

TRADITIONAL THERAPY

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.



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.



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.



UDHARTHNAM AYURVEDA

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



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.



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.



| S.N. | TREATMENT | DUR. | INR |
|------|-----------------------|---------|------|
| 1 | Shirodhara | 45 MIN. | 4200 |
| 2 | Patra Pinda Pottli | 45 MIN. | 4800 |
| 3 | Abhayangam Massage | 45 MIN. | 3600 |
| 4 | Shasthishali Massage | 45 MIN. | 4800 |
| 5 | Rose Honey Massage | 45 MIN. | 4800 |
| 6 | Udvarthnam Ayurveda | 40 MIN. | 3600 |
| 7 | Udvarthnam Coconut | 40 MIN. | 3600 |
| 8 | Kati Basti | 45 MIN. | 3000 |
| 9 | Janu Basti | 45 MIN. | 3000 |
| 10 | Steam Bath | 10 MIN. | 1200 |
| 11 | Accupressure | 15 MIN. | 1200 |
| 12 | Foot Bath | 30 MIN. | 1800 |
| 13 | Kati Snan | 30 MIN. | 1200 |
| 14 | Spinal Bath | 30 MIN. | 1200 |
| 15 | Hydro Therapy | 10 MIN. | 1200 |
| 16 | Mud Pack (Whole Body) | 30 MIN. | 1800 |
| 17 | Stomach Mud Belt | 10 MIN. | 1200 |
| 18 | Spinal Mud Belt | 10 MIN. | 1200 |
| 19 | Forehead Mud Belt | 10 MIN. | 1200 |
| 20 | Eye Mud Belt | 10 MIN. | 1200 |

| S.N. | TREATMENT | DUR. | INR |
|------|-----------------|---------|------|
| 21 | Woolen Hot Belt | 10 MIN. | 1200 |
| 22 | Kunjil | 20 MIN. | 1200 |
| 23 | Knee Mud Belt | 20 MIN. | 1200 |
| 24 | Wet Sheet Pack | 20 MIN. | 1200 |
| 25 | Enema | 20 MIN. | 1200 |
| 26 | Nassya | 10 MIN. | 1200 |
| 27 | Jai nati | 10 MIN. | 1200 |
| 28 | Sutra nati | 10 MIN. | 1200 |
| 29 | Rubber nati | 10 MIN. | 1200 |
| 30 | Face Pack | 20 MIN. | 1200 |

INTERNATIONAL THERAPY

| S.N. | TREATMENT | DUR. | INR |
|------|----------------------|---------|------|
| 1 | Swedish Massage | 60 MIN. | 3600 |
| 2 | Aroma Massage | 60 MIN. | 3600 |
| 3 | Deep Tissue | 60 MIN. | 4200 |
| 4 | Balines Massage | 60 MIN. | 4800 |
| 5 | Head Massage | 20 MIN. | 2400 |
| 6 | Foot Massage | 30 MIN. | 2400 |
| 7 | Neck & Back Massage | 30 MIN. | 2400 |
| 8 | Body Scrub (Natural) | 30 MIN. | 3600 |

GST 5% EXTRA

EXT. NO. 40

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