

AYURVEDIC THERAPY MENU

1; SHIRODHARA

Ancient traditional ayurvedic ritual of pouring a stream of warm medicated oil on the forehead, thus stimulating the master gland and creating a hormonal balance within the body , enhancing the production of happiness and destress hormones, it's a third eye opening therapy, it works on the AJNA chakra and promotes conscious relaxation

It's a Holistic ritual which creates a physical, mental, and psychological balance within yourself, nourishes the nerves, improves memory, and promotes good sleep

Recommended at least 3 sessions on alternate days

Duration ; 60 minutes

2; MARMA ABYANGA

107 points ayurvedic massage, marma points are vital points on the energy channels of the body ,working on this points opens up the energy channels thus promoting unhindered flow of vital energy or prana through the body ,thus relaxing and distressing the entire body and relieving chronic muscular pain ,thus rejuvenating and reenergising the entire body

Done with medicated ayurvedic oils ,it's a kind of strong massage

Duration; 90 mins

3; ABYANGAM

Traditional Indian ayurvedic massage done with medicated ayurvedic oils ,the oil can be selected according to the doshas, it's the complete oiling of the body whereby the therapist uses long flowing strokes working along the direction of Nerves thus strengthening the nerves ,it also unblocks the energy channels of the body creating an unhindered flow of energy or doshas, it also lubricates the joints thus improving their flexibility ,one of the most detoxifying ,and relaxing body massage rooted in the deep historical tradition of india

60 mins

4: PATRA PINDA SWEDAN (ELAKIZHI)

It's regarded as a swedan therapy in ayurveda ,in which we make herbal poultice with raw herbal leaves of Nirgundi,Arka,Castor and herbal powder ,this poultice is dipped in hot oil and massaged on the body ,extremely good for joint pains,inflammation.strains and sprains,swelling,nerve pain,sports injury's ,also for general detoxification

60 mins each session

5: CHOORNA SWEDAN(PODHIKIZHI)

The process is same as above the herbal poultice here is made of herbal ayurvedic powder

It works the same way as above ,specifically more beneficial for arthritis or any deep tissue pain and swelling,paralysis,,muscle sprain ,etc

60mins session

6: NAVRAKIZHI (SHASTIK SHALI PINDA SWEDA)

Navra rice are boiled with the decoction of ayurvedic herbs and milk, this is filled in muslin clothes to make bolus out of it this is then dipped in a hot decoction of herbs with milk,this bolus is then massaged into the body ,the extract of the rice along with herbs seeps out and is rubbed on the body

One of the most nourishing and rejuvenating therapy in ayurveda, good for neurological disorders,nourishes the skin,muscles,nerves and bones,increases the blood circulation

60 minutes

7: VASTI (BASTI):

Hot ayurvedic oils are held in the specific areas by a well made of dough

3 sessions

Each session/ 45 mins

A: KATI VASTI: recommended for low back pain ,lumbar spondylitis ,relieves the pain ,relaxes the lower back muscle ,rejuvenated the lower back area

B: HRIDH VASTI : recommended for strengthening and rejuvenating the heart muscles ,improving the blood circulation around the chest areas

C: GREEVA VASTI : cervical pain, pain around the back of neck ,stiffness or swelling around the neck area

D: JAANU VASTI; recommended for knee pain,stiffness or any kind of inflammation around the knee area ,improves flexibility of knee joint reduces stiffness

E: NABHI VASTI: recommended for gastric issues ,vata disorders in gut-area,lubricates the umbilicus thus strengthening and nourishing the vagus nerve thus improving the peristaltic movement

8: UDHWARTANAM (DRY POWDER MASSAGE)

Ayurvedic herbs or herbal powder is blende with a bit of ayurvedic oils and massage is done on the entire body in an upward motion,it produces heat in the body due to friction, improves blood circulation,decreases cellulite ,decreases the subcutaneous fat in the body ,tones the muscles and skin,in resets the production of collagen and elastin thus making the skin more firm and flexible

60 mins

9: PAAD ABHYANGAM (AYURVEDIC FOOT MASSAGE)

Done with warm ayurvedic oils ,stimulates the nerve endings ,relaxes the feet muscles,works on reflex points ,creates internal harmony ,removes the swelling or pain in the foot area

45 mins

10: SHIROABHYANGAM (AYURVEDIC HEAD MASSAGE)

Done again with warm ayurvedic oils lubricates the scalp ,works on the marma points on the neck,shoulder and head area ,nourishes the mind,improves memory and concentration and decreases hair fall by strengthening the roots of the hair

45mins

Hot ayurvedic oils are held in the lower back area by a well made of dough

11: PIZHICHIL

Warm ayurvedic oils are poured on the entire body with the help of squeezed muslin clothes ,rejuvenating,reenergising,relaxing and one of the most nourishing therapy in ayurveda, the entire body is enveloped in a layer of oil ,good for body pain,nourishes the muscles ,nerves,bones and joints

3 sessions/ each session for 60 mins

12; HERBAL STEAM

it's either given by making u seat inside a wooden box or by a pipe ,the steam is of decoction of ayurvedic herbs which are heated in an autoclave

Extremely detoxifying the herbs has it's own effect on the body ,good for weight loss ,body pain etc

30 mins

13: TAKRADHARA

Buttermilk is processed with ayurvedic herbs and and cooled. By keeping it overnight ,different ayurvedic herbs are used,the medicated buttermilk is the poured on the head in a continuous stream

It's done either on the whole body or only on the head ,extremely beneficial for pitta disorders,decreases the heat in the body ,balances the hormones in the body

Head only /60 mins

Full body/ 60 mins