

SPECIAL PACKAGES

Wellness / Relaxation (Weekend Package) Total - Rs. 3,750/-

Full body Massage + Steam bath
Shirodhara
Vichy Shower / Whirlpool
Mud Bath + Sauna + Douche
Vibro Powder Massage + Sauna Bath
Aroma Oil Head Massage

Rejuvenation Package (3 Days) Total - Rs. 5,650/-

Full Body Massage / Powder Massage (with steam & sauna bath)
Personal Yog Session
Nuga Bed
Full Body Wet Pack
Shirodhara
Mud Bath + Sauna Bath + Douche
Ayurvedic Massage + Steam Bath
Underwater Massage
Udhwarthanam + Steam Bath

Detoxification Package (7 Days) Total - Rs. 13,350/-

Full Body Massage + Steam bath
Steam bath + Sauna Bath + Shower
Circular Jet Therapy
Under Water Massage
Shirodhara + Steam Bath
Mud Bath + Douche + Sauna
Hydro Colon Irrigation
Whirlpool / Vichy Shower
Personal Yog Session
Full Body Accupressure
Spinal bath
Full Body Potli Massage
Nasyam
Udhwarthanam/Deep Tissue Massage
+ Steam Bath
Patraswedam
Deluxe Hydro + Sauna
Full Body Wet Sheet Pack
Facial

SPECIAL PACKAGES

Weight Management Package (15 Days) Total - Rs. 30,750/-

Full Body Massage + Steam
Whirlpool or Vichy Shower
Personal Yog Sessions
Hydro Colon Irrigation (Optional)
Mud Bath + Douche
Circular Jet Therapy
Spinal Bath
Deluxe Hydro Therapy + Sauna Bath
Deep Tissue Massage
Full Body Accupressure
Kati Basti or Janu Basti
Full Body Potli Massage
Ayurvedic Massage + Steam
Shirodhara + Steam
Udhwarthnam + Steam
Nasyam
Hot Stone Therapy
Thai Massage
Facial Scrub / Facial Massage
Patraswedam

TERMS & CONDITIONS

- All Special Package Charges are excluding accommodation & food charges.
- Check in Time - 9:00 a.m.
- Check out Time - 8:00 a.m.

PREMISES & EQUIPMENTS



Deluxe Hydro Bath



Recliner Steam



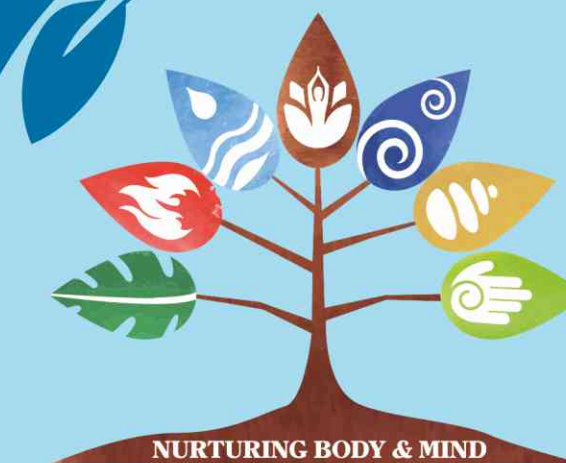
Combine Steam Sauna



Sauna Bath



Arm & foot Bath and Spine Jet Bath



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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
Udwarthanam(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 Infusors	100
Mud Pack with Infusors	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
Neemdharma	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	Skin Allergy
Fatty Liver	Acne & Pimple
Diabetes Mellitus	Sciatica
Psoriasis	Back pain
Gout	Neck Pain
Obesity	Haemorrhoids & More
Indigestion	

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		Rest Time : 1:15-2:30 pm Place : Room
	Walking Time : 5:30-6:00 am Place : Garden		Juice Time : 2:30-3:00 pm Place : Dining Hall
	Herbal Drinks Time : 6:00-6:15 am Place : Dining Hall		Therapies Time : 3:00-6:00 pm Place : Therapy Section
	Yoga Session Time : 6:30-7:30 am Place : Yoga Hall		Dinner Time : 6:15-7:00 pm Place : Dining Hall
	Breakfast Time : 8:00-8:30 am Place : Dining Hall		Recreation-Prayer Time : 7:30-8:30 pm Place : Amphitheatre
	Reading / Music Time : 8:30-9:00 am Place : Library		Walking Time : 8:30-9:00 pm Place : Garden
	Therapies Time : 9:00 am-12:00 pm Place : Therapy Section		Rest Time : 9:30 pm Place : Room
	Lunch Time : 12:15-1:00 pm Place : Dining Hall		

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	----



Deluxe



Suite

