha from the body, and the body can then excrete the toxins.



As always, the herbal decoction is specific to each individual. Virechanam cleanses the digestive tract, and is effective in treating constipation, piles, spleen and liver ailments, and any other maladies of the alimentary system. Its purging effect also proves beneficial for skin-related problems.

NASYAM

Ancient civilizations often considered the nose to be the source of life. The Nasyam technique focuses on this vital sensory organ, and involves administering a combination of herbal powders, juice of fresh leaves, oil or ghee through the nostrils. Nasyam helps to clean the nasal tract, and also enhances functioning of the olfactory senses.



Nasyam can be a preventive, curative or rejuvenative therapy that stimulates the nervous system, prevents early ageing, strengthens the ciliary muscles, thereby correcting eye disorders like ptosis, visual acuity and cataracts. It detoxifies the sinuses, frontal lobe, nasal cavities, eustachian tubes and the trachea, and thereby improves sensory perception and vocalization. Nasyam can also benefit those suffering from anxiety neurosis, skin pigmentation or dryness, hemicranias and migraines.

ANUVASANAVASTHI

Similar to the Vasthi therapy, the Anuvasanavasthi administers medicated lubricants like oil, ghee or herbal milk through the anorectal cavity. The lubricant helps to counter any effects of toxic expulsion on the rectal opening.



NIROOHA VASTHI

Another procedure involving enemas, the Nirooha Vasthi uses herbal decoctions combined with herbal pastes, herbal oils, milk and honey to induce excretion. By purging the digestive system, Nirooha Vasthi can eliminate impurities, accelerate digestion, and correct peristaltic movements. The therapy is also beneficial for the pelvic floor muscles and can



prevent uterus or bladder prolapse, and also reduces hormonal imbalance post- menopause or hysterectomy. It has an important role in the treatment of neurological, arthritic and systemic disorders. It is one of the most important procedures in Panchakarma.

RAKTA MOKSHANA

Rakta Mokshana literally means 'bloodletting', and is an ancient therapeutic method to cleanse and detoxify the arteries and veins. The most commonly practiced method of bloodletting involves placing leeches on various parts of the body - not for the faint-hearted. There are other methods of bloodletting as well, and the procedure is selected based on an individual's



constitution, age, body strength and degree of toxicity in the blood, as also the weather at the time. Rakta Mokshana can prevent iron overload, cure skin lesions and reduce the pain and swelling at certain stages of arthritis. All the five procedures of elimination are not needed for each person. The selection of procedures depends upon the constitution, intensity of toxicity, age and body strength and weather. After a detailed discussion an expert physician can suggest the treatment modalities.

THE CRYSTAL SALT SCRUB

An invigorating and exfoliating body scrub using sea salts and almond oil to stimulate the blood circulation and remove dead skin cells. At the end, mint gel is used for a moisturizing effect. This scrub is especially beneficial for those with dry skin.



NOURISHING HONEY AND COCONUT SCRUB

Delight in the intoxicating aroma of fresh coconut and honey body scrub as your skin is polished to perfection. Refreshing and stimulating, it will rejuvenate, soften and refine your skin as it gently exfoliates.



Freshly grated coconut is a wonderful skin conditioner, leaving a silky soft texture, and especially beneficial for those with sensitive skin.

AROMATIC NATURAL SPICE SCRUB

This luxurious treatment scrub is a treat for the senses as well as the body! Aromatic spices like Nutmeg, Cinnamon, Pepper and Cardamom help in stimulating and generating warmth in the body. They also help exfoliate and soften the skin while relieving sore muscles.



JAVANESE LULUR

This is a traditional golden colored scrub from Java made from freshly ground turmeric, sandalwood and rice. The cleansing and exfoliating properties of turmeric and rice are beautifully complemented with the cooling nature of sandalwood.



THE CHOCOLATE INDULGENCE EXFOLIATING SCRUB

This luxurious scrub is a treat for the senses as well as the body! Dark, rich cocoa is added to freshly ground rice powder, oats and rose water. Aroma of chocolate releases endorphins, that which promotes the feeling of calm and well-being. The anti-oxidants found in cocoa help erase wrinkles and improve the quality of the skin.



THE CHOCOLATE INDULGENCE BODY MASK

This luxurious body mask has cocoa, fuller's earth and honey. Honey replenishes the dehydrated skin and gives it a beautiful luminous glow. Fuller's earth helps in cleansing and tightening the skin. And to complete the indulgence is a sinfully moisturizing cocoa butter massage.



INVIGORATING COFFEE SCRUB

This is an invigorating, stimulating and cellulite- banishing scrub. Freshly ground aromatic coffee beans are mixed with rice powder, oatmeal and rose water.

It has a gentle exfoliating, softening and tightening effect on the skin.



STIMULATING COFFEE MASK

This coffee mask is a concoction of freshly ground coffee powder, fresh aloe vera gel and fuller's earth. Fuller's earth helps in cleansing and tightening the skin, while the caffeine stimulates the circulatory system and rejuvenates the body. Lastly, a deeply moisturizing and relaxing cocoa butter massage kneads away any aches and stresses that you may have brought with you to Shreyas!



NEEM - INDIAN BASIL SCRUB/MASK

Neem is best known for its antibacterial and antifungal properties, with flavonoids in its leaves that help counter oxidation and Indian basil helps maintain a healthy complexion. Together, they can work perfectly for those with sensitive or acne-prone complexions, as they help cleanse and tone the skin. The scrub of neem, Indian basil leaves, salt, rose water or coconut oil (as per your skin's requirements), helps to deep

cleanse the skin's pores of impurities. Then a mask of neem, Indian basil leaves, Fuller's earth, rosewater and aloe gel is applied to rehydrate the skin. End your luxuriant therapy with a cup of neem tea - perfect for an internal cleansing!



GREEN TEA AND SCRUB/MASK

Green tea has become a popular beverage in this health-conscious era, yet few know of the wonders it can do for the skin. Indulge in our green tea scrub, made of green tea leaves, brown sugar and aloevera. Follow through with a green tea, Fuller's earth and rose water mask, topped off with a cup of green tea or iced green tea! The green tea leaves can protect the skin from free radicals that cause premature ageing, soothe puffy eyes, skin irritations and lighten sunburn blemishes. Rosewater has been used over the ages for its cleansing and skin-lightening properties. Used together, the Green Tea scrub and mask could be the perfect antidote to ageing!



HIBISCUS & OATS SCRUB/MASK

Turn back the clock with this fragrant and refreshing scrub. Hibiscus, also known as the botox flower, has powerful anti-ageing properties and is rich in antioxidants. Add a few drops of organic rosewater to help erase signs of ageing like dark spots, wrinkles, pigmentation while gently hydrating the skin and restoring its pH balance. The oats help exfoliate the skin and improve the skin tone. Follow through with a hibiscus mask that will soothe and replenish the skin, and our special cup of hibiscus tea will help you rejuvenate your body from inside out!



AYURVEDIC GREEN GRAM SCRUB/MASK

Did you know that beyond health diets, green gram also works wonders for the skin? Our Ayurvedic-inspired scrub combines green gram, corn meal or gram flour - a recipe that has been used for ages in pre-wedding beauty routines! The lentil flour works to lighten tan, reduce oiliness and dark spots, counter pimples and other skin issues to leave a healthy, blemish-free



complexion. End the therapy with a cup of herb tea made of aloevera and coriander juice, to pack a punch!

TRADITIONAL INDIAN SCRUB/MASK

This traditional Indian scrub with a combination of gram flour, yoghurt, rose or marigold petals, turmeric and sandalwood powder has been tried and tested over generations! The seemingly humble gram flour works wonders against the effects of tanning, dark spots and excessive



oiliness, pimples and other skin issues. Mixed with fragrant rose petals and turmeric - a powerhouse of antibacterial, antiseptic, anti-inflammatory and antioxidant properties, the scrub helps address all kinds of skin issues to reveal fresh, glowing skin. The scrub is followed by a soothing and refreshing mask of yoghurt, sandalwood, gram flour and cucumber - and ends with a cup of fragrant rose tea!

CUCUMBER & MINT SCRUB/MASK

If the summer heat is playing havoc with your skin making it dull and dark under the sun - this scrub is the perfect antidote! Cucumber is a natural skin toner and astringent that works with a cooling effect. With its high water content, cucumber can hydrate dull skin, acts as a natural bleaching agent to help lighten tans and scars and it contains antioxidants to combat inflammation. Mint's anti-



pruritic properties help to soothe and calm skin, improve skin tissue and helps reduce oiliness. Mint is also high in salicylic acid and a good source of vitamin A, which helps combat acne. The cucumber-mint scrub and mask can effectively brighten the skin, reduce tan marks and keep you cool and fresh through the summer!

CITRUS SCRUB/MASK

Citrus zest is not only invigorating on the palate, it can also add zing to one's skin! This Citrus therapy is designed to give you the best of tangy oranges - with a cleansing orange and sugar scrub, followed by an orange juice and Fuller's earth mask, ending with a cup of orange zest tea or orange and lemon grass juice! The natural oils in the orange's skin help rehydrate dry skin - and



can be effective in countering jet lag. The citric acid helps cleanse the skin by opening up the pores, lightens sun tan and dark spots - leaving behind soft, bright skin. Our zesty tea will have you feeling as refreshed as your skin!

Youthful Radiance Ayurvedic Facial:

This special anti-ageing Ayurvedic Facial rejuvenates the skin and addresses acne, hyper-pigmentation, uneven skin tone and dark circles.

It is a multi-step skin treatment using freshly ground herbs, honey, milk & curds combined in a specific ratio. According to your skin type (dry, oily, combination) and condition (acne-prone, sun damaged, ageing, dehydrated), the right combination of herbs is then selected, which helps to cleanse, exfoliate and nourish the skin. Vitamins and anti-oxidants in the freshly ground herb combination

improves complexion, repairs skin damage and gives youthfulness to skin.



Shreyas Fruit Facial:

For a deep cleansing and rejuvenation, try Shreyas signature fruit facial. A cleansing routine of yogurt, honey and lemon is followed by an invigorating scrub of papaya and rice powder. If your skin is prone to blackheads, a quick facial steaming would be perfect to deal with them. A soothing face massage, then a face pack of Fuller's earth mixed with freshly squeezed orange juice - our fruit facial helps in exfoliation, regulates sebum secretion, opens up clogged pores, and leaves you with a bright, fresh complexion!

What our Guests have to say....

The massages were spectacular (especially the chocolate scrub).

Gary, Australia

Love the design and architecture of the new spa - congratulations and it has taken the whole (already blissful) experience to the next level.

Felicity, USA

Well done Shreyas! Massages and treatment were another discovery and source of absolute wellbeing.

Thomas & Thierry, France

... and the massages melted all my stresses away.

Alysson, Singapore

The massages - heaven!

Allison, New Zealand

AYURVEDA TREATMENTS

SL.NO	TREATMENTS	DURATION (Minutes)	RATE USD
1	Abhyanga(Single)	60/90	\$75/\$100
2	Synchronized Abhyanga	30/60	\$65/\$100
3	ChoornapindaSwedana	30/60	\$65/\$100
4	Nasyam	30	\$50
5	Navarakizhi	60	\$105
6	Pizichil / Sarvangadhara	60	\$105
7	Netratarpana	30	\$50
8	Shirodhara	30/60	\$65/\$100
9	Shirolepam	60	\$105
10	Shirovasty	30	\$100
11	Vamana	30	\$75
12	PatraPindaSwedam	30/60	\$65/\$100
13	Udwartana	30/60	\$65/\$100
14	Pichu	30	\$50
15	Kati vasty	30	\$50
16	Januvasty	30	\$50
17	Greevavasty	30	\$50
18	Urovasty	30	\$50
19	Lepam	30	\$50
20	Pichu/Lepam(More than 2 joints)	30	\$65
21	Takradhara	60	\$105
22	Ksheeradhara	60	\$105
23	ShatahwadiKizhi	30	\$65
24	Narangakizhi	30	\$65
25	MatraVasti	30	\$50
26	NiroohaVasti	30	\$75
27	DhanyamlaDhara/ Swedam	30	\$105
28	Shirobhyaṅga	30	\$45
29	Padabhyanga	30	\$45
30	Virechana		\$50
31	Snehapanam		\$50
32	Thalam		\$30
33	Karnapoorna		\$35

All prices are subjected to 10% service charges additionally.

INTERNATIONAL THERAPY

SL.NO	TREATMENTS	DURATION (Minutes)	RATE USD
34	BalineseMassage	60/90	\$80/\$100
35	SwedishMassage	60/90	\$80/\$100
36	Thai Massage	60/90	\$80/\$100
37	AromatherapyMassage	60/90	\$80/\$100
38	Hot stone Massage	75	\$105
39	Reflexology Massage	45	\$50
40	Back Massage	30	\$45
41	Head, neck & Shoulder Massage	30	\$45
42	Body Scrub	60	\$85
43	Body Scrub & Mask	90	\$105
57	Pedicure	45	\$60
58	Manicure	30	\$45
59	Manicure & Pedicure	75	\$90
60	Shreyas Signature Facial	60	\$85
61	Ayurvedic Facial	60	\$90

All prices are subjected to 10% service charges additionally.

TERMS AND CONDITIONS

- Booking must be made in advance and at least 6 hour's notice time for cancellation is required, failing this we will regretfully have to charge in full.
- Massage slots of guests may be booked after yours. The therapist may not be able extend the time of your massage beyond the stipulated time, so kindly be on-time for your treatment.

SUGGESTIONS

- Other than *Abhyanga*, the rest of the treatments need to be taken at least 3 times or as prescribed by the doctor for the benefits to accrue.

DISCLAIMER

- Massages are not intended to be a substitute for professional medical advice, diagnosis or treatment. You should always seek the advice of a qualified medical or health provider before proceeding with any massage, diet, fitness or wellness program.
- Shreyas and its staff are neither responsible for injuries incurred during your massage nor recommend or endorse any particular medical or wellness treatment or any particular product of any kind.
- We do not make any representation, warranty or guaranty of any nature regarding the result of the services offered since they can vary for individuals depending on their skin, body type, medical conditions, etc.
- Should you have any medical or health care related questions or if you have any reason to suspect that you have any condition that might require medical attention, you should seek appropriate medical attention and care promptly.

Naturopathy

Naturopathy is nature's system of healing that supports the inherent healing powers present in each and every individual, using the five great elements in their most pure forms. This may seem very simple, but has been found to be effective in treating various acute & chronic disorders.

Basic principles of naturopathy.

- Body has the ability to heal by itself; believe in body's wisdom, connect with the body, listen to it and help to heal.
- Reduced vitality is the main cause of disease.
- Accumulated metabolic toxins form the morbid matter, reducing the vitality.
- Acute symptoms are body's efforts to heal, so they are not harmful, don't suppress.
- Infections happen only when opportunity is provided, when morbidity increases there develops the opportunity.
- Food can never enhance vitality, but can support it when eaten properly.
- Fasting helps in removing morbidity, helping the body to heal.
- Exercise (ideally Yoga, helps in connecting body and mind) helps in maintaining balance between nutrition and elimination.
- Medications can only suppress the symptoms, but don't treat the root cause; external medications are potential burdens on body's healing power.
- It is very important to understand the disease process, and to believe in the inherent force in healing and to be determined to be healed.
- It is a doctor's basic responsibility to educate the sufferer regarding the ailment, and his role in healing the self.
- First step in healing is not to do more harm, treat the person as a whole, where symptomatic medication would affect the general vitality.
- Prevention is possible by healthy eating, healthy - balanced life style that includes physical activities, and enough relaxation.

HYDROTHERAPY:

Water therapies, water one of five great elements, has the efficiency to relax, rejuvenate, recuperate the body, because of its great properties.

After water therapies one feels refreshed and relaxed.

Underwater Massage

A hydrotherapy procedure in which body will be immersed in water tub with multiple jet valves with pressure control, to give massaging effect on the muscular system and enhancing blood circulation throughout the body.



Benefits

- Removes metabolic wastes from the sore muscles and releases soreness.
- Good for joints, relieves stiffness from joints so, beneficial in case of arthritis conditions.
- It enhances lymphatic drainage.
- It has toning effect on the skin.

Spinal Spray

Using pressure regulated water jets splashing water only to spine in a most comfortable and relaxing position to calm down the nervous system and obtain relaxation and therapeutic benefits.



Benefits

- The spinal bath can be a soothing and sedative treatment, especially for the highly strung and irritable patient.
- It is the ideal treatment for insomnia and also relieves tension of the vertebral column.
- The spinal bath, on the other hand, helps to stimulate the nerves, especially when they are in a depressed state.
- It also relieves vertebral pain in spondylitis and muscular backache.
- It relieves sciatic pain and gastrointestinal disturbances of gastric origin.

Hip Bath

Immersing hip region from the navel, till mid thighs, in order to cleanse the area and alter blood circulation in the relevant parts by using water at various temperatures depending on the effect needed.

Hip bath brings a sense of wellbeing, in the gut and in pelvic area by enhanced circulation and improved awareness, and relieves blocked energies.



Benefits

- Menstrual cycle can be brought to normal, and so good in conditions like amenorrhoea, dysmenorrhoea.
- Helps to relieve constipation.
- Relieves spasm from abdomen & intestines.
- Enhances digestion.

Enema

A simple technique irrigate lower intestine for cleansing using water, which helps in detoxifying the body.

Benefits

- It helps to remove faecal matter and toxins from the colon by hydrating it and loosening the hard stools.
- It is useful in constipation, indigestion, acidity and digestive disorders.

Colon Irrigation

Colon hydrotherapy is a treatment modality helps in cleansing the whole length of colon by inducing water into the system using pressure operated system, procedure feels soothing and relaxing.

Good treatment for detox, to enhance the general wellbeing.

After the treatment, because of the enhanced gut health one feels lighter physically and emotionally.



Benefits

- It enhances the absorption of nutrients.
- Improves intestinal peristalsis and maintains regularity in elimination.
- It initiates the process of healthy weight loss.
- It helps in relieving intestinal bloating.
- It detoxes the whole body and mind.

Arm & Foot Bath

As arms and feet have got many nerve endings, they have the reflex points for various parts of the body, Arm & Foot bath is a simple treatment where they are immersed in warm water for relaxation and treating ailments.

Ailments like insomnia, nervous irritability, headaches, congestions, Joints pain in hands and feet can be treated efficiently.

Full Wet Sheet Pack

Wrapping the whole body in different layers of sheets producing various physiological benefits, therapeutic in conditions like fever, psoriasis, liver diseases and general detox.



This procedure has energising effect in the beginning and as it progresses it has soothing effect followed by that one can feel the process of sudation. By the end of the procedure one will feel fresh and energised.

Various Hydro Packs & Compresses

This includes wrapping parts of the body locally using hot and cold compresses, helps in altering the blood circulation and producing various physiological effects.

Chest Pack

Abdomen Pack

Wet Girdle Pack

Throat Pack

Gastro Hepatic Pack

Kidney Pack

Benefits

- Helps in relieving congestion
- Relaxes muscles & improves blood circulation
- Removes toxins & excess of heat.

Steam Bath

- Steam bath is a treatment to eliminate morbid matter from the skin.
- It opens the pores of the skin.
- It is the most convenient means of inducing perspiration with the help of moist heat.
- It is useful in Rheumatism, Generalized body ache and Obesity.



Sauna Bath

- They dilate blood vessels resulting in a lowering of blood pressure.
- The heat in steam rooms and saunas causes a lot of perspiration, which releases salt and some toxins from the body.
- Other health benefits include increased metabolism, an easing of tension in the muscles and promoting feelings of relaxation.



MUD THERAPY

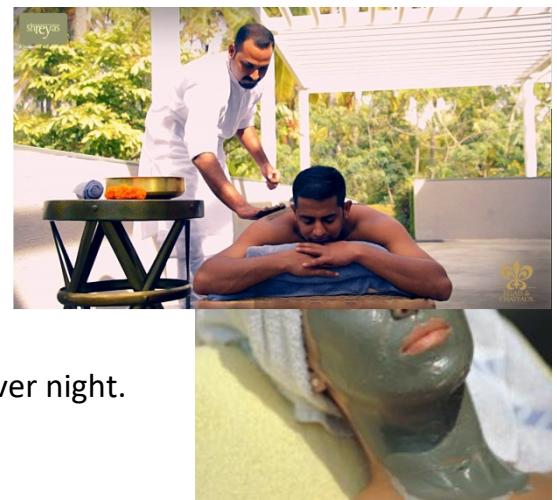
Mud therapy is application of mud to body for therapeutic benefits.

Type of mud: Mud collected from 6 feet below the ground level, ideally around water bodies particularly black mud.

Processing the mud: Mud will be powdered, dried under sun and cleaned thoroughly to remove all kinds of dirt, including small stones to composts.

Preparation of mud: Soaking the mud in warm water over night.

Types of application:



- **Mud packs**- direct application of mud on body.
- **Mud wraps**- mud wrapped in clean linen to form eye packs, abdomen packs and some local packs.
- **Mud Bath**- Immersing whole body in mud slush.
- **Hot Packs**- Heated mud applied locally to relieve pain.

Benefits

- It improves blood circulation, tones up the skin, thus helping a great measure for various skin ailments.
- It is useful in skin disorders like Eczema and Psoriasis. It is quiet relaxing and helps reduce anxiety and stress.
- It is useful in the treatment of Headache, Sleeplessness, Hypertension, Migraine and Digestive disorders.
- Heated mud packs can be very efficient in treating joints pain and muscle stiffness.

STARCH-TURMERIC BATH

Rice starch mixed with turmeric applied for whole body and dried in sun.

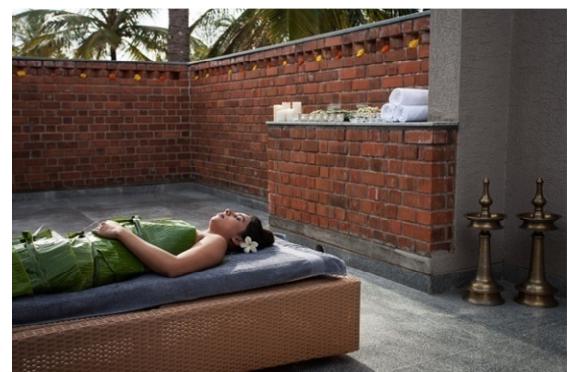


Benefits

- Healing properties of turmeric helps in relieving various skin related ailments.
- Enhances skin complexion
- Slows down the aging process
- Anti-bacterial and anti-fungal properties protects skin.

ATHAPA SNANA (BANANA LEAF WRAP)

Body will be massaged gently with oil followed by that will be wrapping it in Banana leaves, and left to be dried under sun.



Benefits

- Banana leafs known for its healing properties, can heal the various skin issues.
- Anti-oxidant properties of banana leaves can slow down the ageing process.
- Wound healing properties can erase minor skin wounds, making the skin look healthier.
- Sweating stage of the process can help in detoxification.

TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine is an alternative medicine practice where whole person is treated encouraging a healthy body to prevent illness and speed recovery.

Traditional Chinese medicine techniques are:

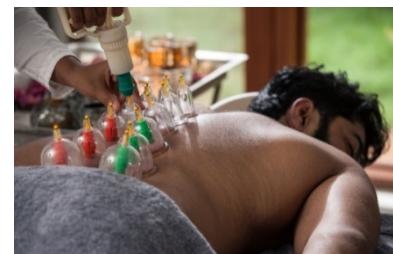


Acupuncture

Acupuncture therapy is a method where fine sterile needles are inserted on specific points of the body located on specific meridians to influence the flow of "Chi" and so promoting the free flow of Chi throughout the body.



Auriculotherapy refers to the type of acupuncture where points are chosen only from ear to stimulate.



Cupping Therapy refers to the usage of vacuum cups on the surface of the body to stimulate the energy points for energy correction.

Moxibustion Stimulating the acupoints by burning the moxa wool on the inserted needle, to transfer the heat into the point to correct the imbalance of dampness and cold in the body.

EFFECTS OF TRADITIONAL CHINESE MEDICINE:

- Balances Wood, water, fire, metal and earth elements
- Complete body stimulation
- Relieves muscle tension
- Improved skin health
- Releases toxins
- treats diseases and associated pain
- Clears colon blockage
- Clears veins, arteries, and capillaries



PRICE LIST

Sl.No	Treatments	Duration (Minutes)	Rates (\$)
1	Abdomen Pack and Eye Pack	15	25
2	Arm & Foot bath	15	25
3	Enema	15	25
4	Sauna Bath	15	25
5	Steam Bath	15	25
6	Chest Pack	20	25
7	Gastro Hepatic Pack	20	25
8	Kidney Pack	20	25
9	Hip Bath	20	25
10	Spinal Spray	20	25
11	Hot Foot Immersion	15	25
12	Neutral Immersion Bath (Epsom salt/Herbal paste/oils)	30	40
13	Banana Leaf Wrap	45	50
14	Mud Body Wrap	45	50
15	Mud Packs / Scrubs	45	50
16	Herbal Wraps	30	50
17	Underwater massage	30	50
18	Starch Turmeric bath	45	50
19	Acupuncture	30-45	65
20	Acupressure	45	50
21	Energy Balancing	60	65
22	Cupping Therapy-Dynamic/Fire Cupping	30	65
23	Immersion bath ((Mud/Epsom Salt/Neem oil)	45	70
24	Colon Hydrotherapy	45-60	90

All prices are subjected to 10% service charges additionally.

TERMS AND CONDITIONS

- Booking must be made in advance and at least 6 hours notice time for cancellation is required, failing this we will regrettfully have to charge in full.
- Massage/treatment slots of guests may be booked after the consultation with doctors.
- The therapist may not be able to extend the time of your massage/treatment beyond the stipulated time, so kindly be on-time for your treatment.

SUGGESTIONS

- Other than *Abhyanga*, the rest of the ayurveda treatments & Hydrotherapies like Spinal Spray and Hip Bath need to be taken at least 3 times or as prescribed by the doctor for the benefits to accrue.

DISCLAIMER

- Massages are not intended to be a substitute for professional medical advice, diagnosis or treatment. You should always seek the advice of a qualified medical or health provider before proceeding with any massage, diet, fitness or wellness program.
- Shreyas and its staff are neither responsible for injuries incurred during your massage nor recommend or endorse any particular medical or wellness treatment or any particular product of any kind.
- We do not make any representation, warranty or guaranty of any nature regarding the result of the services offered since they can vary for individuals depending on their skin, body type, medical conditions, etc.
- Should you have any medical or health care related questions or if you have any reason to suspect that you have any condition that might require medical attention, you should seek appropriate medical attention and care promptly.



A journey of self-discovery

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