



Kerala Ayurvedic Spa



Ayurveda - Ayurvedic medicine ("Ayurveda" for short) is one of the world's oldest holistic ("whole-body") healing systems. It was developed more than 3,000 years ago in India. Yoga, Herbal Treatment, Massages, Therapies are the main feature of Ayurveda.

ABHYANGA – FULL BODY RELAXSATION THEREPY

This whole body massage with herbal oils. In this therapy provides general relaxation and tones up the body. The medicinal oil used in therapy provides wonder full, relief from general aches and pains of the body and feels totally relaxed and light after the massage.

Duration 60 Mints / Rs 1800/-

SHIRODHARA + ABHYANGA

In one hour full body massage and Shirodhara is given in this package. It is the best for the professional who cannot spare much time for relaxation in this both mind and body rejuvenated Sirodhara reduces stress strain and increases the memory power it enables sound sleep and reduces the anxiety and depression

Duration 60 Mints / Rs 3000/-

POTLI MASSAGE

Innovative classical massage with medicated leaves and powder and is used to tackle joint pains, stress and fatigue herbal bolus is prepared with various herbs and medicated power. The bolus is warmed in medicated oils and used to massage the entire body, neck, shoulder, hands and back shifting the person from side to side.

Duration 60 Mints / Rs 3000/-

FULL BODY RELAXATION AND REJUVENATION MASSAGE

(Refresh, Relax, Revive and Rejuvenate)

To rejuvenate is to bring renewed life to something old by giving it new vitality, and rejuvenation is the process of freshening something up or reviving it. It's a process of restoration of youthful vigorous. In full body rejuvenation we give Full Body Relaxation Massage, with Shirodhara, Potli massage, Head Massage and Face Massage also. It helps to rejuvenate the full body and revive the new energy, mind full with the Refreshment and Relaxation.

Duration 120 Mints / Rs 6000/-

FULL BODY BEAUTY TREATMENT

This is combination of full body relaxation therapy. Head and shoulder massage and herbal facial but instead of herbal oils a choice of cucumber cream, strawberry cream, almond ayurvedic cream and sandalwood cream is used after this your skin gets more glow and smoothness. It provides proper circulation and feeling of well being.

Duration 100 Mints / Rs 4500/-

NASYAM TREATMENT

One of the sought after therapies nasyam helps to evacuate accumulated microcrystal elements in the feed through the nasal passage by the application of medicated herbal oils in the nose and induces sound sleep. It is generally performed after the general body massage.

Duration 60 Mints / Rs 3500

HEAD / NECK / SHOULDER MASSAGE

A relaxing and nourishing head message will not only relieve muscles tensions but also will invigorate the scalp and increase the blood flow.

Duration 30 Mints / Rs 1200

BACK MASSAGE / FOOT MASSAGE / HEAD MASSAGE

This massage is focusing on the lower back shoulder neck and foot also, it will relive pains on over worked muscles and bring about a feeling of total relaxation and release.

Duration 40 Mints / Rs 1400

SPA PRDICURE

A spa pedicure is a foot treatment that includes soaking, exfoliating, moisturizing and massaging of the feet. It may also include trimming and polishing of the toenails.

Duration 30 Mints / Rs 1500

SPA MANICURE

Spa Manicure includes the basic steps of trimming and shaping the nails, filing, cuticle care, an exfoliating scrub, a massage of the hands and arms, plus application of finishing products such as lotions and nail polishes.

Duration 30 Mints / Rs 1500