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AYURVEDA

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TREATMENTS

SOUKHYA

(RELAXATION MESSAGES)

RELAXING THE BODY THROUGH HEAD & SHOULDER MASSAGE, FACE MASSAGE, LEG MASSAGE, HAND MASSAGE, WHOLE BODY MASSAGE & STEAM BATH. **(1HR 30MNTS)**



ABHYANGA

(BODY MASSAGE & STEAM BATH)

WHOLE BODY MASSAGE TONES UP YOUR MUSCLES, IMPROVES BLOOD CIRCULATION, PREVENTS AGEING & STEAM BATH TOGETHER SOFTENS THE TOXINS & CLEARS THE CHANNELS. **(1HR)**

LAVANYA

(BEAUTY TREATMENTS)

- AYURVEDA HERBAL FACIAL, HIGH FREQUENCY FACIAL TO IMPROVE OXYGEN SUPPLY TO THE FACE & REMOVES MARKS, PIGMENTATION & REMOVES TOXINS **(1HR 30MNTS)**
- AYURVEDA GLOW GALVANIC FACIAL - IMPROVES GLOW TO THE FACE, BRING DOWN PIMPLES & SCARS, REMOVES TOXINS & NOURISHES THE FACIAL TISSUES & BRINGS ANTI AGEING EFFECT. **(1HR 30MNTS)**
- AYURVEDA MILK KIZHI FACIAL - FACIAL USING HERBAL SMALL BOLUS BAG DIPPING IN MILK DECOCTION **(1HR 30MNTS)**
- PEDICURE & MANICURE - CLEANING & TONING UP HANDS & FEET **(1 HR EACH)**



BODY SCRUB & WRAP

SCRUBBING THE WHOLE BODY WITH DRY POWDER & MASSAGE WITH WARM OIL & WAPPLY COOLING PASTE ALL OVER THE BODY & WRAP WITH BANANA LEAF - GIVES YOU COOLING & POSITIVE VIBES. (1HR 30MNTS)



KESYA CHIKITHSA (HAIR CARE TREATMENTS)

HAIR CARE TREATMENTS INCLUDING MASSAGE, STEAM & HAIR MASK APPLICATION. (1HR 30MNTS)

CHAVITTI UZHICHIL (FEET MASSAGE)

TONING UP THE MUSCULOSKELETAL SYSTEM OF THE BODY & IMPROVES THE FLEXIBILITY, DONE BY THE KALARI (MARTIAL ART) PERFORMER.



MUKTI (ANTI STRESS TREATMENT)

SHIRODHARA (POURING THE MEDICATED LIQUID OVER THE FOREHEAD CONTINUOUSLY - 45MNTS)
THALA POTHICHIL (APPLYING COOLING PASTE OVER THE SCALP AND WRAPING WITH BANANA LEAF FOR 45MNTS)



ARE NOW AVAILABLE

ISLAND BLISS



MAURITIUS



SRI LANKA



BALI



SEYCHELLES



MALDIVES

MIDDLE EAST AND FAR EAST WONDERS



DUBAI



BAHRAIN



CAMBODIA



VIETNAM



AZERBAIJAN



SINGAPORE



PHILIPPINES



THAILAND



MALAYSIA



HONG KONG

AFRICA FOREVER



SOUTH AFRICA



KENYA



TANZANIA

MEDITERRANEAN MAGIC



TURKEY



GREECE



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