

## Abhyanga

Rs. 2000/60 mins

Kerala ayurveda traditional whole body massage with warm herbal medicated oil. It nourishes and revitalizes the body tissues, relieves fatigue, improves blood circulation, perfect sleep, provides stamina and treats the problems of arthritis and neurological disorders.



## Marma Massage

(similar to deep tissue) Rs. 2800/60 mins

This full body massage aimed at deeper tissue structures of muscle and connective tissue, combination of gentle stretching, kneading, acupressure that allows the massage to release tense and knotted muscles.



## Shirodhara

Rs. 2500/45 mins

This classic therapy pouring of warm medicated oil on the forehead, stimulates and soothes the hypothalamus and regulating the function of pituitary gland. Effective for anxiety, stress, depression, hypertension, nervous problems and sense organs.



## Kizhi (Potli Massage)

Rs. 3200/60 mins

The bundle made by herbal powder dipped in warm oil and massaged whole body. Used for sports injuries, muscular stiffness, spondylitis, back pain, sciatica, sprain, cramps and leg muscle, also improves athletic performances.



## Body Scrub

Rs. 3000/60 mins

A full body scrub removes the dead cells from the top layers of your skin. Also cleansing, exfoliating your body makes the skin rejuvenated, brightened and smoother.



## Body pack

Rs. 2500/45 mins

A full body pack helps to rejuvenate skin and make it soft, smooth and youthful. It helps skin tightening and is effective on wrinkles.



## Facial

Rs. 1800/60 mins

Herbal Facial helps cleansing, rejuvenating, smoothening, softening and tightening your facial skin.



## Aroma Therapy

Rs. 2500/60 mins

Aroma therapy is the use of aromatic essential oils to enhance healing and feeling of well-being and relaxation.



## Best Packages

Abhyanga + Shirodhara	Rs. 3800/90 mins
Abhyanga + Facial	Rs. 3500/90 mins
Abhyanga + Body Scrub	Rs. 3800/90 mins
Abhyanga + Kizhi	Rs. 3900/90 mins
Marma + Kizhi	Rs. 4500/90 mins
Abhyanga + Body Scrub + Body Pack	Rs. 4200/120 mins
Abhyanga + Body Scrub + Facial	Rs. 4500/120 mins

## Mini Package

Marma massage	30 mins	} Rs. 4600/90 mins
Potli massage (Kizhi)	30 mins	
Shirodhara	30 mins	

## Kerala Traditional Signature Package (Best Seller)

Abhyanga	45 mins	} Rs. 5800/ 2 hours
Potli massage (kizhi)	45 mins	
Shirodhara	30 mins	

## Navajeeva (3 days package)

1st Day		} Rs. 14800
Abhyanga + Potli massage (Kizhi) + Shirodhara	2 hrs	
2nd Day		
Abhyanga + Potli massage (kizhi) + Facial	2 hrs	}
3rd Day		
Abhyanga + Body scrub + Full body pack	2 hrs	