

## THERAPIES

Circular Jet Therapy	500
Spine Hydro therapy	200
Swedish Massage	650
Mud Bath	250
Sp. Mud bath	400
Hydro Colon Irrigation	1500
Personal Yog Session	200
Hot Stone Therapy	750
Nuga Bed	150
Steam bath	250
Sauna bath	200
Full Body Accupressure	500
Accupuncture	250
Sujok	200
EMS	200
Gymnasium	150
Chromo Therapy	100
Panchkarma- Shirodhara	900
Abhyangam	200
Potli Massage	900
Kati Basti	300
Janu Basti	300
Shiro-Basti	300
Nasyam	200
Ayurvedic Massage	650
Takradhara	750
Ark - Patrasvedam	300
Udhwarthanam(Deep Tissue Massage for weight loss with herbal powders)	1250
Neurotherapy	200
Local Potli	350
Vichy Shower	400
Whirlpool	400
Powder massage	650
Facial	400
Poultis	100
Hot & Cold Fomentation with Infusions	100
Mud Pack with Infusions	100
Partial massage	100
Local Steam	100
Friction / Sponze Bath (Full Body)	150
Full Body Wet Pack	100
Under Water Massage	400
Deluxe Hydrotherapy	500

## THERAPIES

Douche	150
Gulab Jal Dhara	250
Pichu	350
Thai Massage	1200
Sarvaang Takra Dhara	800
Navrakizhi	800
Full Body Scrub Massage	1250
Karela Foot Bath	150
Sarvaang Lep	650
Karnapooram	200
Aroma Oil Head Massage	100
Aroma Oil Full Body Massage	1000
Netratarpan	300
Body Wrap with Circular Jet (Depend upon ingredients)	1000 to 1500
Olive Oil Massage	1000
Shankh Prakshaalan	250
Aqua Yoga	200
Combined Heat & Shower Therapy	300
Deep Tissue Massage	1000
Mustard Pack	100
Cabbage Pack	100
Hair Pack	300
Salt Glow Massage	700
Hair Spa	600
Thalapothichil	600
Neemdhara	250
Mineral Salt Bath	Free
Immersion Bath	Free
Hand Foot Bath	Free
Hip Bath	Free
Citz Bath	Free
Enema	Free
G. H. Pack	Free
Hot & Cold Fomentation	Free
Hot & Cold Compresses	Free
Mud Pack	Free
Reflexology	Free
Magnet Therapy	Free
Wet Packs	Free
Facial Steam	Free
Spine Fomentation Ice Pack	Free
Kidney Pack	Free

## DISEASES TREATED

Constipation	Menstrual Disorder
Osteoarthritis	Migraine
Malabsorption	Chronic Headache
Irritable Bowel Syndrome	Vertigo
Allergic Bronchitis	Rheumatoid Arthritis
Hyperacidity	Anxiety & Depression
Gastritis	Insomnia
Calcaneal Spur & Fibromyalgia	Bronchial Asthma
Reflux Oesophagitis	Hypertension
Flatulence	Hypotension
Dyspepsia	Sinusitis
Duodena Ulcer	Hyperlipidaemia
Peptic Ulcer	Hyperthyroidism
Hepatomegaly	Pancreatitis
Fatty Liver	Skin Allergy
Diabetes Mellitus	Acne & Pimple
Psoriasis	Sciatica
Gout	Back pain
Obesity	Neck Pain
Indigestion	Haemorrhoids & More

Consulting Charges Rs. 300/-  
Admission Processing Charge Rs. 200/-

Free treatments are chargeable for OPD Patients.

## DAILY SCHEDULE



Wake Up  
Time : 5:00 am  
Place : Room



Walking  
Time : 5:30-6:00 am  
Place : Garden



Herbal Drinks  
Time : 6:00-6:15 am  
Place : Dining Hall



Yoga Session  
Time : 6:30-7:30 am  
Place : Yoga Hall



Breakfast  
Time : 8:00-8:30 am  
Place : Dining Hall



Reading / Music  
Time : 8:30-9:00 am  
Place : Library



Therapies  
Time : 9:00 am-12:00 pm  
Place : Therapy Section



Lunch  
Time : 12:15-1:00 pm  
Place : Dining Hall



Rest  
Time : 1:15-2:30 pm  
Place : Room



Juice  
Time : 2:30-3:00 pm  
Place : Dining Hall



Therapies  
Time : 3:00-6:00 pm  
Place : Therapy Section



Dinner  
Time : 6:15-7:00 pm  
Place : Dining Hall



Recreation-Prayer  
Time : 7:30-8:30 pm  
Place : Amphitheatre



Walking  
Time : 8:30-9:00 pm  
Place : Garden



Rest  
Time : 9:30 pm  
Place : Room

## ROOM TARIFF

(Including Food + Basic Therapy + Consulting Fees)

	Single	Double
Suit Room	3000	5000
Deluxe A.C.	2500	4000
Deluxe Non A.C.	2000	3000
Dormitory	1000	----
Family Villa	12000	----

