

HEAD MASSAGE (*Shiro Abhyanga*) - 30 min

3200/-

Oil is applied to the head, and is absorbed into the scalp through the roots of the hair. This nourishes, lubricates, and strengthens the hair roots and the skin of the scalp preventing hair loss and premature greying. It improves circulation to the head, relaxing the muscles and nerve fibers.

FACIAL MASSAGE (*Mukha Abhyanga*) - 30 min

3200/-

This massage sequence draws on the ancient wisdom of the Ayurveda concepts and works locally and reflexively. Locally, it improves the skin and uplifts the face, and reflexively to relax and deeply nourish the whole body.

NECK & SHOULDER MASSAGE

(*Griva Skandha*) - 30 min

3200/-

Special herbal oil is applied to the neck and the shoulder to release muscular spasms, rheumatic pain and stress related conditions as the neck and the shoulder area is so often stiff and tense.

FOOT MASSAGE (*Knee To Toe*) (*Pada Abhyanga*) - 45 min.

During foot massage, special attention is focused on the "tender spots". This massage produces a reflect effect on the internal organs as well as creating a combined soothing and invigorating effect.

POWDER MASSAGE (*Udvaritana*) - 60 min.

4150/-

Udvaritana means to elevate or to promote. The name can be attributed to the treatment's ability to improve the body condition which cleanses the skin and increases circulation in the body.

BODY MASSAGE (*Neck To Toe*) (*Abhyanga*) - 60 min.

This whole body massage is always given with different types of oil depending on the body type (i.e. vata, pitta, kapha, or a combination).

It is very beneficial for general rejuvenation, skin and musculo-skeletal conditioning or problems such as obesity, body aches, and pains. A steam or a herbal bath is recommended for a complete relaxation. The calming synergy of the Ayurveda oils and deep massage strokes relax the mind and soothe the body.

FULL BODY MASSAGE (*Head To Toe*) - 90 min.

7700/-

Imparts strength, good complexion and longevity and relieves fatigue and induces good sleep.

PICCICHI - 45 min.

3300/-

This is a highly effective rejuvenation technique where oil is poured on to the body. Piccichil is a very special form of massage which involves the continuous dripping of oil on to the body from a piece of cloth dipped in oil, while the masseur massages the body with soft, gentle strokes without exerting too much pressure. It must be done under medical supervision.

HERBAL STEAM BATH (*Vasipo Swedha*) - 25min.

3200/-

This is a special procedure of sudation. Of all the techniques mentioned to bring heat into the body, steam bath is the most widely used method in poorva karma, one of the oldest traditional ways of deeply cleansing the skin. The body is enclosed in a steam box with only the head left exposed.

NAVARAKIZHI 75 min

4750/-

Navarakizhi involves fomentation of the body with a bolus of cooked rice tied up in linen bags. Rice is cooked in milk and a herbal decoction. The boluses are dipped into the herbal decoction of warm milk and applied all over the body after a gentle massage.

HAND MASSAGE (*Hastha Abhyanga*) - 30 min

2000/-

Hand massage works deeply by stimulating acupuncture points and energy meridians that run through the hands to the tips of the fingers. The hand has areas that are associated with various organs and systems within the body such as stimulating the kidney area in the centre of the palm.

BODY WRAP (*Sharira Ubtan*) - 60 min.

3650/-

Specially prepared herbal paste is applied all over the body, revitalizing bodily tissues. This treatment is excellent for sunburn and dry damaged skin.

SHIROVASTI - 45 min.

Shirovasti is considered more of a palliative (Shamana) treatment than an eliminative (Shodana) one. The treatment is usually preceded by oleation (Snehana) and sudation (Swedana).

NASYA - 20 min.

1900/-

Nasya is a nasal administration of medicated powders or liquid drops. The powders or drops can be of a calming nature that helps to promote sleep or relaxation, more cleansing and stimulating in nature, or purely nutritive. Here we use liquid drops that are highly cleansing in action. Which means cleansing the sinus cavities but also clearing the area of the head and neck of excess Vata energy - which causes pain and tension. Classically, this type of treatment is used for clearing the sinuses, reducing pain in the face, head, neck, and help the Respiratory tract to function properly. From a beauty point of view it definitely reduces dark rings under the eyes, a pinched and a sunken or puffy look around the eyes.

PICHU - 30 min.

2450/-

Pichu and Shirovasti are theoretically the same except for the modes of application, which vary slightly. Both treatments are for ailments affecting the region above the neck, especially due to disrupt Vata doshas. Pichu is also used to treat some ailments of the cranial nerves. A herbal bath may follow pichu.

UROVASTI - 25 min.

2150/-

Urovasti is administered to the uros or the chest to treat pain in the sternum. As in Kativasti, a small receptacle is made on the chest with black gram paste. Oil is poured into this and allowed to remain there for some time.

KATIVASTI - 30 min

2500/-

The central portion of the body is called Kati. Vasti implies a container. Kativasti is an effective therapy for Katisula, which is the term for lower backache or stiffness or pain felt along the back. The affected area may be gently massaged with the same oil. The guest is then advised to take rest for a short while.

HERBAL SNANA (*Bath*) 25 min.

2650/-

Cleansing the surface of our body is considered to be a sacred ritual in many parts of Asia. The body is prepared for bathing by first receiving an oil massage. Ayurveda bath helps to eliminate toxins from the body, promotes resilience, reduce stiffness, softening the skin, and effective on certain skin conditions too.

SHIRODHARA (*Per day*) 45 min.

5700/-

Shiro Dhara is the process of running a fine stream of warm Ayurveda oils on the "third eye" area of the forehead for a period of approximately 45min a day for a period of 3 days.

POMENTATION

(*Part of body*) 20 min.

1700/-

(*Neck to Toe*) 45 min.

2950/-

Traditional rejuvenating Ayurveda treatment which utilizes heated compresses or boluses filled with fresh and dried herbs ranging from seeds, flowers, leaves, stems and roots.

