



All These Wellness Treatments are Advised for A Minimum Period Of 7 Days to 21 Days to Get Maximum Benefit.

Navarakizhi (Medicated Herbal – Porridge Massage)

Fomentation of the body with a bolus of cooked medicated rice, milk and herbal juice. Boluses are applied warm to whole body rhythmically for 45 minutes, followed by warm oil massage.

Cures Rheumatism, joint pain, & paralysis | Reduce blood pressure

Improve blood circulation | Improves skin complexion

Improve sleep



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Experience the True
healing of Ayurveda





Abhayangam

(FULL BODY MASSAGE)

Massage whole body with warm medicated oil specially prepared to penetrate skin followed by steam . whole procedure will take 60 mts.

- It increases blood circulation
- Reduce muscle pain and joint pain
- Improve sleep, calm the mind Reduce stress
- Gives better complexion, skin glow and healthy clean skin



Padabyangam

(FOOT MASSAGE)

Massage of the foot and hands using warm herbal oil .

- Reduce tension and release stress of tired feet
- Improves circulation and help diabetic foot
- Induce deep sleep
- Reduce pedal edema and swelling of feet





Udvarthanam

(powder Massage)

Full body massage with specially prepared herbal powders. It is used as dry powders or paste.

- Reduces cellulite accumulation
- Increases blood circulation
- Improves skin health and glow
- Breaks down fat and help in weight loss



Kizhi

(Herbal Pouch Massage)

Full body massage with specially prepared herbal pouches dipped in warm medicated oil. Herbal pouches depends on the individual need . It can be medicated rice, lemon or mixed medical herbs.

- Reduce muscle pain and joint pain
- Improves skin tone
- Treats Osteoarthritis (Joint swelling and pain) and cervical spondylitis(neck pain)
- Treats sports injuries back pain
- Detox the skin (Removes waste from skin)





Pizhichil

(Oil Bath)

A soothing treatment with medicated warm oil. Oil is squeezed all over body with a piece of cloth, patient is bathed in medicated warm oil for 45 minutes.



Oil is poured in a continuous stream on to the forehead from a hanging vessel. The type of herbal oils is decided according to the medical condition of the patient. It is a powerful treatment that relieves migraine head ache, mental and physical stress,

- Improves blood circulation of scalp and prevents hair fall, help hair growth
- Relieves stress and strain
- Treats migraine and other types of headaches
- Slows ageing , improves memory, nourishes hair
- Used as a treatment of paralysis due to stroke
- Treatment of nervous disorders
- Improve sleep disorders, give better sleep

Shirodhara

(Herbal oil flow in the head)

