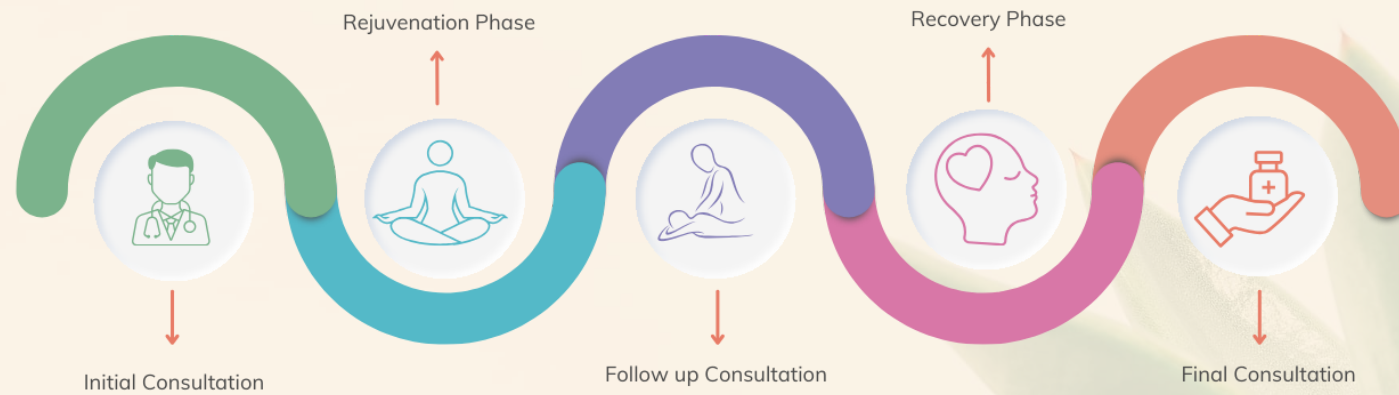


Ayurveda Rejuvenation Treatments

Experience the ultimate rejuvenation with our Ayurveda Rejuvenation Package. Discover a variety of traditional treatments designed to promote relaxation, improve circulation, and enhance overall well-being. *Please note that these treatments are decided on after the doctors consultation and with their recommendation only.*



Course of Treatment



Ayurvedic Treatments

Abhyanga (Oil Massage)

A full-body massage using medicated oils, promoting relaxation, improved blood circulation, and overall well-being.

Swedana (Steam Therapy)

Steam therapy with herbal decoctions that opens pores, improves circulation, and alleviates stiffness and pain.

Udvardhana (Herbal Powder Massage)

A massage with herbal powders, exfoliating the skin, removing dead cells, and aiding in weight management.

Hridaya Basti

This treatment targets the region around the heart and is used to address emotional imbalances, anxiety, and heart-related issues.

Karna Purana Basti

Focusing on ear health, warm herbal oil is used to treat earaches, tinnitus, and earwax buildup.

Uro Basti

A treatment for chest-related issues, involving the application of warm herbal oil to alleviate respiratory conditions, chest pain, and emotional stress.

Nabhi Basti

Performed on the navel region, addressing digestive issues, menstrual problems, and hormonal imbalances.

Elakizhi (Herbal Poultice)

Herbal poultices, often prepared with medicinal leaves, applied to relieve joint pain, muscle stiffness, and skin conditions.



Podikizhi (Herbal Powder Poultice)

Herbal powders bundled into poultices and heated to address joint and muscle pain, inflammation, and improve blood circulation.

Navara Kizhi (Rice Bolus Pouch Massage)

Utilizes special rice poultices made with herbs and milk, known for rejuvenating and nourishing effects, particularly for physical weakness, neurological disorders, and skin conditions.

Manal Kizhi (Sand Bolus Massage)

Uses heated sand poultices to relieve pain, especially joint and muscle pain.

Shirodhara (Forehead Oil Pouring)

A well-known Ayurvedic treatment where warm herbal oil is poured gently onto the forehead to induce relaxation, relieve stress, and manage conditions like anxiety, insomnia, and certain neurological disorders.

Steam Bath (Swedana)

A steam bath inducing sweating to eliminate toxins, improve circulation, and reduce stiffness. It can be administered to the entire body or specific areas.

Herbal Bath

Herbal baths use various medicinal herbs and plants in the bathwater to address health concerns, improve skin health, or promote relaxation.

Avagaha Sveda (Tub Bath)

The whole body is immersed in a warm herbal bath, helpful for relaxing muscles, improving circulation, and treating various skin conditions.

Flower Bath

Fresh flower petals are chosen for their aromatic and therapeutic properties, offering unique benefits.

Shiro Lepa (Head Pack)

The application of a paste with various Ayurvedic herbs and substances, tailored to specific concerns.

Lepana (Herbal Paste Application)

Spread a prepared paste onto the skin, allowing the skin to absorb the beneficial properties. Different types of Lepana treatments are available, customized for specific purposes.

Vakthra Vashpa Sweda (Facial Inhalation)

An Ayurvedic facial steam treatment that cleanses pores, improves facial circulation, promotes skin health, and enhances facial complexion.



Treatments Not Included

1 Vamana (Emesis Therapy)

Involves inducing controlled vomiting to eliminate excess Kapha from the body. Used for respiratory conditions, allergies, and skin disorders.

2 Virechana (Purgation Therapy)

Utilizes controlled laxatives to remove excess Pitta from the body. Recommended for liver disorders, skin problems, and digestive issues.

3 Basti (Enema Therapy)

Involves the introduction of herbal decoctions and oils into the rectum to balance Vata dosha. Commonly used to treat nervous system disorders, lower back pain, and gastrointestinal conditions.

4 Nasya (Nasal Administration)

The application of herbal oils or powders into the nasal passages to treat sinus congestion, headaches, and neurological disorders.

5 Marma Therapy

A traditional Ayurvedic healing technique involving the stimulation of vital energy points, known as "marma points," on the body, aimed at promoting balance and alleviating pain

6 Rakta Mokshana

A rarely used Panchakarma treatment involving controlled removal of a small amount of blood to address specific blood-related disorders and skin diseases.

Basti Therapies

- Kati Basti
- Greeva Basti
- Janu Basti
- Netra Basti
- Kukshi Basti

Dhara Treatments

- Takra Dhara
- Ksheera Dhara
- Taila Dhara
- Sarvanga Dhara
- Kashaya Dhara