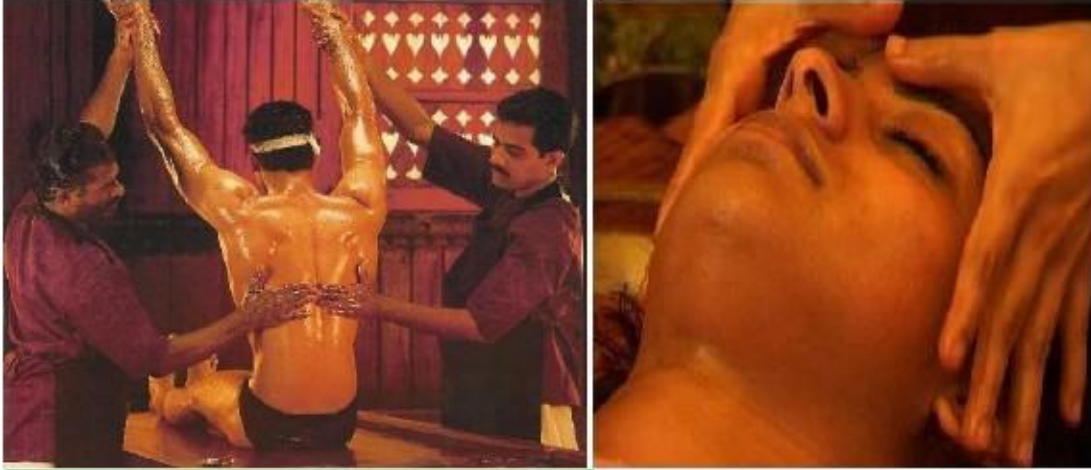


ABHYANGAM (AYURVEDIC OIL MASSAGE)



Ayurvedic oil massage stimulates and relaxes the body instantaneously. The circulatory and lymphatic systems are stimulated along with the sweat glands and sebaceous glands. Through this massage tense muscles relax, a stiff joint loosens and nerves are soothed. The massage lubricates and moisturizes the skin removing dead cells. The combination of an Ayurvedic Oil massage and a herbal steam bath is very effective to drain the body of toxins and to re-establish the bio chemical balance of the body.

Duration: 45 minutes (whole body massage) & 10-15 minutes steam bath.

Course: 1 Day/3days/7days

PODIKIZHI (MASSAGE WITH HEATED HERBAL POWDERS)



Heated powder of Herbal leaves or herbs are applied to the whole body by means of poultices. The poultices are frequently dipped in hot Ayurvedic Oils. This is specially recommended for Rheumatoid Arthritis, Inflammatory conditions and Obesity.

Duration: 1 ½ hours / Day.

Course: 3days/7days

ELAKIZHI (MASSAGE WITH HEATED HERBAL LEAF)

Heated herbal leaves or herbs are applied to the whole body by means of poultices. The poultices are frequently dipped in hot Ayurvedic Oils during the Treatment. This is specially recommended for inflammatory conditions of bones, joints, and Sports injuries.

Duration: 1 ½ hours / Day.

Course: 3Days / 7Days

NJAVARA KIZHI

It is a process by which the whole body or any specific part thereof is made to perspire by the application of certain medical puddings (made from Glutinous Rice) externally in the form of poultices. During the massage these bags are frequently dipped in the mixture of milk and herbal decoction. It is a therapeutic procedure for nerve weakness and wastage of muscles.

Duration: One hour/Day.

Course: 3days/7days



PIZHICHIL

Different types of lukewarm Ayurvedic oils are used to massage the body in a special rhythmic way. It is effective for neurological complaints, Arthritis and Rheumatic diseases. Recommended to improve vigor and vitality.

Duration: one hour/Day

Course: 3days/7days

SIRODHARA

This procedure consists of pouring a continuous stream of herbal oils / medicated milk / medicated buttermilk / other medicinal decoctions, etc. on the forehead for one hour. Sirodhara relieves mental tension, helps to tune up brain functions and improves memory. It is also good for certain skin diseases.

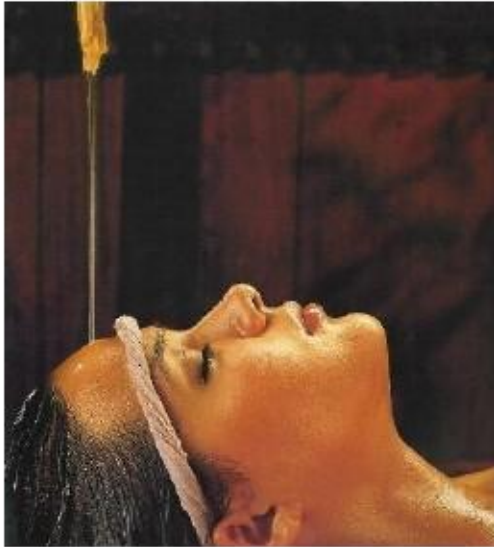
Duration: One Hour/Day.

Course: 1day/ 3Days/7Days.

Cost: Thaila Dhara (Dhara with medicated oils)

Thakra dhara (medicated butter milk)

Kseera Dhara (Medicated milk)



SIRODHARA WITH AYURVEDIC OIL MASSAGE

Thaila Dhara with an Ayurvedic oil massage is a complete relaxation programme for the body and mind together.

Duration: Approx. 2hours/Day.

Course: 1Day/3Days/7days.

YOGA



Yoga means union. Here the term 'yoga' means the union of individual spirit with the universal spirit. Yoga is the best recommended mental and physical exercise to get peace, relaxation and happiness. We conduct special individual yoga classes by qualified and experienced yoga teachers.