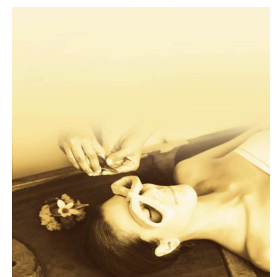
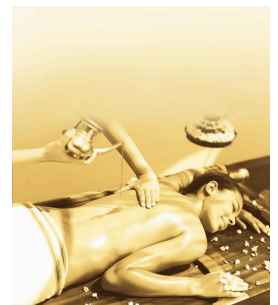
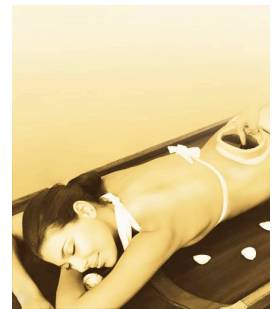
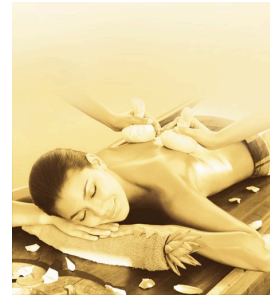


Doctor's Consultation Recommended to determine the appropriate therapy for your needs.....**Rs 200**
Prakruti Analysis Extended analysis of body constitution & prescription of therapies to realign doshas.....**Rs 500**



KERALA ayurveda™
 wellness, naturally

	1 Day	7 Day	Membership
Complete Relaxation: Body & Mind (60 mins)			
<i>Luxury massages to relax & rejuvenate overall being</i>			
Abhyangam w/ Steam: Full body synchronized massage	900	5670	650
Sirodhara Stream of warm oil poured on head w/ massage	1875	11500	1500
Pizhichil 3ltrs of medicated oil poured & massaged on body	2250	14000	1800
Relieve Aches & Pains (60 mins)			
<i>Massage therapies with soft, medicated boluses</i>			
Njavarakizhi Bolus cooked in cow's milk is tapped on body	1875	11815	1500
Choornaswedanam Massage w/ bundles of powdered herb	1350	8505	1080
Pathrapotaliswedanam Bundles of leaves to target soreness	1350	8505	1080
Kadikizhi Massage w/ bundles of powdered pulses & seeds	1350	8505	1080
Healing & Strengthening Treatments (60 mins)			
<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	900	5670	720
Pristhavasthy Medicated oil placed in well, along spine	1350	8505	1080
Grivavasthy Oil retained on neck in sculpted boundary	900	5670	720
Beauty Treatments (60 mins)			
<i>Effective beauty therapies for weight-loss, skin toning & complexion</i>			
Udwarthanam Deep weight-loss massage, tones muscles	1200	7560	960
Mukhalepanam Facial using exotic herbal powders	750	4725	600
Revitalizing Treatments (60 mins)			
<i>Alleviates stress and relieves fatigue for body & mind</i>			
Sarvang Ksheeradhara Body massage w/ infused herbal milk	1500	9450	1200
Kadidhara/Dhanyamladhara Pour herbal potion on body	1500	9450	1200
Treatments for Mental Rejuvenation (45 mins)			
<i>Relieves anxiety and tension; Improves sleep & mental well-being</i>			
Ksheeradhara Stream of herbal milk poured on head	1350	8505	1080
Thakradhara Herb infused buttermilk poured to relax mind	1500	9450	1200
Relax & Calm Head, Hair, Eyes & Nose (20-60 mins)			
<i>Treatments to relieve mind, clear passages & soothe senses</i>			
Sirolepam Ayurvedic hair pack-- medicated paste on head	600	3780	480
Sirovasthy Herbal oil retention into scalp to treat ailments	1500	9450	1200
Tharpanam Keep medicated oil on eyes to nourish & sooth	900	5670	720
Siroabhyangam Ayurvedic head & face massage	490	3090	390
Thalam Oil applied to head to soothe nervous system	490	3090	390
Akshi Sekam Eyes wash with stream of herbal decoctions	415	3465	330
Karna pooran Mineral oils poured into ears to cleanse inside	375	2615	300
Nasyam w/ dhoompanam Treatment for sinus & congestion	900	5670	720
Treatments to Ease Nerves & Relax Joints (30 mins)			
<i>Massages to target stressed nerves and overstrained joints</i>			
Padabhyangam Foot massage to combat aches and pains	490	3090	390
Back Massage Warm herbal oils massaged into back	600	3780	480
Pichu Treat pain by applying cotton pad soaked in warm oil	600	3780	480
Janu Vasthy Curative oil applied to knees to relieve pain	900	5670	720
Cleansing, Purification & Detoxification (30-60 mins)			
<i>Purging of harmful toxins & radicals using natural, herbal enemas</i>			
Sneha/Matravasthy Removes toxins & nourishes body	450		
Kashaya Vasthy Enema cleanse w/ honey, oil & herbal paste	750		
Madhu Tailik Vasthy Enema to cleanse & purify blood	1125		
Ksheer Vasthy milk decoction applied as enema for ailments	750		
Vaitaran Vasthy Enema of medicinal herbs & potions	750		



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 3500
[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. 3100**

Nirvana Treatment (Rejuvenation Package).....Rs 3500
[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. 3100**

COMBINATION THERAPIES (90 mins)

Abhyangam with Sirodhara.....Rs 2500

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. 2220**

Abhyangam with Choornaswedam.....Rs 2000

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. 1800**

Abhyangam with Mukhalepanam.....Rs 1500

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. 1320**

Abhyangam with Nasyam.....Rs 1620

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. 1440**

SEASONAL TREATMENTS (120 mins)

Summer Cooling Package.....Rs 3000

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 2700**

Winter Nourishing Package.....Rs 4000

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 3600**

Monsoon Caring Package.....Rs 3000

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 2700**

SPECIALITY TREATMENT PACKAGES

Bridal Package (7 Days; 150 mins per session).....Rs 29900

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 29900

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 8900

Combination treatment to expunge harmful radicals using herbal enemas. Recommended to prevent diseases, cure digestive problems, manage life-style disorders and feel lighter.

