

## AYURVEDA THERAPIES

### ABHYANGA

Classic Ayurveda hot oil massage that includes the skilful application of pure medicinal that melts away stress, calms the nervous system, and revitalizes the immune system.

**Duration: 60 Minutes**

**Price: 3000**

### ABHYANGA AND SWEDHANA

Herbalised steam bath infused with customized herbs. This treatment softens the muscles, releases overall tension and gently removes deep seated toxins through the skin.

**Duration: 90 Minutes**

**Price: 4000**

### MARMA ABHYANGA

Marma are vital points of the body which contain Prana energy. Gentle pressure on Marma while doing Massage provides Prana energy to the body and mind which gives ultimate rejuvenation.

**Duration: 60 Minutes**

**Price: 3500**

### PADA ABHYANGA

Foot therapy holds a special place of importance in Ayurveda because it is holistic and involves massaging the pressure points with herbal and medicinal oils. It provides complete rejuvenation.

**Duration: 30 Minutes**

**Price: 2000**

### SHIRO ABHYANGA

Shiro Abhyanga essentially means a complete massage of the head, neck and shoulders using Ayurvedic herbal oils.

**Duration: 30 Minutes**

**Price: 2000**

### ABHYANGA SHIRODHARA

Begins with Abhyanga a rhythmic massage which uses herbal oils to stimulate the circulation of blood, lymph and prana (energy). Followed by Shirodhara during which a steady stream of oil is gently poured over the forehead to improve clarity of mind.

**Duration 90 Minutes**

**Price: 5500**

## AYURVEDA THERAPIES

### SHIRODHARA

Classical and well established Ayurveda procedure of slowly and steadily dripping medicated oil on the forehead. This procedure includes a relaxed state of consciousness that results in a dynamic inner balance.

**Duration: 45 Minutes**

**Price: 3000**

## FACIAL THERAPIES

### SAFFRON FACIAL

**Duration : 50 Minutes**

**Price: 3500**

### FRUIT FACIAL

**Duration : 45 Minutes**

**Price: 3000**

### PAPAYA FACIAL

**Duration : 45 Minutes**

**Price: 3000**

### ANTI AGING FACIAL

**Duration : 60 Minutes**

**Price: 3500**

### TAN REMOVAL FACIAL

**Duration : 45 Minutes**

**Price: 3000**

### NAVARA AYURVEDA FACIAL

**Duration : 60 Minutes**

**Price: 4000**

### NIRVANA SPECIAL FACIAL

**Duration : 60 Minutes**

**Price: 4500**

## WESTERN THERAPIES

### DEEP TISSUE MASSAGE

Deep tissue massages use firm pressure and slow stroked to massage deep layers of muscle and fascia, which is the connective tissue that surrounds your muscles.

**Duration: 60/90 Minutes      Price: 3000 / 4000**

### SWEDISH MASSAGE

It is a classic massage technique that aims to promote relaxation by releasing muscle tension and is more suitable for people interested in relaxation and stress relief.

**Duration: 60 Minutes                      Price: 3000**

### LOMI LOMI MASSAGE

A vigorous massage used by the Hawaiians to relieve pain and fatigue.

**Duration: 60 Minutes                      Price: 3000**

### AROMA THERAPY

Traditional therapies using essential oils and other aromatic plant compounds that claim to improve psychological or physical well being.

**Duration: 60 Minutes                      Price: 3000**

### CREAM MASSAGE

Massage creams have rich moisture content, it helps to hydrate and nourish the skin. The massaging process increases blood circulation and makes the skin glow.

**Duration: 60 Minutes                      Price: 3500**

### FOOT SPA

The foot spa prevents the risks of blood clots and improves blood circulation and increases nerve and muscle function in the process.

**Duration: 60 Minutes                      Price: 2500**

## WESTERN THERAPIES

### FOOT REFLEXOLOGY

The pressure applied to the foot corresponds to the organs and systems of the body and brings relaxation and healing to the corresponding area of the body.

**Duration : 30 Minutes                      Price: 2500**

### FOOT AND HEAD MASSAGE

Foot & Head Massage is a blissful relaxation from head to toe. Calms the mind and reduces tension in the neck and shoulder area.

**Duration: 30 Minutes                      Price: 2500**

### BACK, NECK & SHOULDER

This message allows muscle recovery, reduces stress, promotes the circulation of the areas worked on, helps to manage pains and aches and promotes muscles relaxation....

**Duration: 30 Minutes                      Price: 2500**

## STEAM

**Duration : 15 Minutes                      Price: 1000**