

# Spa Therapy

## Swedish Massage

It's a full body massage with sesame oil. Primarily designed to promote relaxation and ease muscle tension by using a variety of techniques to stimulate blood flow and improve flexibility.

60 minutes – Single Therapist – Rs 3799

80 minutes – Single Therapist – Rs 4499

## Aromatherapy Massage

Aromatherapy massage is a full body massage using different strokes with essential oils of tropical aromatic flora. Before each session begins, you can choose one of our unique oil blends to be used in your massage. This relaxing blend promotes a sense of inner peace and harmony while easing irritability and

60 minutes – Single Therapist – Rs 3999

80 minutes – Single Therapist – Rs 4699

## Aromatherapy Massage With Body Scrub

A gentle application of natural sea salt scrub to remove dead cells, brighten the complexion and leave the skin smooth and soft along with a very relaxing full body Swedish or Aromatherapy massage.

70 minutes – Single Therapist – Rs 4899

85 minutes – Single Therapist – Rs 5699

## Aloe Fruit Body Wrap

Consists of a relaxing full body massage, sea salt body scrub, pack with pure organic Aloe Vera and a seasonal fruit covered by a banana leaf to retain the essence of the wrap.

90 minutes – Single Therapist – Rs 5899

## Aromatherapy With Honey & Yogurt Body Polish

A full body aromatherapy massage, sea salt body scrub and a pure forest honey & yogurt application to naturally bleach, polish and bring shine to the skin.

90 minutes – Single Therapist – Rs 5999

## Dead Sea Mineral Mud Wrap

A body wrap consisting of a Swedish massage, sea salt body scrub & therapeutic dead Sea mudpack followed by a banana leaf covering.

90 minutes – Single Therapist – Rs 6299

## Sanjeeva Radiance

Experience total relaxation with a series of treatments starting with an Aromatherapy massage, reflexology, (a pressure point massage of hands and feet) and a body scrub. Followed by a forest honey & fresh yogurt body polish to shine & lustre your skin leaving you feeling glowing and lighter. End with an organic Aloe Vera face massage, face pack and a complete hair treatment to nourish your hair.

90 minutes – Single Therapist – Rs 6599

120 minutes – Single Therapist – Rs 8399

## Wellness Facials

Includes a head massage or a foot massage. Choose from:  
Aloe and Fruit Facial - The goodness of rejuvenating and hydrating properties of organically grown Aloe Vera and seasonal fruits. Clay Facial - Offers skin purifying and firming properties of clay. Aroma Facial - Choice of aromatic oils for specific skin conditions. Chocolate Facial - Enjoy the aroma, skin toning and anti-aging properties of the all time favourite - chocolate.

60 minutes – Single Therapist – Rs 3099



Thank you  
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Ayurveda & Naturopathy

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& Naturopathy Doctor

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# Ayurveda Therapy

## Abhyangam

Abhyangam forms the basis of all external therapeutics in Ayurveda. It is a therapy that spans from head to toe using liberal amounts of specially prepared warm herbal oils. While you soak in the healing herbal extracts, long strokes stimulate the blood circulation, mobilise nutrition and exit toxins, leaving your body nourished and mind relaxed.

60 minutes – Single Therapist – Rs 3799

60 minutes – Two Therapists – Rs 4799

80 minutes – Single Therapist – Rs 4499

80 minutes – Two Therapists – Rs 5499

## Shirodhara

Shirodhara is one therapy that has been prominent in representing Ayurveda all over the world. A typical session includes all the goodness of Abhyangam given by two therapists in synchronic strokes to condition the body, cleanse the energy channels and stimulate the circulation. Then it proceeds to the next level where an unhurried swing of the flowing oils, blends or extracts on the forehead gently lulls your mind to a serene calmness.

75 minutes – Single therapist – Rs 4999

90 minutes – Single therapist – Rs 5599

75 minutes – Two Therapists – Rs 5999

90 minutes – Two Therapists – Rs 6499

## Patrapinda Swedana

Abhyangam is used to condition the body and is followed by an application of bags of therapeutically active herbs dipped in special herbal oils to relax and de-stress deeper tissues like muscles, tendons, ligaments, cartilages and bones. It helps to counter stiffness, pain and discomfort.

75 minutes – Single therapist – Rs 4999

90 minutes – Single therapist – Rs 5599

75 minutes – Two Therapists – Rs 5999

90 minutes – Two Therapists – Rs 6499

## Udvartanam

Udvartanam is the massage with medicated powders prepared with various herbs as described in Ayurveda texts. The process Udvartanam starts with gentle long stroke full body oil applications followed by the herbal powder massage & ends with a herbal scrub. It gives firmness to body & helps in pain & body ache. Steam bath is highly recommended (Optional) after Udvartanam.

90 minutes – Two Therapists – Rs 6499

## Navarakizhi

This therapy is a Kerala speciality therapy where medicinal rice (Navara) paste tied in a bolus is applied on whole body in a specific manner by dipping it in milk & herbal decoction. It nourishes the tissues hence rejuvenates the body, softens the skin and helps to enhance complexion. Also helps in joint pain, aches & other muscular pain. This therapy begins with Abhyangam & ends with Abhyangam.

90 minutes – Synchronous – Rs 6499

## Rasayani

This is our special therapy and definitely one of the very best ways to get introduced to the effectiveness of Ayurveda. A uniquely timed session that includes Abhyangam, Patrapinda Suedana and Shirodhara. Aimed at rejuvenation through Abhyangam, getting rid of aches and pains and the cumulative stress with Patrapinda Suedana and Shirodhara to relax the mind and rediscover inner calmness. For the extended 120 min session we include Mukhalepa which is the Ayurveda facial.

90 minutes – Synchronous – Rs 7899

120 minutes – Synchronous – Rs 9499

## Mukhalepa

A face massage with Kumkumadi Tailam followed by steam with Sashtika Shaali paste bolus & then a herbal face pack made of red sandal, manjistha and many other herbs that is designed to benefit all skin types.

45 minutes – Single Therapist – 2699

## Samvaha

It begins with gentle oil application all over the body, then long stroke massages in a rhythmic way with herbal paste made up of Indian dill, red date & Barley etc, ref ancient Ayurveda text Face treatment is done with massage & ayurveda face pack which contains Manjistha, sandal etc.

80 minutes – Single Therapist – Rs 5599

## Vilomi

This therapy begins with foot bath in Amla (Gooseberry) water (prepared decoction) followed by head pack with herbs like Blue lotus, & Anantamul (Indian Sarsaparilla). Foot therapy with herbs like Daruharidra (barberry) infused in the medium of sesame oil is the highlight of this therapy.

80 minutes – Single Therapist – Rs 4999

# Naturopathy

## Colon Hydrotherapy

It's a natural way to cleanse the colon & is promoted for digestive issues such as bloating, colitis, constipation & metabolic disorder like Obesity, Diabetes etc.

40mins -2950

## Mud Therapy

Mud therapy involves scientific use of moistened earth in a proper manner, so as to benefit the body from within. The effects of mud are refreshing, gives a cooling effect to the body.

30mins-1500

## Naturopathy Day Therapy Package

Session include Shatkriya, Yoga, MudPack, hip bath/Spine bath /Arm & foot bath, Colon therapy/swedish massage(40mins)

150mins(Including breaks) -3999

## Accupuncture / Physiotherapy(Manual) / Cupping

30mins -1000

