

1. Basic body massage:

Body is massaged with oils like sesame, coconut or olive oil.

(A) Neck to toe massage	Duration: 50 minutes	Rs. 1000 per session
(B) Head, face and body massage	Duration: 70minutes	Rs. 1400 per session

2. Abhyangam

A traditional Indian Ayurvedic massage using herbal blend oils with soothing and symmetrical long strokes. It provides relaxation, improves circulation and helps in tired and sore muscles.

(A) Neck to toe massage	Duration: 50 minutes	Rs. 1200 per session
(B) Head, face and body massage	Duration: 70 minutes	Rs. 1600 per session

3.Indian Aroma therapy massage

Be treated with aroma oils like lavender, jasmine, rose, sandalwood etc and feel relaxed and energized.

(A) Neck to toe massage	Duration: 50 minutes	Rs. 1400 per session
(B) Head, face and body massage	Duration: 70 minutes	Rs. 1800 per session

4. Shirodhara

Shirodhara is the process of running a fine stream of lukewarm oil onto the forehead and through the scalp, one of the most popular relaxing therapies in Ayurveda. This therapy helps ease the stress of the body and calm the mind. Good for relaxation, insomnia and anxiety.

Shirodhara with head massage	Duration: 45 minutes	Rs. 1800 per session
Shirodhara with basic body massage1 (A)	Duration: 90 minutes	Rs. 2800 per session
Shirodhara with abhyangam massage2 (A)	Duration: 90 minutes	Rs. 3000 per session
Shirodhara with Indian aroma massage3 (A)	Duration: 90 minutes	Rs. 3200 per session

5. Pindaswedan

A variety of herbs with high medicinal value are packed in cloth bundles which are used to massage the body. Good for soreness in body, circulation, joint and muscular pain.

Duration: 20 minutes	Rs.650 per session
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6. Pizhichil

In this therapy about up 4to 5 liters of herbal oils is poured on the whole body and light massage is administered. Pieces of linen, dipped in comfortably warm medicated oils, are squeezed on to the body of the person, who lies on droni. It tones up the skin, nourishes the muscle and nervous tissues. It also arrests degeneration of body cells and relieves rheumatic and joint pains.

Pizhichil with head massage	Duration: 50 minutes	Rs. 2400 per session
Pizhichil with basic body massage1(A)	Duration: 100 minutes	Rs. 3400 per session
Pizhichil with abhyangam massage2(A)	Duration: 100 minutes	Rs. 3700 per session
Pizhichil with Indian aroma massage3(A)	Duration: 100 minutes	Rs. 3900 per session

7.Nasyam

The nasal administration of medication is called Nasya. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is eliminated by means of the nearest possible opening - the nose. It is also useful in headache and in cold.

Rs.400 per session

8.Vashpaswedan – steam bath:

In this therapy steam is given in a special cabinet. It opens the Pores, Purifies the body and eliminates various toxins. Vashpaswedan can be added to any of the above mentioned massages or therapies.

Duration: 15 minutes

Rs. 350/- per session

9. Ayurvedic Facial: MukhSoundaryam chikitsa:

Herbal cream is applied on face and neck through constant massage movements. Later, gentle scrub is given and different herbal face pack dissolved in rose water is gently applied on the area. This treatment is very good for the toning of face muscles, to induce relaxation and helps getting relief from acne problem. It nourishes, cleanses and detoxifies the skin.

Duration: 25 minutes

Rs. 600/- per session

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(Taxes are extra as applicatble)

About us

India's culture lies at the heart of the Indian Experience...Journey through a majestic land of ancient customs and rituals-and recapture the spiritual and medicinal legacies of India.The philosophy of Kerala Ayurveda Kendra is inherently rooted in India's ancient approach to wellness, inspired by traditional Indian healing wisdom.

Kerala Ayurveda Kendra is devoted to our age old Indian system of medicine, The Ayurveda, with holistic approach. At Kerala Ayurveda Kendra, we have integrated healing and wellness modalities from various stream of healing with relaxing experience.

Our services

Kerala Ayurveda Kendra service includes Ayurveda consultation, Ayurveda medicines, Ayurveda therapies, beauty therapies, Ayurveda massage-panchkarma training courses and spa consultancy also.

Ayurveda Consultaion(With appointment only) involves Ayurveda dosha analysis or consultation for various health problems like arthritis, skin problems, depression-anxiety disorders, obesity etc.

We provide various medicines, oils, herbal teas & beauty products from various reputed companies of India.

Ayurveda therapies involve various massages, Sirodhara, aroma therapies, facials etc.

We provide small training courses on various aspects of Ayurveda like ayurveda massage techniques, panchkarma therapies etc.

We do offer ayurveda treatment packages for various health problems which lasts from 3 days to 21 days.

Reservation

Advanced bookings for treatments are highly recommended to avoid disappointment. Should you arrive late for your scheduled treatment, we endeavour to accommodate you to the best of our abilities

Timings

Kerala Ayurveda Kendra C-scheme Branch open daily 8 am to 9 pm and Banipark branch open from 9 am to 8.30 pm. Last appointment is taken 1 hour prior to closing time.

Valuables

While we Endeavour to look after your belongings, the centre will not be liable for loss of your valuables. We urge to leave your valuables in your hotel or residence or purse or locker in the therapy room.

Health conditions

Kindly advise us of any health condition, allergies or injuries, which could affect your treatment. Guest with severe-acute pain, cardiac problem, and pregnant woman are advised to consult doctors before treatments.