SpaVeda
One Life. Live Well.

❖RELAX ❖REFRESH ❖REJUVENATE

RELAX AND REJUVENATE

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ABHYANGAM – REJUVENATION MASSAGE
Duration - 45 minutes INR 2500

This therapy is believed to bring balance to physical, mental and emotional well-being of the body. The massage therapy covers the entire body leading to muscle relaxation, stiffness reduction, joint pain relief, and improves overall blood circulation.

MARMA MASSAGE
Duration – 45 minutes INR 3000

In this therapy pressure is applied on the vital points (marma) and muscles. The masseur applies pressure with the fingers, thumb or palm at certain points with high concentration of energy. Ideal for relaxation and rejuvenation of the body muscles.

HEAD MASSAGE
Duration – 30 minutes INR 1500

Head massage is carried out using medicated hair oil. This soothes the nerves in the scalp and improves blood circulation in scalp and head leading to improved sleep and relaxed mind. This also strengthens hair and adds lustre.

LOWER LEG AND FEET MASSAGE
Duration – 30 minutes INR 1500

Done with medicated oils which improves blood circulation of shin muscles and feet muscles. Helps in overcoming fatigue and pain.

NECK AND SHOULDER MASSAGE
Duration – 30 minutes INR 1500

This massage with medicated oil of neck and shoulder helps with stress and fatigue associated with long journey or voyage. Improves sleep.

BALINESE MASSAGE
Duration – 55 minutes INR 4000

It is a form of Ayurvedic deep tissue massage and includes medicated oils. Believed to improve blood circulation and muscle stress relief.

NOTE: Prices are Exclusive of GST. Applicable GST will be charged extra.

DESTRESS AND DETOX

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ELAKKIZY
Duration - 75 minutes INR 4000

This therapy with warm roasted leaves in muslin bag (potli) or medicated powder potli dipped in medicated warm oil, after 40 minutes of basic massage from head to toe with Ayurveda oils. It is considered beneficial for relieving spasm and stiffness of muscles, lubricating joints, strengthen the spinal muscles and relieving joint pain, especially backache. The treatment is believed to relieve arthritic pain, back pain, muscle pain and tremendously benefit people suffering from spondylosis and myalgia. Recommended for minimum of 3 days for sustained benefits.

SIRODHARA
Duration – 75 minutes INR 4500

In this therapy a continuous stream of lukewarm medicated oil flows on the forehead. A light 40 minutes medicated oil massage of full body precedes the treatment. The therapy is believed to reduce stress, migraine and help those suffering from insomnia. For sustained benefit, the therapy should continue for minimum of 3 days.

KSHEERA DHARA
Duration – 75 minutes INR 4000

In this therapy a continuous stream of lukewarm medicated milk on the forehead. A light medicated oil massage of upper body precedes the treatment. The therapy is believed to reduce stress, migraine and help those suffering from insomnia. For sustained benefit, the therapy should continue for minimum of 3 days.

UDWARTHANAM
Duration – 60 minutes INR 3750

Massage with dry medicated powder helps in depleting subcutaneous fat, breaks cellulite and strengthens muscles. Most effective when done for minimum 7 days in weight loss due to fat depletion. (Multi session Long term treatment includes drinking of certain hydrating medicated fluids which enhance the detoxification of the body).

NJAVARAKKIZHY
Duration – 75 minutes INR 6250

The massage with warm rice (medicinal rice-Njavara) bags dipped in milk and herbal
decoction. Medicated oil massage follows. This massage nourishes tissue, softens and
moisturizes skin, enhances complexion, strengthen body muscles and cures the stiffness of joints. This therapy is recommended for minimum 3 days for good results.

NIRVANA
Duration – 90 minutes INR 6250

This is a fusion massage ideal for anti fatigue treatment after a tiring journey/voyage. A full body massage is followed by Elakkizy and Udwarthnam (see description above).

SPICE NIRVANA
Duration 75 minutes INR 4500

One of the most relaxing and refreshing massages one can enjoy. The massage is done with warm roasted spices in a potli(muslin bag) preceded by a 40 minutes of medicated oil full body massage. Great for relieving stress, stiffness of muscles, oedema of joints, back ache and joint pain.

NOTE: Prices are Exclusive of GST. Applicable GST will be charged extra.

PAIN RELEIF AND JOINT CARE

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KATIVASTHI (BACK AND SPINE)
Duration – 30 minutes INR 2000

A treatment in which warm medicated oils are poured and pooled for a fixed duration of time in a compartment constructed using wet gram flour, covering the lumber spinal area. Thisayurvedic therapy helps relieve lower back pain and Sciatica. Minimum 3 days treatment is recommended for sustained benefits.

JANUVASTHI (KNEE JOINTS)
Duration – 30 minutes INR 2000

A treatment in which warm medicated oils are poured and pooled for a fixed duration of time in a compartment constructed over the knee joints using wet gram flour. Very beneficial for arthritic knee and other related pain ailments. Minimum 3 days treatment is recommended for sustained benefits.

GREEVAVASTHI (NECK)
Duration – 30 minutes INR 2000

A treatment in which warm medicated oils are poured and pooled for a fixed duration of time in a compartment constructed using wet gram flour, over the neck and cervical spine area. Very beneficial for professionals who spend significant time sitting in front of desktops and suffering from posture issues. Minimum 3 days treatment is recommended for sustained benefits.

UROVASTHI (CHEST)
Duration – 30 minutes INR 2000

Warm oil is poured on the chest in a gram flour paste enclosed area. This is effective in treating respiratory disorders such as asthma and other chest inflammations. Minimum 3 days treatment is recommended for sustained benefits.

PICHU
Duration – 30 minutes INR 2000

In this therapy a warm medicated oil soaked cotton pad is placed on the forehead or any other inflamed joint or muscle. Considered effective for migraine, insomnia and headache. Min 3 days treatment is recommended for sustained benefits.

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BEAUTY AND SKIN CARE

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FACIALS

AYURVEDA FACIAL
Duration – 60 minutes INR 3500

A face pack with unique blend of rare herbs is applied to enhance the glow of the skin. This treatment improves skin texture, cleanses skin, eliminates toxins and opens blocked pores.

FRUIT FACIAL
Duration – 60 minutes INR 3500

Various fruits helpful in exfoliation, rejuvenation and with anti ageing/ wrinkle reducing natural acids and peptides are mixed with aloe-vera paste. A facemask of the above cocktailof natural ingredients are applied to enhance skin tone, and facial glow. Highly effective.

MUKHLEPAM
Duration – 60 minutes INR 3500

This Ayurvedic facial treatment includes a facial massage with medicated oil followed by freshly prepared face pack. Ideal for anti wrinkle/anti-ageing and skin tone enhancement.

BLISSFUL BODY SCRUBS
Duration – 60 minutes INR 3500

This is a body toning scrub using various combination of natural herbs, fruits, oil and honey. The scrub mixes are gently applied on the entire body and scrubbed. The following combination of natural materials are used for each scrub session (please select one of thefollowing 4 combinations) –

- ❖ COCONUT + HONEY
- ❖ TEA + TAMARIND
- ❖ HONEY+ MEDICATED OIL
- ❖ AYURVEDIC HERBS (POWDER)

BLISS PACKAGES

BEAUTY BLISS (Body massage plus Fruit Facial)
Duration – 90 minutes INR 5000

Combination of a full body honey massage, followed by medicated oil massage and fruit facial/facepack and scrub.

GLORY BLISS (Body massage plus Scrub)
Duration – 90 minutes INR 5500

Combination of Honey Massage followed by Ayurvedic powder scrub to smoothen the skin and skin tone.

AYUR BLISS
Duration – 90 minutes INR 5500

Combination of Ayurvedic herbal scrub to smoothen and skin and improve skin tone. The body scrub is followed by a fruit facial.

REJUVE BLISS
Duration – 90 minutes INR 6000

Combination of two effective Ayurvedic Massages namely Utwardhanam (scrub with medicated powder) which helps remove the superficial dead skin followed by Njavarakizhi (medicated rice milk potli massage) which helps nourish the body and enhances healthy complexion.

HENNA KESINI (Henna Headpack)
Duration – 30 minutes INR 2000

Henna is a hair conditioning herb and can help in arresting hair loss through strengthening of hair roots.

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WOMEN WELLNESS

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ANTI ACNE THERAPY
Duration – 35 minutes INR 2100

Specially prepared herbal and medicated face mask to clear the skin from acne and skin blemishes. Requires multiple sessions over a period of time to see the desired results. Highly effective anti-acne ayurvedic treatment.

WEIGHT LOSS TRIM SCRUB
Duration - 90 minutes INR 6000

This is a combination of herbal powder scrub followed by vaso-dilating massage with warm medicated oil. Breaks down the fat molecules /tissue. Certain dietary changes are recommended for effective results. The results are visible only after 7 to 10 day treatment. Immediate weight loss results are not visible after a single treatment session.

THARUNI KANTHI
Duration - 90 minutes INR 5000

A complete body skin polish with honey massage to cleanse and tone the body. Herbal scrub to remove the dead skin cells and to rejuvenate the skin and revive the radiant complexion.

ANTI HAIR FALL (HERBAL HAIR PACK)
Duration – 90 minutes INR 3500

Application of specially prepared hair pack and shampooing with hibiscus thali after a soothing herbal oil massage of the scalp.

ANTI DANDRUFF HERBAL PACK
Duration – 90 minutes INR 3500

Special ayurvedic treatment for hair dandruff. Specially medicated oil massage nourishes the scalp and hair root, followed by a herbal pack.

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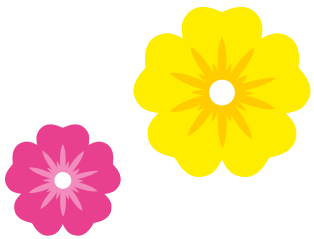
CUSTOMIZED MULTI SESSION AND MULTI DAY TREATMENT PACKAGES ARE AVAILABLE.

Please consult the onsite SPAVEDA Manager for details. Certain dietary restriction may be necessary to get a desired therapy results and Ayurvedic Doctor might prescribe certain Ayurvedic drugs to assist in the treatment of specific medical condition or symptoms.

SPAVEDA reserves the right to refuse treatment or therapy to any guest at its discretion.

Please note – Government applicable GST is not included in the prices mentioned for each therapy/treatment. Applicable GST will be charged extra.



AVEDA
KUMARAKOM

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