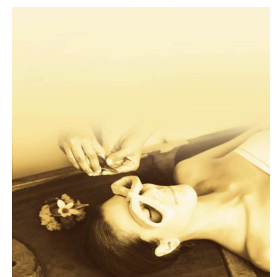
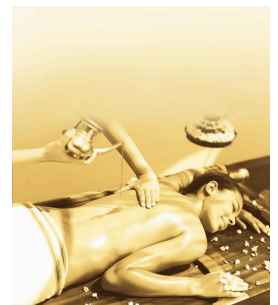
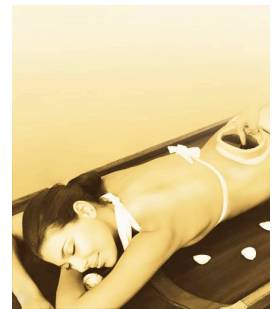
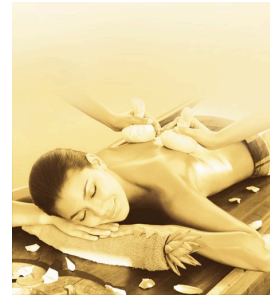


**Doctor's Consultation** Recommended to determine the appropriate therapy for your needs.....**Rs 200**  
**Prakruti Analysis** Extended analysis of body constitution & prescription of therapies to realign doshas.....**Rs 500**



**KERALA ayurveda™**  
wellness, naturally

	1 Day	7 Day	Membership
<b>Complete Relaxation: Body &amp; Mind (60 mins)</b>			
<i>Luxury massages to relax &amp; rejuvenate overall being</i>			
Abhyangam w/ Steam: Full body synchronized massage	1200	7560	<b>833</b>
Sirodhara Stream of warm oil poured on head w/ massage	2500	14000	<b>1875</b>
Pizhichil 3ltrs of medicated oil poured & massaged on body	3000	17000	<b>2250</b>
<b>Relieve Aches &amp; Pains (60 mins)</b>			
<i>Massage therapies with soft, medicated boluses</i>			
Njavarakizhi Bolus cooked in cow's milk is tapped on body	2500	15750	<b>1875</b>
Choornaswedanam Massage w/ bundles of powdered herb	1800	11340	<b>1350</b>
Pathrapotaliswedanam Bundles of leaves to target soreness	1800	11340	<b>1350</b>
Kadikizhi Massage w/ bundles of powdered pulses & seeds	1800	11340	<b>1350</b>
<b>Healing &amp; Strengthening Treatments (60 mins)</b>			
<i>Therapy to fortify body by pouring oil in well of black gram paste</i>			
Kadivasthy Retaining oil in well sculpted paste on lower back	1200	7560	<b>900</b>
Pristhavasthy Medicated oil placed in well, along spine	1800	11340	<b>1350</b>
Grivavasthy Oil retained on neck in sculpted boundary	1200	7560	<b>900</b>
<b>Beauty Treatments (60 mins)</b>			
<i>Effective beauty therapies for weight-loss, skin toning &amp; complexion</i>			
Udwarthanam Deep weight-loss massage, tones muscles	1600	10080	<b>1200</b>
Mukhalepanam Facial using exotic herbal powders	1000	6300	<b>750</b>
<b>Revitalizing Treatments (60 mins)</b>			
<i>Alleviates stress and relieves fatigue for body &amp; mind</i>			
Sarvang Ksheeradhara Body massage w/ infused herbal milk	2000	12600	<b>1500</b>
Kadidhara/Dhanyamladhara Pour herbal potion on body	2000	12600	<b>1500</b>
<b>Treatments for Mental Rejuvenation (45 mins)</b>			
<i>Relieves anxiety and tension; Improves sleep &amp; mental well-being</i>			
Ksheeradhara Stream of herbal milk poured on head	1800	11340	<b>1350</b>
Thakradhara Herb infused buttermilk poured to relax mind	2000	12600	<b>1500</b>
<b>Relax &amp; Calm Head, Hair, Eyes &amp; Nose (20-60 mins)</b>			
<i>Treatments to relieve mind, clear passages &amp; soothe senses</i>			
Sirolepam Ayurvedic hair pack-- medicated paste on head	800	5040	<b>600</b>
Sirovasthy Herbal oil retention into scalp to treat ailments	2000	12600	<b>1500</b>
Tharpanam Keep medicated oil on eyes to nourish & sooth	1200	7560	<b>900</b>
Siroabhyangam Ayurvedic head & face massage	650	4095	<b>490</b>
Thalam Oil applied to head to soothe nervous system	650	4095	<b>490</b>
Akshi Sekam Eyes wash with stream of herbal decoctions	550	3465	<b>415</b>
Karna pooran Mineral oils poured into ears to cleanse inside	500	3150	<b>375</b>
Nasyam w/ dhoompanam Treatment for sinus & congestion	1200	7560	<b>900</b>
<b>Treatments to Ease Nerves &amp; Relax Joints (30 mins)</b>			
<i>Massages to target stressed nerves and overstrained joints</i>			
Padabhyangam Foot massage to combat aches and pains	650	4095	<b>490</b>
Back Massage Warm herbal oils massaged into back	800	5040	<b>600</b>
Pichu Treat pain by applying cotton pad soaked in warm oil	800	5040	<b>600</b>
Janu Vasthy Curative oil applied to knees to relieve pain	1200	7560	<b>900</b>
<b>Cleansing, Purification &amp; Detoxification (30-60 mins)</b>			
<i>Purging of harmful toxins &amp; radicals using natural, herbal enemas</i>			
Sneha/Matravasthy Removes toxins & nourishes body	600		
Kashaya Vasthy Enema cleanse w/ honey, oil & herbal paste	1000		
Madhu Tailik Vasthy Enema to cleanse & purify blood	1500		
Ksheer Vasthy milk decoction applied as enema for ailments	1000		
Vaitaran Vasthy Enema of medicinal herbs & potions	1000		



**Our Locations**

E-2 Green Park Extension Main Market Road  
Tel: 011-41754888/9347  
34 Bougain Villa Marg, DLF Phase II, Gurgaon  
Tel: 0124-4241915/16  
B-3 Sector 26, Noida  
Tel: 0120-4541230/31

<http://ayurvedancr.com/>

## SIGNATURE TREATMENTS (150 mins)

**Saundarya Treatment (Beauty Package).....Rs 4500**  
[ Siroabhyangam | Abhyangam | Face Massage | Mukhalepanam | Pada Abhyangam | Sarvang Ksheerdhara | Kashaya Snana ]

Cleanse the skin and pores, while detoxifying the body from within. This special package is designed to clarify and tone skin, promote weight loss, circulate the blood to create a healthy glow and relax and strengthen muscles.....**Membership Rate – Rs. 4125**

**Nirvana Treatment (Rejuvenation Package).....Rs 4500**  
[ Abhyangam | Sirodhara/Ksheerdhara | Sarvang Ksheerdhara | Kashaya Snana ]

The ultimate therapy in relaxing the mind and rejuvenating the senses. This package restores vigor and vitality of the mind & body by eliminating toxins and enhancing immunity. It is so soothing that it can restore youthfulness.....**Membership Rate – Rs. 4125**

## COMBINATION THERAPIES (90 mins)

**Abhyangam with Sirodhara.....Rs 3400**  
Relaxing & effective, top-of-the-line rejuvenating experience for body & mind. It nourishes skin, removes impurities & synchronizes brainwaves. Perfect for stress & anxiety.  
.....**Membership Rate – Rs. 2800**

**Abhyangam with Choornaswedam.....Rs 2700**  
Ideal for treating aches, pains & body fatigue. Two therapists massage warm, herbal oil and herbal bundles onto body to relieve the stress and pain of sore joints and muscles.  
.....**Membership Rate – Rs. 2250**

**Abhyangam with Mukhalepanam.....Rs 2000**  
A luxurious massage where exotic pastes are massaged on face and medicated oils are rubbed on body to rejuvenate, nourish, soften and cleanse the skin & prevent aging.  
.....**Membership Rate – Rs. 1650**

**Abhyangam with Nasyam.....Rs 2150**  
The face, shoulders, chest, nose, palms and feet are massaged to relieve congestion & stress. It regulates hormones and purifies the nasal passages for easy breathing.  
.....**Membership Rate – Rs. 1800**

## SEASONAL TREATMENTS (120 mins)

**Summer Cooling Package.....Rs 3500**  
Using soothing oils and cooling buttermilk, this therapy targets shriveled cells and organs, and replenishes them. It nourishes the body and cools biorhythms.....**Membership Rate - Rs 3150**

**Winter Nourishing Package.....Rs 4500**  
Moisturizes the body & retains vital nutrients that make skin soft and supple. The decadent therapy nourishes skin, making it radiant and soft.....**Membership Rate - Rs 4050**

**Monsoon Caring Package.....Rs 3500**  
Unclog, detoxify & realign doshas. This therapeutic treatment purges the excess of each dosha and is very effective in disease prevention, increasing energy levels, reinvigorating the body and extending the longevity of life. Great curative value!.....**Membership Rate - Rs 3150**

## SPECIALITY TREATMENT PACKAGES

**Bridal Package (7 Days; 150 mins per session).....Rs 34900**  
Purifies the skin and blood, softens the skin, clears complexion, make hair glossy and calms the mind. The thoroughly pampering & nourishing treatment is ideal for long-lasting beauty.

**Anti-Smoking (21 Day; 60 mins per session).....Rs 34900**  
Holistic, effective addiction treatment that resets the body, aligns doshas and promotes physical & mental health. Targets internal cleansing, withdrawal from substances, and continued abstinence. Also strengthens and relaxes the mind and body.

**Detoxification (8 Days; 60 mins per session).....Rs 9900**  
Combination treatment to expunge harmful radicals using herbal enemas. Recommended to prevent diseases, cure digestive problems, manage life-style disorders and feel lighter.

