AYUR



Area-Focused Massages

Quick, targeted 30-min treatments easing stiffness & muscle aches, focusing on specific areas for instant relief.

Head & Shoulder and Back Massage (30 min)
1500

Back Massage (30 min)
1200

Foot Massage (30 min)
1200

Full Body Massages

Head-to-toe massage reducing stress & pain, improving circulation, and leaving body & mind energised.

Kerala Ayurveda Massage (60 min)
Kerala Ayurveda Massage is a relaxing massage with medium pressure that covers the marma points and joints also.

2800

Deep Tissue Massage (60 min)
Deep Tissue Massage is a relaxing full body massage with high pressure designed specifically for muscular pain.

2800

Premium Massages

Luxurious massages with expert techniques & quality oils, deeply relaxing muscles and promoting wellness.

Abhyangam Massage (90 min)
Traditional Ayurvedic massage with warm herbal oils to relieve fatigue, nourish body & mind, improve sleep, and enhance skin.

3800

Signature Massage (120 min)
A deeply relaxing blend of Kerala Ayurveda, Kalari & deep tissue techniques, tailored for full-body and mind rejuvenation.

4800

Body Glow (120 min)
Ayurvedic oil massage, body scrub & facial for relaxation, nourishment, and radiant skin with complete rejuvenation.

4800

Aromatherapy (90 min)
Aromatherapy is a gentle massage that uses aroma oil to calm your body & mind.

2600

Marma Massage (120 min)
Marma massage helps to stimulate the marma points through massage.

2600

LINDSAY MANOR

*You could choose any treatment as a couple as well.
*Contact **+91 93309 03513** to book an appointment.
*GST as applicable | Let us know if you have any allergies.