

Ayanam The **Wellness** JOURNEY

— Rediscover Your Inner Balance.



Ayanam
Ayurveda Hospital

www.ayanamayur.com



Free Consultation With The Ayurveda Doctor
YOGA AND MEDITATION CLASSES



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

₹ 1950 / 60 Mins.

Rejuvenation.....

With Herbal Steam Bath

₹ 2300 / 75 Mins.

Nidrapradana.....

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

₹ 3300 / 90 Mins.

Sandhibalakara.....

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

₹ 3300 / 90 Mins.

Ojuskara.....

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

₹ 4200 / 120 Mins.

Shirodhara.....

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

₹ 2300 / 60 Mins.

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.

₹ 2300 / 60 Mins.

Herbal Facial.....

₹ 1900 / 60 Mins.

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).....

₹ 2200 / 60 Mins.

Herbal powders or pastes are used in a rhythmic massage in upward direction as a skincare or as in slimming treatments

Powder Scrub

And Massage.....

₹ 3200 / 90 Mins.

Combination of medicated powder massage and rejuvenation massage

Fruit Massage.....

₹ 2200 / 60 Mins.

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 Ksheeradharma.....

₹ 4200 / 120 Mins.

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

Ksheera Dhara.....

₹ 2200 / 60 Mins.

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

Varnyakara.....

₹ 5200 / 180 Mins.

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



Ayanam
Ayurveda Hospital

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www.ayanamayur.com



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