



MAYFAIR AYURVEDIC RITUALS

A Journey into Timeless Wellness and Sacred Renewal



Inspired by the ancient wisdom of Ayurveda, this curated collection of rituals invites you to step into a world where healing becomes an art and wellbeing a way of being. Rooted in centuries-old traditions, each experience is designed to restore harmony, awaken vitality, and nurture a deeper connection between body, mind, and spirit.

Warm herbal oils, fragrant botanical powders, and time-honoured healing techniques work in unison to soothe, replenish, and renew, creating moments of profound stillness and restoration. Every ritual is a celebration of nature's wisdom, an invitation to slow down, surrender, and embrace a journey of holistic rejuvenation.



THE MAYFAIR AYURVEDIC RITUALS

Royal Abhyanga | 60 mins

4000/-

A deeply nourishing Ayurvedic experience inspired by centuries of wellness tradition. Warm herbal oils are lavishly applied through graceful, long rhythmic strokes, enveloping the body in deep relaxation while cultivating a sense of balance, vitality, and inner serenity, while encouraging the body's natural healing processes.

Pada Abhyanga | 30 mins

2000/-

A restorative foot ritual inspired by Ayurvedic traditions, combining warm medicated oils with focused pressure techniques on Marma points. This grounding ritual soothes tired feet, calms nervous system alleviates fatigue, and evokes a profound sense of balance and tranquillity.

Udhwartanam | 60 mins

4000/-

A stimulating and detoxifying treatment utilizing finely blended herbal powders applied with invigorating upward strokes. This age-old ritual gently exfoliates the skin, stimulates circulation, and leaves the body feeling remarkably light, energized, and renewed.

Choornasweda | 60 mins

4200/-

A deeply therapeutic ritual utilizing warm herbal poultices to deliver comforting heat and botanical benefits deep into the muscles and joints. This traditional therapy promotes relaxation, eases pain, stiffness, muscular fatigue mobility and enhances overall wellbeing. Surrender to the art of authentic wellness and emerge restored in body, mind, and spirit.

Indian Head Massage | 30 mins

1400/-

An exquisite therapy focused on the scalp, neck and shoulders using warm herbal oils. Designed to calm the mind and revitalize the senses, this traditional ritual melts away stress while promoting mental clarity and overall wellbeing.

SHIRODHARA | 60/90 mins

5000/6000/-

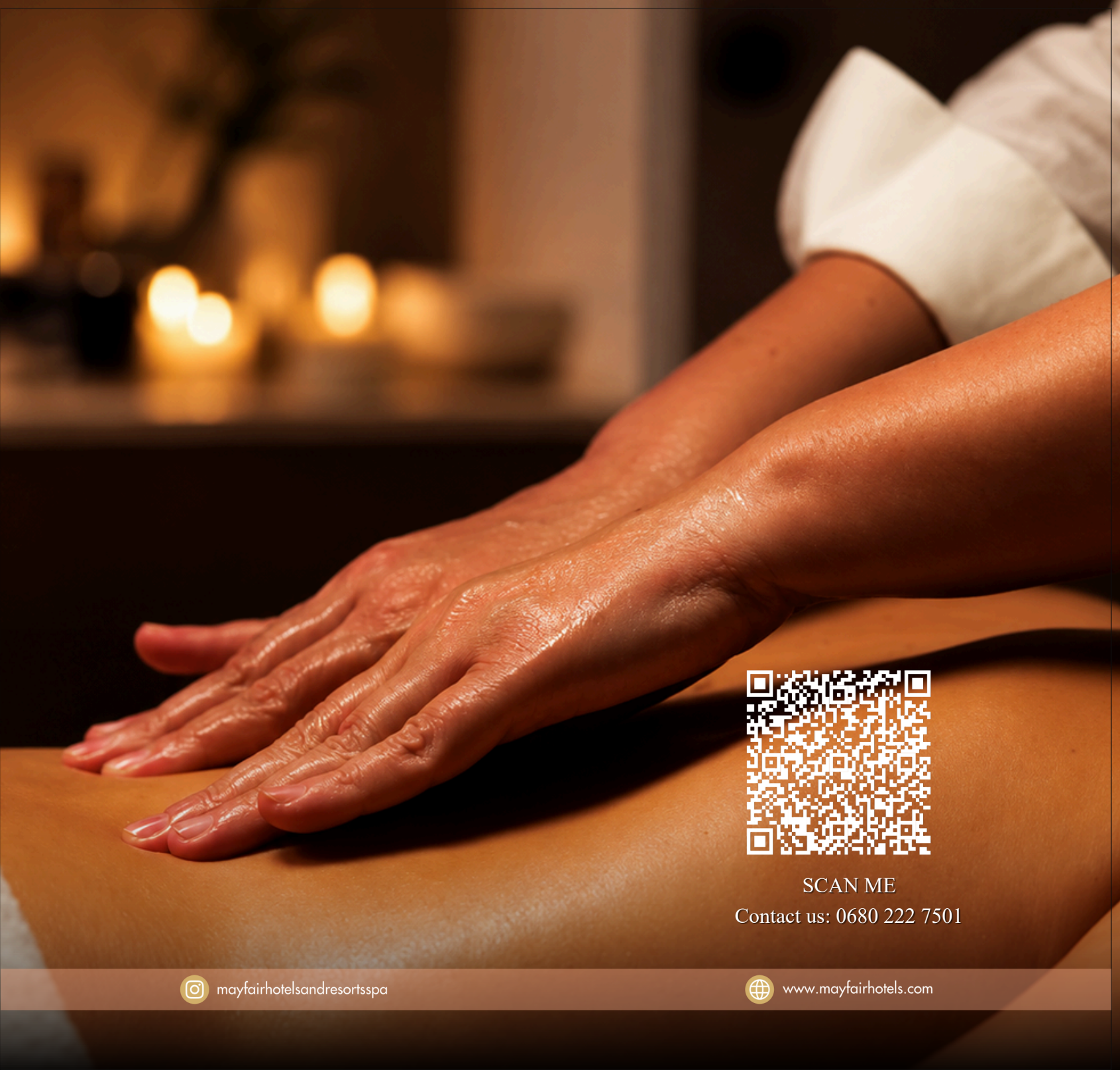
Luke warm herbal oil is poured in a continuous stream on the forehead, while receiving a gentle massage on the forehead. This therapy not only rejuvenates & revitalizes the body and mind, but also relieves stress and strain-related problems. Begins with the Abhyangam which is a friction based whole body massage to prepare the body to go through the meditative session of Shirodhara.

KATIVASTHI | 45 mins

3000/-

Luke warm herbal oil is poured in a continuous stream on the forehead, while receiving a gentle massage on the forehead. This therapy not only rejuvenates & revitalizes the body and mind, but also relieves stress and strain-related problems. Begins with the Abhyangam which is a friction based whole body massage to prepare the body to go through the meditative session of Shirodhara.

*T&C apply



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Contact us: 0680 222 7501



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