

Detox, Slimming and Yoga



RECHARGE YOUR SOUL

Ayurveda offers personalized care...

AYURVEDA CONSULTATION

At Ayurveda, we combine authentic Indian Ayurveda therapies with a supportive lifestyle management system. Our wide range of Ayurveda services are customized by an Ayurveda Doctor, right from the diagnosis to the selection of therapy and selection of herbs and oils, according to one's body nature.

PRAKRUTHY (BODY TYPE) ANALYSIS

© 30 minutes \$50 per person \$80 for Couples

The basic knowledge of our body type helps one to determine the most auspicious lifestyle that will ensure wellness and longevity: appropriate foods, herbs, exercise, therapies, and even suitable professions.





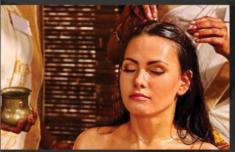
AYURVEDA LIFESTYLE AND YOGA CONSULTATION

© 60 minutes \$80 per person \$130 for Couples

Our Ayurveda expert shall guide you on your diet, lifestyle, and Yoga based on your body type analysis and based on your health issues.

AYURVEDA TREATMENTS

Every treatment at the Ayurveda Spa is unique to you. Based upon individual body type, natural oils are used, which will stimulate the lymphatic system. It prevents aging and has a rejuvenating effect. The emphasis is on wellness from within, spiritual rejuvenation and calmness of mind.



SHIRO ABHYANGAM - INDIAN HEAD MASSAGE

© 30 minutes \$45 per person \$75 for Couples

Our warm ayurvedic herbal oil massage on head & neck will relax your mind, improves sleep, and will reduce the tension build up on your neck and shoulders.



PADA ABHYANGAM - INDIAN FOOT MASSAGE

© 30 minutes

\$45 per person

\$75 for Couples

Ayurvedic foot massage for the lower legs and feet provides the means to ease aches, tensions & swelling on legs & feet.

ABHYANGAM - STRESS AWAY

(c) 60 minutes

\$70 per person

\$120 for Couples

This traditional Ayurveda Massage therapy with oils improves blood circulation, reduces fatigue, increases immunity, improves sensory functions, improves complexion, prevents early degeneration, and relaxes mind.





ABHYANGAM – 4 HAND SYNCHRO MASSAGE

(L) 60 minutes

\$120 per person

\$200 for Couples

A traditional Indian massage using a combination of soothing and symmetrical long strokes by 2 therapists to improve the general health of body and mind.

MARMA THERAPY - AYURVEDA DEEP TISSUE MASSAGE

(L) 60 minutes

\$100 per person

\$170 for Couples

Our therapist applies pressure with the thumb or palm at certain points (marma) having high concentration of life energy. Working on these vital points helps in recovery from an injury.





AYURVEDIC FACIAL

(L) 60 minutes

\$100 per person

\$170 for Couples

© 30 minutes

\$60 per person

\$100 for Couples

This includes a cleansing, steaming, face therapy rituals and face pack. Various herbal oils, creams and face packs are used according to the skin type - Vata, Pitta or Kapha.



AYURVEDIC SPLENDOR EXFOLIATE

© 60 minutes \$100 per person \$170 for Couples © 30 minutes \$60 per person \$100 for Couples

Exfoliation therapy with a paste of flowers, nuts, lentils, rice, turmeric, and oils mixed with full cream milk. It is an exfoliating therapy which makes the skin smooth, soft, and lustrous glow.

ABHYANGAM WITH KIZHI - HERBAL SOOTHE

© 75 minutes \$140 per person \$230 for Couples © 30 minutes \$60 per person \$100 for Couples

Massage therapy with warm herbal bags after an oil massage. Good for relieving spasm and stiffness of muscles, strengthen muscles and relieves back pain and joint pain.





SHIRODHARA (TRANQUILITY) WITH OIL

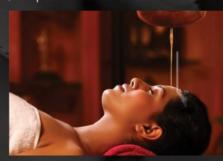
© 75 minutes \$160 per person \$260 for Couples © 30 minutes \$70 per person \$120 for Couples

This is a unique therapy, in which a steady stream of lukewarm herbal oil flows on the forehead in a specific pattern. A body massage is included in the process. It is effective in stress & anxiety, sleep disturbance, headache, hair problems and skin diseases.

TAKRADHARA - SHIRODHARA WITH BUTTERMILK

© 75 minutes \$140 per person \$230 for Couples \$30 minutes \$60 per person \$120 for Couples

A downy stream of medicated buttermilk is poured onto the forehead. Takradhara has cooling effects having its indications in: Hair problems, dandruff, skin problems and psoriasis.





UDVARTHANAM (SCRUB & TRIM)

(b) 60 minutes \$120 per person \$200 for Couples

Massage with herbal powder preceded by an oil therapy. This therapy exfoliates like a scrub, breaks cellulite, depletes fat, strengthens the muscles, and stimulates circulation.



PIZHICHIL (OIL BATH)

© 75 minutes \$200

\$200 per person

\$380 for Couples

(L) 30 minutes

\$80 per person

\$140 for Couples

Warm fomentation by continuously pouring lukewarm herbal oils in a specific pattern; a gentle massage is done simultaneously. Main benefits are on the nerves, muscles, and joints.

KSHEERA DHARA (MILK BATH)

© 75 minutes

\$160 per person

\$260 for Couples

A gentle massage is done while a downy stream of lukewarm medicated milk is poured on the body. An effective therapy for body pains.



KADI VASTHY / GREEVA VASTHY / JANU VASTHY

(L) 45 minutes

\$80 per person

Lukewarm oil is pooled for a fixed duration on the low back or neck or knee in a compartment made with dough. This relieves occupational tension build ups, stiffness, spasm, pains, and aches.

SIROVASTHY

(L) 60 minutes

\$140 per person

A long chef's cap is fixed on the head in which herbal lukewarm oil is retained for 30-45 minutes. It is indicated in Ear & Eye diseases, sleep disturbances, headache etc.





THALA POTHICHIL

(°) 45 minutes

\$80 per person

A special paste made of Amla, and herbs is applied on the head after a gentle head massage. Very effective for hair & scalp problems and it is good for calming and soothing the mind.



PICHU

© 30 minutes \$50 per person

Pichu means Padding or Sponging. A thick layer of cotton soaked with warm medicated oil is applied over the painful area and the oil is replaced periodically to keep it warm.

AKSHI TARPANA

© 30 minutes \$60 per person

Medicated ghee is filled in a flour compartment constructed around the eyes. This is beneficial for giving a firmer and smoother appearance around eyes and for visual improvement.



NASYA

(45 minutes \$70 per person

Few drops of herbal oil are applied through nose after a gentle massage and heat therapy. This treatment is effective for headaches, sinusitis, neck problems, respiratory diseases etc.

MATRA VASTHY

(c) 45 minutes \$70 per person

One among the Panchakarma therapies which is very effective in Arthritis, Spondylosis, Back pain, Sciatica, Neurological disorders etc.



AYURVEDA PROGRAMS

Our Ayurveda programs are tailored for each guest and are supervised by the Ayurveda doctor, guaranteeing ongoing support and advice. Ayurveda offers several packages from 3 days to 21 days to revive, relax, and revitalize the body and mind.

The Resort also offers a special diet menu as recommended by the Ayurveda doctor.

PANCHAKARMA - AYURVEDA DETOX

3 Days: \$480 | 5 Days: \$760 | 7 Days: \$1010 | 10 Days: \$1360 | 14 Days: \$1790

Panchakarma is aimed at the complete expulsion of the unbalanced Vata, Pitta & Kapha. Oil therapies are performed as a preparation process.

AYURVEDIC SLIMMING

3 Days: \$420 | 5 Days: \$670 | 7 Days: \$880 | 10 Days: \$1190 | 14 Days: \$1570

You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body treatments by herbal powders and internal herbs.

DE STRESS PROGRAM

3 Days: \$480 | 5 Days: \$760 | 7 Days: \$1010 | 10 Days: \$1360 | 14 Days: \$1790

An effective and prominent treatment program for the release of day-to-day strain and stress. It calms your mood and brings relaxation of the body and mind.

SPINE CARE PROGRAM

3 Days: \$360 | 5 Days: \$570 | 7 Days: \$760 | 10 Days: \$1020 | 14 Days: \$1350

Program designed for neck pain and low back pain due to muscular conditions, spondylosis, disc problems, sciatica etc. The program includes therapies, nasal drops, medicated steam etc.

SKIN CARE

3 Days: \$390 | 5 Days: \$620 | 7 Days: \$820 | 10 Days: \$1110 | 14 Days: \$1460

This program is for improving the complexion and for toning up of the body. This includes detox therapies, body massages, facials etc.

REJUVENATION PROGRAM

3 Days: \$480 | 5 Days: \$760 | 7 Days: \$1010 | 10 Days: \$1360 | 14 Days: \$1790

This treatment includes detoxification and rejuvenation of body by herbs and oils, which nourishes the body tissues. This program improves the health span.

PLEASE NOTE:

As the treatments are strictly personalized, the exact treatment can be fixed after detailed consultation with the in-house Ayurveda Expert.

