



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..... ₹ 1350 / 30 Mins

Leg Massage ₹ 1350 / 30 Mins

Abyangam..... ₹ 1950 / 45 Mins

Back Massage & Podi Kizhi ₹ 2300 / 45 Mins

Extra taxes are applicable for all the above rates*



www.ayanamayur.com



Ayanam
ayurveda wellness

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Extn ☎ : 89

REJUVENATION MASSAGE..... ₹ 2350 / 60 Mins

Full body massage using medicated oils intended to relax and rejuvenate

REJUVENATION WITH HERBAL STEAM BATH ₹ 2750 / 75 Mins

NIDRAPRADANA ₹ 3950 / 90 Mins

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

SANDHIBALAKARA ₹ 3900 / 90 Mins

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

OJUSKARA ₹ 4900 / 120 Mins

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

SHIRODHARA ₹ 2950 / 60 Mins

After a relaxing massage for 30 mins luke warm herbal oil is poured in a rhythmic style on your forehead for another 30 mins, helps insomnia, mental stress.

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PODIKIZHI (BOLUS TREATMENT) ₹ 2900 /60 Mins

Medicated powder held inside a small linen cloth soaked in warm medicated oil and massaged in a rhythmic motion supporting the joints especially in low backpain or IVDP, arthritis, Spondilitis etc.

HERBAL FACIAL ₹ 1950 / 45 Mins

Combinations of face massages using fresh juices , oils , scrubs and a herbal face pack to help a clear and soft skin.

BODY SCRUB (Udwarthanam)..... ₹ 2550 /60 Mins

Herbal powders or pastes are used in a rhythmic massage in upward direction as a skin exfoliation procedure . It removes dead skin cells, unclogs pores, and improves overall radiance and texture.

POWDER SCRUB AND MASSAGE ₹ 3900 / 90 Mins

Combination of medicated powder massage and rejuvenation massage .

FRUIT MASSAGE ₹ 2450 / 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 KSHEERADHARA ₹ 4900 / 120Mins

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

KSHEERA DHARA ₹ 2800 / 60 Mins

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

VARNYAKARA ₹ 6900 /180 Mins

Combination of Powder scrub, Fruit massage, Ksheeradharma (medicated milk bath) and Herbal facial on face as a total skin care.

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