

EXPRESS TREATMENTS

INDIAN HEAD MASSAGE
30 MIN AED 260

AYURVEDA NECK & SHOULDER/ LEG & FEET CARE
WITH POULTICES 30MIN AED 280

SPINE CARE 45MIN AED 365

A special treatment for localized pain on the back. Enjoy a back massage with pain relieving Ayurveda oils and with warm herbal poultices

FOOT RITUAL (FEET MASSAGE & SCRUB)
45MIN AED 350


SOFTOUCH

For more information & bookings
Please call Extn.: 4906
Email: ayurveda.alaqah@gmail.com

Le **MERIDIEN**
AL AQAH BEACH RESORT
FUJAIRAH

AYUREVEDA

Ayurveda, the traditional Indian treatment system, is not only with treatment of diseases but is a complete way of life. This system of science, stress on the prevention of body ailments in addition to curing them. It is the most natural way to refresh you, eliminate all toxic imbalances from the body, and to regain resistance and good health.

Softouch Ayurveda operating at Le Meridien Al Aqah beach resort combines Ayurveda Tradition, Quality, Hygiene & luxury.



ABHYANGAM
60 MIN AED 418
90 MIN AED 502

The massage is done with chosen Ayurveda oils and applied all over the body with soothing and relaxing strokes. This massage enhances proper blood circulation and provides deep relaxation gives a feeling of complete well being

MARMA MASSAGE
60 MIN AED 470
90 MIN AED 680

This is done by applying pressure on the vital points (Marma) muscles. The masseur applies pressure with the fingers, thumb or palm at certain points having concentration of life energy. This massage is superb for over-worked, tired, stressed muscles to help stretch the body and alleviate fatigue

ELAKIZHI
75 MIN AED 525
90 MIN AED 620

This massage is done with warm roasted medicinal leaves packed in bags, after 45 minutes of oil massage from head to toe with herbal oil. This is good for relieving spasm and stiffness of muscles, lubricating the joints, strengthen the spinal muscles and back pain. Enhances peripheral blood circulation, cleanses the channels of circulation and expels the toxins through the sweat.

SHIRODHARA
75 MIN AED 575
90 MIN AED 750

Signature treatment from Kerala in which steady stream of herbal oil is poured on the forehead in a peculiar pattern. This is done after 45 minutes of basic massage for whole body. This treatment activates the energy centers, good for mental relaxation, sleep disturbances and stress related ailments

UDVARTHANAM
75 MIN AED 436
90 MIN AED 513

Massage with herbal powder after 40 minutes of oil massage. This is like scrub for exfoliation for cellulite, strengthening the muscle, and a very effective treatment for obesity, udvarthanam also increases lymphatic circulation.

AYURVEDA HAIR CARE
60 MIN AED 376

This includes an Ayurveda scalp massage with hair rejuvenating oil and an application of traditional herbal paste. Hair is washed with thali paste (100% herbal shampoo) which does not remove the natural oil of your hair. This treatment improves your hair texture, clean your scalp and stimulate hair follicles.

AYURVEDA FACIAL
(VATHA, PITHA, KAPHA FACIALS)
60 MIN AED 418

Ayurveda Facial purifies, nourishes, and rejuvenates the skin and gives a luminous glow to the face. This nature based treatment uses dosha balancing Ayurveda products that benefits to heighten the sensorial experience.

 **SIGNATURE PACKAGES**

STRESS AWAY 90MIN AED 890

This package to drain away body toxins, reestablish biological balance and minimize stress level 90min duration treatments includes relaxing body massage, herbal bags treatment and stress relieving oil treatment on the forehead. To relieve the muscle pains and aches, swelling on the feet, sleep disturbance, and other discomforts of jetlag.

SOFTOUCH HARMONY 120MIN AED 733

The package contain 3 steps of treatment to alleviate stress and induce tranquility with a harmonious blend of massage , full body scrub and a mini facial makes a perfect treat for the body

SOFTOUCH AMRITA 120MIN AED 601

This treatment begins with a full body basic Ayurveda massage with herbal oil followed by an Ayurveda facial customizing your skin type this package enhances blood circulation of the body and the facial cleansing, toning and refreshing your skin with herbal extracts and face packs

AYURVEDA DETOX BODY WRAPS 120MIN AED 575

A complete detox recipe with oil massages and powder scrub followed by detox herbal body wrap. This procedure increases blood circulation and cleanses the body off toxins and aids slimming