# Ayanam The Wellness JOURNEY

– Rediscover Your Inner Balance.



Ayanam Ayuryeda Hospital

www.ayanamayur.com





### Ayurveda Treatment Packages

Relaxing Treatment Packages

3 days

5 days

7 days

Panchakarma Treatment Packages

14 days

21 days



#### **Package Inclusions**

- Daily Consultation With The Doctor
- Customised Ayurvedic Diet
- Daily Two Sessions Of Ayurveda Treatments 1 Hr Each
- Ayurvedic Medicines ( During The Package Period )

Head Neck & Shoulder Massage.....

1100 / 30 Mins.

Leg Massage.....

1100 / 30 Mins.

Abyangam (Kids).....

1600 / 45 Mins.

Back Massage & Podi Kizhi.....

1950 / 45 Mins.



#### **TREATMENTS**

Rejuvenation

Massage.....

Full body massage using medicated oils intended to relax and rejuvenate

Rejuvenation.....

With Herbal Steam Bath

Nidrapradana.....

Relaxation massage (60 mins) followed by shirodhara (30 mins) to help mental stress and insomnia

Sandhibalakara.....

Rejuvenation massage (60 mins) followed by Podikizi (30 mins) to rejuvenate your body mainly affected with arthritis, spondilitis or any other joint problems

Ojuskara.....

Rejuvantion massage (60 mins) followed by podikizhi (30 mins) and shirodhara (30 mins)

Shirodhara..... After a relaxing massage for 25 mins luke warm herbal oil is poured in a rhythmic style on your forhead for another 35 mins, helps insomnia, mental stress

Podikizhi (Bolus Treatment)......

Medicated powder held inside a small linen cloth soaked in warm medicated oil massaged in a rhythmic motion good for joints especially arthritis, Spondilitis etc.

₹1950 / 60 Mins.

₹ 2300 / 75 Mins.

₹ 3300 / 90 Mins.

₹ 3300 / 90 Mins.

₹4200 / 120 Mins.

₹2300 / 60 Mins.

₹2300 / 60 Mins.

Herbal Facial.....

After massaging the face with oil and juices, scrub and steam, a herbal facepack is applied over the face which helps to clear & soften skin

**Body Scrub** 

(Udwarthanam)..... Herbal powders or pastes are used in a rhythmic massage in upward directionas a skincare or as in slimming treatments

Powder Scrub

And Massage..... Combination of medicated powder massage

and rejuvenation massage ₹2200 / 60 Mins.

Fruit Massage.....

Deep full body massage using fresh juices and oils to help cool and relax the body and good for skin

**Body Scrub, Fruit Massage** And Ksheeradhara.....

Combination of body scrub, fruit massage and milk bath as rejuvenating and skin car

Ksheera Dhara.....

Medicated milk decoction would be poured over the body after a half hour oil massage to help better skin

Varnyakara.....

Combination of Powder scrub, Fruit massage, Ksheeradhara (medicated milk bath) and Herbal facial on face and helps nourishment

₹4200 / 120Mins.

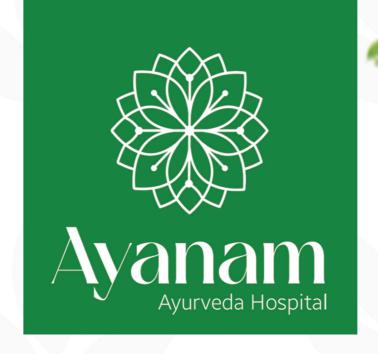
₹1900 / 60 Mins.

₹2200 /60 Mins.

₹3200 / 90 Mins.

₹ 2200 / 60 Mins.

₹5200 /180 Mins.



## Near Eastend Resort, Temple Road, Munnar **06238 351740, 09188 056708**

www.ayanamayur.com



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