

FULL BODY MASSAGE

ABHIYANGAM MASSAGE

2500/-60min

Abhyanga massage therapy is done on the body using warm herbal oils. The massage is done in the direction of arterial blood movement. This helps to improve blood circulation, provide relief from pain and stiffness, and help in de-stressing. It also helps in correcting energy (Dosha) imbalance in the body.

DEEP TISSUE MASSAGE

2800/-50min

Deep tissue massage targets chronic tension in muscles that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

MARMA MASSAGE

2500/-45min

Marma Adi is the ancient Indian martial art form that manipulates vital points in the body, can be used both for self-defence and healing. Marma adi is the science of manipulating marmas or vital points. These are nerve junctures usually close to the skin surface.

SWIDISH MASSAGE

2300/-60min

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CREAM MASSAGE

2800/-60min

In conclusion, using massage cream body has many benefits beyond just relaxation. It can help to alleviate stress, enhance the immune system, reduce inflammation, improve circulation, moisturize and nourish the skin, provide pain relief, and promote overall well-being.

BODY SCRUB MASSAGE

3000/-60min

A full body scrub massage is a type of exfoliation treatment that uses a Body Scrub to remove dead skin cells and promote circulation.

PINDA SWEDANA

PATRA POTLI

2500/-60min

Patra Potti massage is a massage which is performed with the help of herbal leaves. The leaves are tied in a cloth bag which is then dipped in hot medicated oil. Once the cloth bag gets deeply and completely immersed in the hot medicated oil, it is then applied all over the body.

CHURNA SWEDANA

3000/-60min

Churna Pinda Swedana is a type of therapy in which hot boluses containing various types of powdered drugs are gently applied over the body.

ABHIYANGAM SIRODHARA

4500/-90min

Shirodhara is performed by pouring a relaxing and gentle flow of herbal massage oil formulations on the scalp, forehead, and neck. Abhyanga is a gentle massage on the forehead, head, neck, and shoulders so the oil formulation on these parts of the body take effect.

BACK, NECK & SHOULDER

1500/-30min

A perfect answer for aching back, neck and shoulders. Squeezing pressing and stretching movements relaxing knots and aches in that part.

HEAD MASSAGE

800/-20min

A head massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, and promote hair growth.

FOOT REFLAXOLOGY

1500/-40min

Foot reflexology is a treatment that's been practiced for centuries. It involves applying pressure to different points on the bottom of the foot.

BACK MASSAGE

1300/-30min

A back massage generally refers to the area between your shoulders and your waist. Issues that usually involve the lower back include pain, stiffness or problems affecting the sciatic nerve down into the legs.

NASYAM

1000/-30min

This treatment, also known as "Nutritional Nasya," cures headaches, migraines, dry nose, nervousness, and anxiety. It involves the use of substances like ghee, oils, salt, medicated Ghee, medicated milk, and more.

NABHI VASTI

1500/-45min

Nabhi Vasti is a therapeutic procedure in Ayurveda, an ancient system of medicine originating from India. In this procedure, a dam made from dough is placed over the navel area, and lukewarm medicated oil is poured into it.

KATI VASTI

1500/-45min

Kati vasti treatment in Ayurveda's take on helping individuals dealing with lower back pain and other related concerns. By definition, kati vasti is a lower back or lumbosacral therapy performed using heat and oil. The purpose is also to help bring vata dosha levels to optimum.

GRIVA VASTI

1500/-45min

Greeva Vasti is a Sanskrit term where greeva stands for neck and vasti means to hold something. Greeva Vasti is essentially the holding of herbal oils on the spine, starting from the neck.

JANUVASTI

1800/-50min

Greeva Vasti is a Sanskrit term where greeva stands for neck and vasti means to hold something. Greeva Vasti is essentially the holding of herbal oils on the spine, starting from the neck.

NETRA TRAPANA

1500/-30min

Netra Tarpana is essentially made up of two Sanskrit words "Netra" meaning eyes and "Tarpana" meaning rehydration. NETRA TARPANA is an ancient ayurvedic therapy that has been used for thousands of years. This procedure is useful both in healthy as well as diseased persons.

CUPPING DRY

1500/-40min

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

CUPPING WET

2500/-45min

Wet cupping is a variation of the procedure where prior to the cup being placed, your skin is punctured and blood is drawn out in the suction process.

LEECH THERAPY

3000/-30min

Leeches are excellent at promoting circulation of blood in a specific area, which can be invaluable when a patient is experiencing clotting and venous congestion after a procedure.