

## **1.Basic body massage:**

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

(A) Neck to toe massage	Duration: 50 minutes	Rs. 800 per session
(B) Head, face and body massage	Duration: 70minutes	Rs. 1200 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. 1000 per session
(B) Head, face and body massage	Duration: 70 minutes	Rs. 1400 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. 1200 per session
(B) Head, face and body massage	Duration: 70 minutes	Rs. 1600 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. 1600 per session
Shirodhara with basic body massage1 (A)	Duration: 90 minutes	Rs. 2500 per session
Shirodhara with abhyangam massage2 (A)	Duration: 90 minutes	Rs. 2800 per session
Shirodhara with Indian aroma massage3 (A)	Duration: 90 minutes	Rs. 3000 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.600 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. 2200 per session
Pizhichil with basic body massage1(A)	Duration: 100 minutes	Rs. 3000 per session
Pizhichil with abhyangam massage2(A)	Duration: 100 minutes	Rs. 3400 per session
Pizhichil with Indian aroma massage3(A)	Duration: 100 minutes	Rs. 3600 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: 30 minutes

Rs. 500/- per session

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## **KERALA AYURVEDA KENDRA**

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## **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.

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## **THErapy PACKAGES**

Ayurveda consultation charges 300 INR per person

### **Package: 1 – Fifteen days weight loss package**

We can offer you a fifteen days package for weight loss. This package will include-  
7 sessions of Udwarthanama-dry herbal powder massage and 7 sessions of herbal steam.-50 minutes  
3 General Body massage + Patraswedan – 75 minutes  
2 Abhyanga-head,face and body massage + Patraswedan – 90 minutes  
3 session of Pizhichil – 100 minutes  
4 herbal enemas -10 minutes (will be done with above therapies)

**This package will take 15 days and will cost you 22800 INR**

### **Package: 2 – Ten days weight loss package**

4 sessions of Udwarthanam massage + 4 herbal Steam bath . Duration 50 minutes each day  
3 sessions of G.B.M. + patraswedan duration 70 minutes each day  
3 sessions of Abhyanga + Pizhichil duration - 95 minutes each day  
3 herbal enemas also.

**This package cost 16800 INR**

### **Package: 3 – One week rejuvenation package**

1st day Abhyanga + Herbal Steam - 80 minutes  
2nd day Nasyam + Gen. Body massage + Patraswedan - 85 minutes  
3rd day Ayurvedic facial + Gen. Body massage + Patraswedan - 85 minutes  
4th day Nasyam + Abhyanga + herbal steam – 90 minutes  
5th day Abhyanga + Sirodhara – 90 minutes  
6th day Abhyanga + Sirodhara + Patraswedan – 105 minutes  
7th day Abhyanga + Pizhichil – 100 minutes

**This package for 7 days rejuvenation programme costs 15800 INR**

### **Package: 4 – two week rejuvenation programme**

1st day Abhyanga – 70 minutes  
2nd day Nasyam + Udwarthanam + Herbal Steam – 65 minutes  
3rd day Abhyanga + Patraswedan – 85 minutes  
4th day Ayurvedic Facial + Udwarthanam + Herbal Steam  
5th day Abhyanga + Sirodhara – 90 minutes  
6th day Tarpanam + Gen. Body massage + Patraswedan – 90 minutes  
7th day Nasyam + Abhyanga + Sirodhara – 95 minutes  
8th day Abhyanga + Pizhichil – 100 minutes  
9th day Ayurvedic Facial + Gen. Body massage + Kashayvasti -75 minutes  
10th day Abhyanga + Pizhichil – 100 minutes  
11th day Tarpanam + Gen. Body massage + Patraswedan – 90 minutes

12th day Abhyanga + Sirodhara – 90 minutes  
13th day Nasyam or tarpanam + Gen. Body massage + Kashayvasti-90 minutes  
14th day Abhyanga + Pizhichil+ Snehavasti – 110 minutes  
**This package costs 29200 INR**

**Package: 5 – 3 days rejuvenation programme**

1st day Abhyanga + Herbal Steam-80 minutes  
2nd day Abhyanga + Sirodhara-90 minutes  
3rd day Abhyanga + Pizhichil-100 minutes  
**The cost of the package is 7100 INR**

**Package: 6 – 3 days stress management**

1st day Abhyanga + Patraswedan – 85 minutes  
2nd day Abhyanga + Sirodhara – 90 minutes  
3rd day Abhyanga + Sirodhara – 90 minutes  
**This package costs 6800 INR**

**Package: 7 – 7 days stress management**

1st day Abhyanga + Herbal Steam-80 minutes  
2nd day Abhyanga + Sirodhara-90 minutes  
3rd day Ayurvedic Facial + Gen. Body Massage + Patraswedan-1100 INR  
4th day Abhyanga + Sirodhara-90 minutes  
5th day Abhyanga + Sirodhara-90 minutes  
6th day Abhyanga + Pizhichil-100 minutes  
7th day Abhyanga + Sirodhara-90 minutes  
**This package costs 16300 INR**

**Package: 8 – 7 days pain management programme**

1st day Abhyanga + Herbal Steam - 80 minutes  
2nd day G.B.M. + Patraswedan – 70 minutes  
3rd day G.B.M. + Patraswedan – 70 minutes  
4th day G.B.M. + Patraswedan – 70 minutes  
5th day Abhyanga + Pizhichil – 100 minutes  
6th day Abhyanga + Pizhichil – 100 minutes  
**This package costs 12100 INR**

**Package: 9 – 11 days pain management programme**

1st day Abhyanga + Herbal steam – 80 minutes  
2nd day G.B.M. + Patraswedan – 70 minutes  
3rd day G.B.M. + Patraswedan – 70 minutes  
4th day G.B.M. + Patraswedan – 70 minutes  
5th day Abhyanga + Pizhichil – 100 minutes  
6th day Abhyanga + Pizhichil – 100 minutes  
7th day Abhyanga + Pizhichil – 100 minutes  
8th day G.B.M. + Churna pinda swedan – 70 minutes  
9th day G.B.M. + Churna pinda swedan – 70 minutes  
10th day G.B.M. + Churna pinda swedan – 70 minutes  
11th day Abhyanga + Herbal steam – 80 minutes

**This package costs 20900 INR**

**Package: 10 – 3 days Beauty care programme**

1st day Ayurvedic facial + G.B.M. + Herbal steam – 80 minutes

2nd day Abhyanga + Navarakizhi-90 minutes

3rd day Abhyanga + Navarakizhi – 90 minutes

**This package costs 5500 INR**

**Package: 11- 7 days Beauty care programme**

1st day Ayurvedic Facial + G.B.M. + Herbal Steam – 80 minutes

2nd day Abhyanga + Navarakizhi- 90 minutes

3rd day Abhyanga + Navarakizhi- 90 minutes

4th day Ayurvedic facial + G.B.M. + Herbal Steam

5th day Abhyanga + Pizhichil

6th day Abhyanga + Pizhichil

7th day Abhyanga + Navarakizhi – 90 minutes

**This package costs 14800 INR**

Other therapies KATIVASTI are also done on specific requirement. Panchkaram packages, Relaxation packages, Rejuvenation package and stress management packages are also offered