

PRICE-LIST

1. BASIC BODY MASSAGE: Body is massaged with basic oils.

- (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



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

- (A) Neck to toe massage
Duration: 50 minutes Rs. 1600 per session
- (B) Head, face and body massage
Duration: 70 minutes Rs. 2000 per session



3. INDIAN AROMA THERAPY MASSAGE

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

- (A) Neck to toe massage
Duration: 50 minutes Rs. 1800 per session
- (B) Head, face and body massage
Duration: 70 minutes Rs. 2200 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 therapy in Ayurveda. This therapy helps ease the stress of the body and calm the mind. Good for relaxation, insomnia and anxiety.

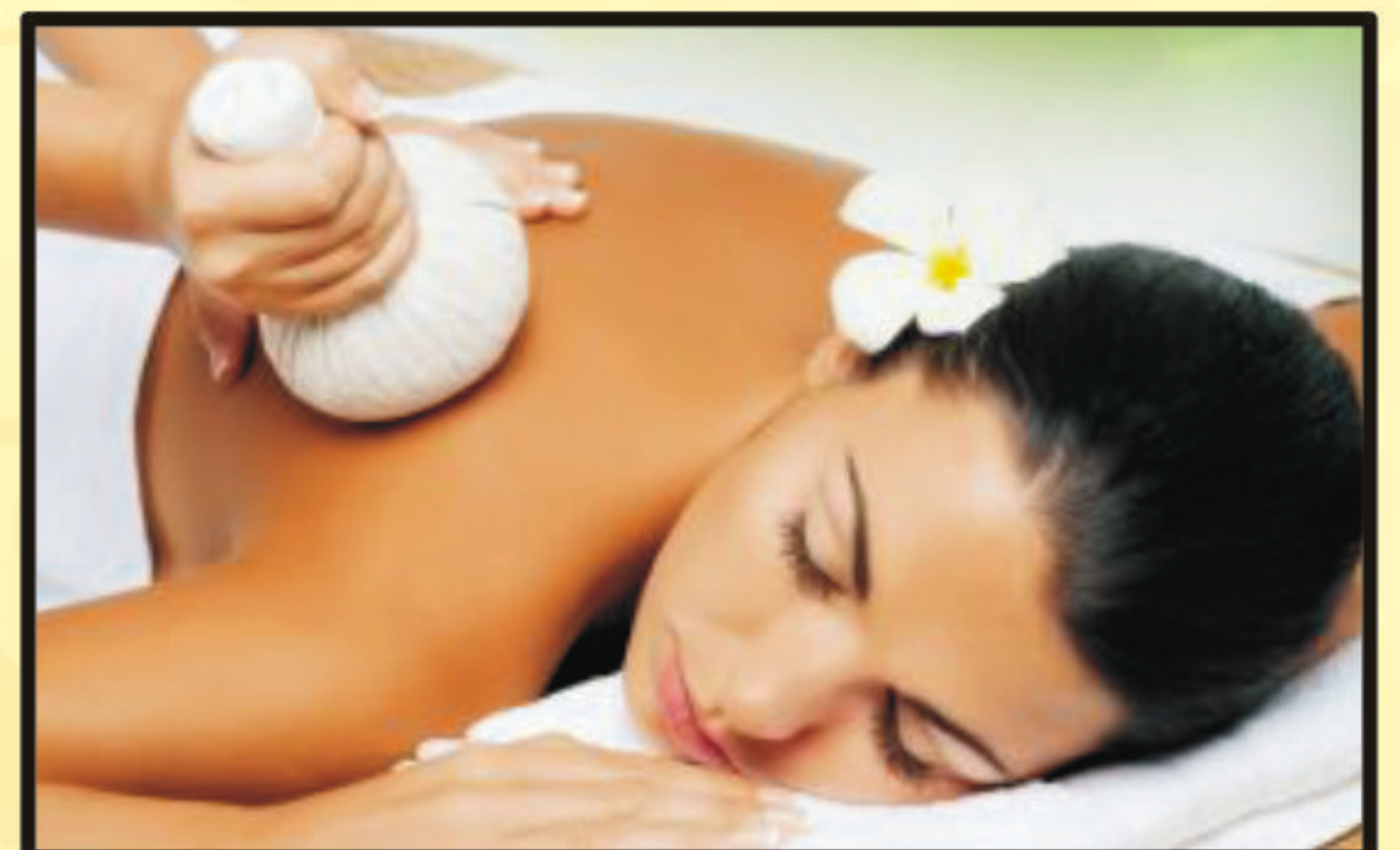
- Shirodhara with head massage
Duration: 45 minutes Rs. 2000 per session
- Shirodhara with basic body massage
Duration: 90 minutes Rs. 3200 per session
- Shirodhara with abhyangam massage
Duration: 90 minutes Rs. 3400 per session
- Shirodhara with Indian aroma massage
Duration: 90 minutes Rs. 3600 per 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. It is an additional therapy to any of the above mentioned therapies.

Duration: 20 minutes Rs. 800 per session



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6. PIZHICHIL

In this therapy about 4 to 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. 2600 per session

Pizhichil with basic body massage

Duration: 100 minutes Rs. 4000 per session

Pizhichil with abhyangam massage

Duration: 100 minutes Rs. 4200 per session

Pizhichil with Indian aroma massage

Duration: 100 minutes Rs. 4400 per session



7. NASYAM

The nasal administration of medication is called Nasyam. It is useful in sinusitis, headache and in cold. It is an additional therapy to any of the above mentioned therapies.

Duration: 15 minutes

Rs. 500/- per session



8. VASHPASWEDAN — STEAM

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

Rs. 500/- per session



9. AYURVEDIC FACIAL

Herbal cream is applied on face through constant massage movements. Later, gentle scrub is done and different herbal face pack is gently applied on the area. This treatment is very good for the toning of face muscles, to induce relaxation. It nourishes, cleanses and detoxifies the skin.

Duration: 25 minutes

Rs. 800/- per session



- Rates applicable from 1st August 2023. Rates are subject to change.
- **Taxes extra as applicable.**
- **Free Pick Up from the Nearby Hotels available.**
- Photos shown are just indicative, not actual.
- We do not entertain cross gender massages.
- Kindly leave your valuables in your Hotel or in locker of therapy room. The centre will not be liable for any such loss.
- Kindly advice us of any health conditions. allergies, injuries, pregnancy, acute pain etc.
- Duration means going in & coming out - it includes changing time & wiping also.
- After any therapies we suggest to have bath at least after 45 to 60 minutes. After massages we wipe the body with hot wet towels.

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