

PRICE LIST

Treatments

Ayurvedic Head Massage

25 Min. £17

Nourish hair improve circulation ease migraine, for dry and itchy scalp

Ayurvedic Neck & Shoulder Massage

25 Min. £17

Relieves tension, aches, stiffness and muscle spasms

Ayurvedic Back Massage

25 Min. £17

Relives chronic backache, stiffness and muscle spasms

Ayurvedic Foot & Leg Massage

25 Min. £17

Improves blood circulation, reduce swellings, soreness, cramps etc

Herbal Facial (Face Massage, Steam, Mask)

50 Min. £25

Tones skin naturally, prevents acne and pimples. Acts as a cleansing agent, anti-aging and rejuvenating

Ayurvedic Relaxation Massage with/without Steam

55 Min. £27

This therapy improves the overall appearance of the skin and stimulates circulation. The treatment will enhance your natural beauty and skin tone

Ayurvedic Deep Tissue Body Massage with/without Steam

55 Min. £27

For treating tension muscle, body aches and to rejuvenate the entire body

Pearl Facial (Face Massage, Steam, Scrub, Black Head Removal and Mask)

50 Min. £30

Enriched with amino acids and minerals, it helps to moisturise the skin and improve skin texture, making the skin appear soft, firm, youthful and radiant, with an even colour tone

Podikizhi (Part Body)

25 Min. £25

Podikizhi (Full Body)

50 Min. £40

This heating therapy is employed to relieve many problems including; arthritis, arthritis with inflammation, spondylosis, muscle pains, injuries sustained during sports or accidents, sciatica. It eases pain, reduces swelling, nourishes the body and improves blood circulation

Nasyam (Includes Head, Neck & Shoulder Massage, Face Massage, Steam)

50 Min. £30

Is used to treat ailments like headache, migraine, sinusitis and neurological problems

Kashyadhara

45mins £30

Involves continuous flow of decoctions onto the forehead or on the body. This treatment is mainly indicated for treatment of skin and hair problems & various other problems.

Ksheeradhara (Part Body)

45 Min. £35

Involves continuous flow of medicated milk onto the forehead or on the body. This treatment is mainly indicated for treatment of skin and hair problems

Kativasthi

45 Min. £37

This is an effective treatment for spinal disorders, sciatica, disc prolapses and relieves any type of back pain, numbness and stimulates and nourishes nerves

Podikizhi & Pichu

55 Min. £45

Pichu is a simple yet effective treatment performed by sponging the body part with cotton soaked in warm medicated oils. The oil is replaced periodically to keep it warm and therapeutic. This therapy is very effective for degenerative and painful spinal problems & sprains

Thakradhara

45 Min. £45

Reduces stress and anxiety, decreases hypertension, offers a sound sleep, psoriasis and other skin complaints

Shirodhara

45 Min. £45

This soothing therapy relieves stress and strain related problems, promotes sound sleep, relieves headaches and migraine, indicated in epilepsy, paralysis and other neurological conditions. Usually performed over a continuous number of days for maximum effect

Pizhichil (Part Body)

45 Min. £45

Pizhichil is a special treatment of Kerala for arthritis, paralysis, stiffness of limbs spastic conditions, muscular wasting, stroke and nervous disorders

Regency Massage & Steam

55 Min. £55

An Ayurvedic full body massage with two people (four hand) including herbal steam bath

Packages

Loyalty Package

5 x Ayurvedic massages & steam. £110 expires 8 months from purchase (Use for one customer only). Normal price £135.

Family Package

4 x Head massage, ayurvedic massage & steam. £155. Expires 6 months from purchase. Normal price £176.

Stress Package

3 x Head massage, ayurvedic massage & Steam, Shirodhara. £240. Expires 1 week from commencement of treatment. Normal price £267.

Shirodhara Package

3 x Shirodhara. £120. Expires 1 week from commencement. Normal price £135.

Couples Package

2 x Ayurvedic massage & Steam & Pearl facial. £100. Normal price £114

Facilities we provide

- › Free consultation with our experienced Kerala Ayurvedic Doctor
- › Experienced male and female therapists from Kerala
- › Separate section for ladies with female staff
- › All herbal products from Kerala
- › Free car park
- › Disability access
- › Gift vouchers available

General conditions

- › It is essential that you arrive 10 minutes prior to your scheduled appointment
- › Arriving late will shorten the time of your treatment; all treatments must end on time so as not to delay the next client
- › We require 24 hour notice for cancellation or for rescheduling appointments, otherwise a charge will apply
- › In any emergency or unavoidable reason the clinic has the right to cancel your appointment with or without notice
- › For treatment bookings we require payment in advance. We speak English, Gujarati, Hindi and Malayalam



Contact Us

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