

Massage and Treatment Rates

Treatments by our male Masseuse

Full body massage - including head and feet, 90 minutes 24000

Body massage - excluding head and feet,. 60 minutes 18000

Head, neck and shoulder, 45 minutes

12000

Back and Shoulder, 45 minutes

12000

Special Leg massage, 45 minutes

12000

Head Massage, 30 minutes

10000

Hand Massage, 30 minutes

10000

Face Massage, 30 minutes

10000

Foot reflexology, 30 minutes

10000



Treatments by our Female Beautician/Masseuse

Body massage - excluding head and feet, 60 minutes 18000

Full Body Scrub, 45 minutes 12000

Head Massage (Ayurveda and Aroma), 45 minutes 12000

Waxing

Brazilian

10000

Classic Bikini

8000

Under Arm Wax

4000

Half Leg

8000

Full leg

10000



Face Care

Facial and scrub

10000

Eyebrow and upper lip threading

8000

Eyebrow and EyeLash Tint

6000

Manicure

10000

Pedicure

10000



<u>Ayurveda</u>

Akshi Tarpan: 45 minutes 15000

Netra Tarpana 45 minutes 15000

Patra Pottali Swedam 90 minutes 30000

Patra Pinda Sweda 90 minutes 30000

Kiribath 120 minutes 40000

Ayurvedic Sun Burn Treatment

Full body 15000 Face and shoulders 12000

Plus 10% service charge



Akshi Tarpan is an Ayurvedic Eyes Rejuvenation. Akshi means eye and tarpan means giving strength to the eyes. The medicated ghee is poured over the eyelids in an enclosure built around the eye out of wheat flour. It is said to be an excellent treatment to improve vision and clarity of the mind.

Netra Tarpana is a special Ayurvedic treatment for the eyes. It relieves tiredness and also improves eyesight. It is highly recommended for people who regularly work at computers, operate machinery, drive for long periods or anyone who is currently suffering from tired, aching and sore eyes.

Patra Pottali Swedam

Patra pottali swedam is the application of the heat with a poultice prepared of herbal leaves in a gentle and synchronised manner for inducing perspiration.

Patra Pinda Sweda is used mainly to provide relief from pain, inflammation, swelling and stiffness (catch) associated with bone, joint and or musculoskeletal pains. Musculo-skeletal pains as in myalgia and or fibromyalgia (Mamsagata Vata) Osteoarthritis (Sandhigata Vata) Rheumatoid Arthritis (Amavata)



Body Rejuvenation

Milk rice (kiribath)

It is prepared as pottani prepared with milk rice and medicinal leaves. First apply medicated oil, massage with milk rice pottani and scrub. Apply a medicinal pack.

Pottali is a type of preparation which is emerged as a result of Parada. Pottali is a highly potent, concise form of medicament which depicts maximum potency in good dosage form.

Pinda Sweda is one of the most important sedation therapies used in Panchakarma. During the treatment, various parts of the patient's body are uniformly massaged with a linen bundle called kizhi dipped in a special milk rice or medicated oil.

Ayurwedic Sun Burn Treatment

Make a paste of turmeric, sandalwood, and cool coconut water, and rub it on the sunburn. Turmeric has natural anti-inflammatory properties. You can also try a mixture of coconut oil and raw honey to cool and moisten the skin and ease the pain.