



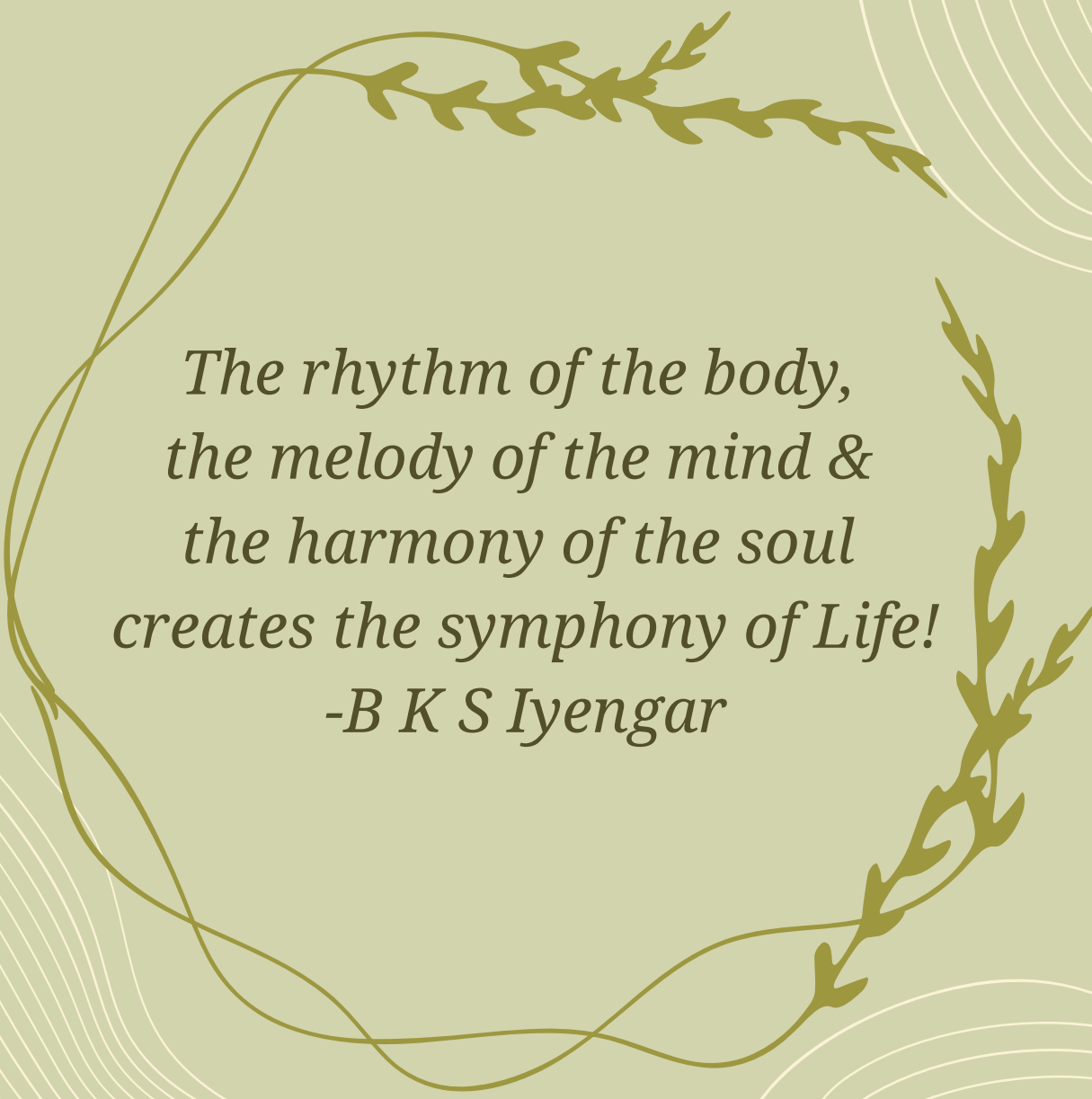
SUKRITI



AYUR

# Ayurveda

**The knowledge of life**



*The rhythm of the body,  
the melody of the mind &  
the harmony of the soul  
creates the symphony of Life!*

*-B K S Iyengar*

## MENU OF TREATMENTS



# Abhyanga



***Duration: 45 Mins (Single Therapist)***

**Rs.1200**

***Duration: 60 Mins***

**Rs.1500**

***Duration: 45 Mins (Two Therapists)***

**Rs.1600**

***Duration: 60 Mins***

**Rs.2000**

***Steam (Additional 15 mins)***

**Rs.250**

***Abhyanga is an Ayurvedic massage done with warm oil. The oil is applied on the entire body, from the scalp to the soles of your feet. When oil is combined with massage strokes, it promotes overall health and wellness. It is the most popular massage in Ayurveda.***

***Abhyanga helps in reducing stress, lowers blood pressure, improves skin health, reduces muscle stiffness etc.***





# *Abhyanga with Pichu*



***Duration: 45 Mins (Single Therapist)***

***Rs.1400***

***Duration: 60 Mins***

***Rs.1750***

***Steam (Additional 15 mins)***

***Rs.250***

***Pichu is an Ayurvedic treatment that is targeted to treat your body ailments. The process of Pichu treatment includes dipping a sterile cotton pad in Ayurvedic oil and placing it over the affected body part, like swollen joints or sore muscles.***

***Pichu helps in treating various pains of the joint by reducing inflammation of the joint or the muscle. It also helps in increasing your sleep cycle, treats neck and back pain etc.***





# *Elakizhi*



**Duration: 45 Mins (Full body)**

**Rs.1400**

**Duration: 40 Mins (Affected Area)**

**Rs.1200**

*Ela means leaves, Kizhi means Bolus or Potli . Elakizhi is an ayurvedic treatment in which herbal leaves fried in medicated oil are tied in a Bolus/Potli, this potli is then dipped into hot medicated oil and then applied slowly all over the body or the affected area.*

*Elakizhi relieves body pain, back aches and is highly advisable for bone and joint conditions such as arthritis, spinal problems, spondylitis, lower back pain, sports injuries etc.*

# Jambira Pinda



**Duration: 45 Mins (Full Body)**

**Rs.1400**

**Duration: 30 Mins (Affected Area)**

**Rs.1200**

*Jambira is an Ayurvedic term for wild lemon or citrus medica. It is also known as naranga kizhi.*

*It is a specialised Ayurvedic treatment which helps in providing unparalleled relief in pain, swelling and stiffness associated with sore joints, spine, nerves and soft tissues including muscles, ligaments & tendons.*





## *Kashaya Vasti*

**Duration: NA**

**Rs.1400**

*Kashaya means medicated decoction and Vasti refers to administration of medicines through rectum.*

*It is a specialized ayurvedic treatment which involves enema using medicated decoction. It helps in removing of gas that causes pain and also in removing toxins from the body. It is also effective in treating constipation, neurological ailments, paralysis, lower back ache, gout and rheumatism.*





## *Nadi Swedanam*



**Duration: NA**

**Rs.600**

*Nadi Swedanam is a procedure where medicated steam is passed over the effected body part. Nadi Swedanam helps in relieving pain and stiffness of the joints, improves blood circulation and relieves muscular stiffness.*



# Matra Vasti

**Duration: NA**

**Rs.800**

*Matra Vasti or Sneha Vasti is commonly known as Oil Enema.*

*Matra Vasti is the best treatment for degeneration of the joints and strengthening of the body. It cleanses the accumulated toxins which are built up.*

# Nasyam

**Duration: NA**

**Rs.600**

*Nasyam is a process in which a few drops of medicated oil are administered into the nostrils. Nasya treatment is effective for nasal congestion, allergies, sinusitis, headaches, migraine and other nasal infections. It also cures musculoskeletal pathologies of the neck, shoulders, diseases of the eyes, ears, gums, teeth.*





# Navara Kizhi



**Duration: 45 mins**

**Rs.1600**

**Duration: 30 Mins (Affected Area)**

**Rs.1200**

*Navara Kizhi is a full body rejuvenation massage using medicated rice bolus which is processed with medicated herbs and milk.*

*Navara Kizhi balances the Vata and Pita dosha, nourishes the body, stimulates the nervous system, improves skin condition and improves blood circulation. This treatment is effective for arthritis and neurological disorders.*





## *Kati/Janu Vasti*

**Duration: NA**

**Rs.1000**

*Kati means the lower back, Vasti means retention of liquid medicine. It is a therapy that makes use of heat and oil to pacify Vata dosha.*

*Kati Vasti helps in treating inflammation, stiffness and pain in back area. This also strengthens the lower back muscles thus strengthens the nerves supplying the low back and legs.*



## *Pichu*

**Duration: 45 mins**

**Rs.800**

*Pichu therapy in ayurveda is a palliative measure. It is a process in which oil is retained over lower back, knee or any other affected body parts.*

*Pichu is recommended for disorders caused by Vata imbalances. It is also effective in treating neck, spine, hip, knee and shoulder pains.*





## *Podi Kizhi*

**Duration: 45 mins**

**Rs.1400**

**Duration: 30 Mins(Affected Area)**

**Rs.1200**

*Podi Kizhi is the type of massage technique that uses a mixture of twelve dried and powdered herbs dipped in medicated oils.*

*It helps in treating pain, stiff joints and swelling which is seen due to arthritis, muscular spasm and rheumatism.*





# Udwarthanam



**Duration: 45 mins**

**Rs.1500**

*Udwarthanam is a full body therapeutic deep tissue massage which is performed by rubbing dry medicated powdered herbs along with oil or buttermilk in upward strokes.*

*Udwarthanam treatment stimulates the nervous system, soothes the nerve endings and improves blood circulation. It is used in the treatment of muscle stiffness, sclerosis, obesity, and skin-related disorders.*





## *Pizhichil*

**Duration: 60 mins**

**Rs.2500**

**Duration: 30 Mins (Affected Area)**

**Rs.1700**

*Pizhichil means 'to squeeze'. In this treatment a piece of cloth is dipped in warm medicated oil and is then squeezed and poured onto the patient followed by a rejuvenating massage.*

*This treatment helps in circulation of blood and also removes all the toxins through sweat. It helps in preventing acne, making the skin radiant, enhances blood circulation, rejuvenates the body and helps in relieving stress and anxiety.*





# Shirodhara



**Duration: 30 mins**

**Rs.1800**

*Shirodhara is a process in which medicated warm oil is poured continuously in an even stream over the forehead.*

*Shirodhara helps by creating a relaxing, soothing and calming effect to the body and mind. It also helps in improving the quality of sleep, managing insomnia, lessens anxiety and reduces stress.*



## Upanaha / Lepa

**Duration: NA**

**Rs.800**

*Upanaha, which means bandage in Sanskrit. It is the process of applying a warm herbal paste to the affected body parts, which is followed by bandaging.*

*Upanaha helps in treating conditions like Abscess, Arthritis, Varicosity, Inflammation, Frozen shoulder and muscle stiffness.*



## Takra Dhara

**Duration: 30 mins**

**Rs.1200**

*Takra Dhara is a process in which medicated warm buttermilk is poured continuously in an even stream over the forehead.*

*Takra Dhara is beneficial in overcoming stress and calms the nervous system. It improves mental clarity and also rejuvenates the face and softens age lines.*





*Keep Rising  
Through Healing*

*From Our Hearts,  
To Your Wellness.*

*-Sukriti Ayur*



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