

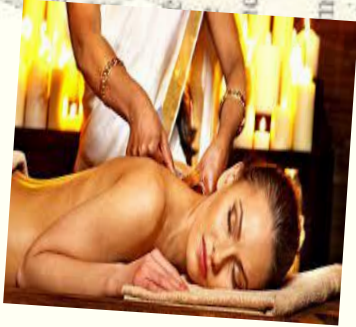


# FLING YOUR BURDEN

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## ABHYANGAM (60 min - 1500)



Massage with medicated oils to rejuvenate the body and strengthen all the tissues to help achieve ideal health and longevity.

- Helps tone muscles
- Improves circulation
- Increases primary vitality
- Reduces sagging skin

## HERBAL STEAM (20 min – 600)

This releases impurities from the skin and soothes aching muscles and joints.

- Helps to open up the skin's pores and thus detoxifies
- Improves blood circulation
- Improves complexion



## UDWARTHANAM

(60 min – 1900)

Fine herbal powder is used in a full body massage to enliven and energize the body.

- Reduces excess fat accumulated in the subcutaneous tissues
- Improves mobility of joints and exfoliate the dead cells.



## THALAPOTHICHIL

(45 min – 1800)

The scalp will be completely covered with herbal paste

- Very effective for insomnia.
- Treats scalp diseases and promotes healthy hair
- Relieves stress and anxiety



## THAILADHARA (60 min – 2800)

This is a special treatment in which steady stream of warm medicated oil is made to flow to a specific spot on the forehead using a special bowl

- Calms the mind and soothes the nervous system
- Induces a feeling of profound peace and happiness

## KSHEERADHARA (60 min – 2300)

Pure milk processed with medicinal herbs is poured on the vital spot of the forehead

- Relief from fatigue and stress.
- Relaxes the nervous system
- Gives a cooling freshness



## AYURVEDA FACIAL (60 min – 1500)

Natural beauty treatment to get the healthy and glowing skin

- Gives a natural face-lift.
- Diminish the sign of aging
- Bestows radiant
- Glowing skin



## THAKRADHARA (60 min – 2300)

Butter milk which is processed with medicinal herbs is continuously poured to a vital point on the forehead

- Relieves insomnias and depression
- Helps to reduce hyper tension.
- Effective remedy for psoriasis



## PODI KIZHI

(60 min – 1600)



Poultice made up of different herbal powders

- Alleviates pain, swelling in joints, stiffness, etc
- Strengthen muscles, cure sports injury.

## ELA KIZHI

(60 min – 1800)

In this special treatment kizhi is prepared with a lot of herbal leaves

- Relieves body pain and stiffness.
- Effective for arthritis problem.
- Generally done after podikizhi sessions.



## NJAVARA KIZHI

(60 min – 2200)

Herbal fomentation therapy at which kizhi is prepared with njavara rice processed in milk

- Promotes the peripheral vascular circulation
- Gives strength to the muscles and activate peripheral nervous system.
- Helps to alleviate the problems due to malnutrition



## NARANGAKIZHI

(60 min – 1800)

Poultice made with sliced lemon and other herbs based on their anti-inflammatory and analgesic properties.

- Relieves pain, stiffness and swelling associated with arthritis
- Relieves muscles spasm and bring lightness to the body



## KATEE VASTI

(45 min – 1500)

Therapy done by retaining warm oil over affected area.

- Lower back – Katee vasti
- Neck – Greeva vasti
- Knee – Janu vasti

## NASYAM

(30 min – 500)

Medicated juice and herbal oil are applied through the nose.

- Protects and soothes nasal passage.
- Helps reduce sinus congestion



## REJUVENATION COMBO

(120 min – 3500)

- **ABHYANGAM**
- +
- **STEAM**
- +
- **PODIKIZHI**
- +
- **FOOT CONC**

## HEAD MASSAGE

(30 min – 800)

## FACE MASSAGE

(30 min – 800)

## FOOT MASSAGE

(30 min – 800)

## RELAXATION COMBO

(120 min – 4000)

- **ABHYANGAM**
- +
- **THAILADHARA**
- +
- **AYURVEDIC FACIAL OR PODIKIZHI**