

S.N.	TREATMENT	DUR.	INR
21	Woolen Hot Belt	10 MIN.	1000
22	Kunjal	20 MIN.	1000
23	Knee Mud Belt	20 MIN.	1000
24	Wet Sheet Pack	20 MIN.	1000
25	Enema	20 MIN.	1000
26	Nassya	10 MIN.	1000
27	Jai nati	10 MIN.	1000
28	Sutra nati	10 MIN.	1000
29	Rubber nati	10 MIN.	1000
30	Face Pack	20 MIN.	1000

INTERNATIONAL THERAPY

S.N.	TREATMENT	DUR.	INR
1	Swedish Massage	60 MIN.	3000
2	Aroma Massage	60 MIN.	3000
3	Deep Tissue	60 MIN.	3500
4	Balines Massage	60 MIN.	4000
5	Head Massage	20 MIN.	2000
6	Foot Massage	30 MIN.	2000
7	Neck & Back Massage	30 MIN.	2000
8	Body Scrub (Natural)	30 MIN.	3000

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SAMPURNAM

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SHIRODHARA

Shirodhara, a form of treatment, which has immense impact on the nervous system. It immediately acts to calm and has a cleansing effect on the nervous.



KATI SNAN

Kati Snan, is a type of hydrotherapy treatment that requires you to submerge your lower body into a tub of water.



MUD PACK

Mud Therapy is used for giving coolness to the body by diluting and absorbing the toxins from the body.



ABHYANGA MASSAGE

Abhyanga is a massage that's done with warm oil. The oil is applied on the entire body, from the scalp to the soles of your feet.



PATRA PINDA POTTLI

In Patra Pinda Pottli therapy, leaves of medicinal plants and other drugs are tied up in the cloth and applied to the body while frequently heating it.



SWEDISH MASSAGE

The Swedish massage is one of the most common types of massages you can get. It is performed to energize the body



AROMA MASSAGE

Aromatherapy massage is used for a variety of different reasons, including relaxation, pain management and improved mood.



UDHARTHANAM AYURVEDA

Udharthnam is special therapeutic deep tissue massage using herbal powders. Udharthnam means to elevate or to promote.



TRADITIONAL THERAPY

S.N.	TREATMENT	DUR.	INR
1	Shirodhara	45 MIN.	3500
2	Patra Pinda Pottli	45 MIN.	4000
3	Abhayangam Massage	45 MIN.	3000
4	Shasthishali Massage	45 MIN.	4000
5	RoseHoney Massage	45 MIN.	4000
6	Udvarthnam Ayurveda	40 MIN.	3000
7	Udvarthnam Coconut	40 MIN.	3000
8	Kati Basti	45 MIN.	2500
9	Janu Basti	45 MIN.	2500
10	Steam Bath	10 MIN.	1000
11	Accupressure	15 MIN.	1000
12	Foot Bath	30 MIN.	1500
13	Kati Snan	30 MIN.	1000
14	Spinal Bath	30 MIN.	1000
15	Hydro Therapy	10 MIN.	1000
16	Mud Pack (Whole Body)	30 MIN.	1500
17	Stomach Mud Belt	10 MIN.	1000
18	Spinal Mud Belt	10 MIN.	1000
19	Forehead Mud Belt	10 MIN.	1000
20	Eye Mud Belt	10 MIN.	1000