our menu of traditional Ayurveda Treatments
Ayurveda uses ancient healing techniques composed of herbs & medicinal oils. It aims to remove the underlying causes of disease and restore the equilibrium of three subtle bio-energies, or doshas, known as Vata (nerve energy), Pitta (digestive energy) and Kapha (nutritive energy).

Our Ayurveda consultant provides a professional consultation and recommends tailor-made programmes to fit the specific needs of every individual. Specially trained Indian Ayurveda therapists carry out the treatments, and our Ayurveda chef coordinates and prepares special ayurvedic food and diets.

Discover our variety of treatments and programmes ranging from traditional massages to rejuvenation, body slimming, pregnancy care and many more on the following pages.
Signature Treatments

01 Soft-touch *Scrub & Trim*
This treatment includes an exotic stimulating full-body massage, with warm herbal bags in a decoction of oils, followed by a herbal powder scrub.

02 Voyage *Fatigue Relief*
This treatment aims to relieve jet lag symptoms. It includes a combination of body massage and the application of oils to the forehead with a gentle scalp massage. It also uses warm herbal poultices to ease stiffness in the muscles.

Ayur means ‘life’ & Veda is the ‘science or knowledge’
Elakizhi *Herbal Soothe*

Effective in soothing sore muscles and joints, treating arthritis and improving blood circulation. This unique treatment starts with a full-body massage and continues with two herbal leaf poultices, containing a composition of seven specific leaves from medicinal plants dipped in herbal oil.

*Be enchanted and escape into the mystical healing world of traditional Indian Ayurveda.*
Massages & Therapies

04 Abhyangam Relaxation
This medicinal herbal oil and full-body massage boosts alertness; helps ameliorate insomnia and reduce stress levels, fatigue and daily aches and pains, as well as supporting the immune system.

05 Marma Deep Tissue Massage
A stress relief massage, enhancing the flexibility of the joints, activating the body’s energy channels.

06 Dhara Herbal Tranquility
For reducing insomnia, mental stress and migraines. This full-body herbal oil massage, includes a soothing steady stream of oil dripping on the scalp.

07 Udvarthanam Massage & Exfoliation
This detoxifying and circulation improving massage uses a combination of herbal powder and oil to exfoliate the body, tone the skin and help reduce weight.

08 Naranga Kizhi Lemon & Herb Soothe
Effective in soothing sore muscles, treating arthritis and smoothing the skin. A unique stimulating therapy in which the full-body is massaged using herbal oil and warm poultices containing a mixture of fresh lemon zest, ground rock salt, coconut flakes and special herbal powders.

09 Ksheera Dhara Herbal Milk Treatment
This treatment strengthens the tissues and rejuvenates the skin. A full-body herbal oil massage, followed by a special treatment where the body is brought to sweat by warm milk infused with ten special herbs.

10 Kalari Muscle Massage with the feet
Improves flexibility and revitalizes the vital pressure points. A full-body massage is performed by the therapist using their feet. Special techniques can be incorporated to help realign the spine.

11 Pizhichil Wellbeing Therapy
For treating arthritis and nervous disorders. In this treatment the body is gently massaged to stimulate the circulation while being soaked in sacred, herbal medicinal oil. Deeply rooted toxins are released.

12 Lymphatic Massage
For lymphatic drainage. A full-body massage is performed to stimulate the circulation of blood, lymph and energy which helps your body eliminate the impurities gathered during the course of daily life. Lymphatic drainage helps to clear the passageways and is excellent after surgery.

13 Ayurveda Sore Feet Ease
For tired feet. This splendid therapy includes a special foot massage to help energize the channels of the body. The foot massage is done with warm herbal stamps and foot soak with warm medicated water.

14 Roopini Shaping Thighs & Hips
For weight loss. This massage helps to remove excess fat from the thighs and hips, as well as reducing cellulite by improving the circulation in the lower extremities. Frequent sessions help you to maintain an attractive silhouette.
15 Kati Vasti **Spine Care**
In this traditional treatment, which relieves fatigue of the upper or lower back, warm medicinal oil is poured into a ring made of black gram dough and this is placed on the spot of the pain or discomfort. The deep application of the oil radiates through the muscles, releasing tension and stiffness. Repeated sessions of this treatment are recommended for maximum benefits.

16 **Ayur Detox Wrap**
For relieving muscle ache. This treatment includes an exfoliating herbal scrub, a hot stimulating wrap with exotic spices, herbs and coconut milk, followed by a revitalizing body massage.

17 **Ayur Pregnancy Care**
This treatment for pregnant ladies helps soothe the body and mind, reducing backaches, strengthening and nourishing the muscles and releasing toxins.

18 **Ayurveda Neck & Shoulder Pain Ease**
To release tension in the neck and shoulders. A back massage is performed using oils infused with Indian herbs and alternating strokes of the palm and thumb. This is followed by the gentle application of herbal stamps in the neck and shoulder areas.
### Head & Face Treatments

**19 Sundari Face, Lips & Hair Care**
Includes an Indian head massage with herbal oil and herbal wash to revitalize the hair. Followed by a facial using red sandalwood powder, saffron and milk to give the skin luster. The facial includes a face and lip moisturizing massage.

**20 Maharani Face Care Queen’s Facial**
This facial uses a blend of Indian herbs, including red sandalwood and saffron to exfoliate and rejuvenate the skin. It also includes our signature facial toning massage, a head massage and a steam treatment. It nourishes the skin, making it healthier and leaving it with a natural glow.

**21 Nasyam Nasal Cleansing Therapy**
Nasal cleansing therapy, highly effective against headaches, migraines, sinusitis and allergies. A nasal cleansing of the head in which drops of herbal juices or medicated oil are applied via the nostrils, followed by a brief application of medicinal vapors.

### Miniature Treatments

**22 Indian Head Massage**
A scalp massage with herbal oils to release muscular tension from the head creating a deep sense of relaxation, improve sleep and prevent sinus congestion.

**23 Back & Neck Marma Massage**
A deep tissue back and neck massage with a soothing herbal oil blend that releases tension from the muscles and revitalizes the whole body.

**24 Back & Leg Marma Massage**
Manipulating the soft tissue of the back and legs by trained hands with the use of invigorating herbal oils helps ease away energy blocks in these areas and enables better movement and performance.

**25 Legs & Feet Marma Massage**
A massage performed on the soles of the feet to create a profoundly relaxing experience. The treatment benefits the entire body by stimulating the reflex zones of the feet.

**26 Lepanam Herbal Paste Application**
Herbal treatment for eczema and psoriasis. A herbal paste is applied to the affected area to soothe the skin and aid in healing.
Ayurveda Retreats

Our personalized retreats are built to cater for your total well-being, treating specific conditions and maintaining a healthy lifestyle. The recommended course of therapies is advised by our resident Ayurveda consultant and contains the following:

- Consultation with our Ayurveda consultant
- Individualized Ayurveda therapies
- Special healing herbal teas
- Hatha Yoga sessions (intermediate level)
- Personalized lifestyle and nutrition chart
- *On request*: a special Ayurveda food plan prepared by our Ayurveda consultant and cooked by our Ayurveda chef

27 Rasayana *Rejuvenation Therapy*

Rasayana, our rejuvenation therapy, gets its name from two Sanskrit words: ‘Rasa’, meaning the vital fluid of all the tissues in the body and ‘Aayana’, meaning a pathway. The therapy is applied externally through a course of treatments and internally by administering special herbal infusions. This helps to balance the metabolic process of the body, improves the functions of the vital organs and increases the immune system so as to slow down the ageing process.

28 **Absolute Relaxation Programme**

This highly effective course of treatments is aimed at releasing day-to-day stress. It has a calming effect and brings relaxation to both body and mind, helping you slow down the pace of life, improving your sleep and restoring your total balance. A blend of energizing massage therapies followed by a stimulating oil therapy takes away all tensions both mental and physical.

29 **Skin-Care Programme**

Being the mirror and barometer of an individual’s health, our skin reflects the body’s constitution. This customized skin-care therapy includes massages with herbal oils and powders, exotic facials, invigorating body wraps and herbal milk baths.
30 The Panchakarma Retreat
Ultimate Detoxification

This signature detoxification therapy in Ayurveda consists of a unique set of natural holistic health-giving therapeutic treatments designed to provide the ultimate purification of the entire body, both internally and externally. It works to eliminate all impurities and enable chemical detoxification. It also helps cleanse the deep-seated toxic imbalances in the body and restore immunity and overall strength, health and general well-being.

This retreat can reverse the negative effects of stress and pollution and can also assist in sustaining this process by making positive changes in your lifestyle. The therapeutic process appears quite simple in its application. However, its effects are powerful and effective.

31 Arthritis Care Retreat

This tailor-made treatment programme both helps prevent medical problems affecting the joints and connective tissues and restores the mobility of affected joints. The therapy includes soothing herbal oil applications and specialised massages to help lubricate the joints and thus reduce stiffness and soft tissue inflammation. It also slows down the progress of degenerative arthritic changes. A vast number of traditional herbal remedies are recommended to alleviate the pain and stiffness associated with joints and soft tissue.
**Sinusitis & Migraine** Therapy
We use an ancient and proven treatment for sinusitis and migraine that helps to reduce nasal congestion and prevents migraine attacks. Treatments include head massages, medicinal oil and herbal paste applications on the scalp, nasal cleansing therapy and inhalations of medicated steam and smoke.

**Body Slimming & Shaping** Retreat
Our slimming programme specifically focuses on weight management tailor-made for each guest. This therapy eliminates excess fat deposition in particular body areas. It includes various types of massage with medicated herbal liquid application to the body, medicated steam baths, special yoga exercises and intake of herbal teas. A specific dietary and lifestyle programme is composed specifically to suit your needs.

**Spine Care** Retreat
Your health and flexibility depends on the proper functioning of your spine. Ayurveda has solutions for rheumatism of the spine and soft tissue problems, such as cervical spondylosis and regional pain syndromes. Ergonomic-related alignment problems and soft tissue soreness are treated effectively with external herbal oil therapies and massages, helping to strengthen the spinal muscles and restore the spine’s full functional ability.
# Price List

<table>
<thead>
<tr>
<th>Signature Treatments</th>
<th>Soft-touch <em>Scrub &amp; Trim</em></th>
<th>90 minutes</th>
<th>€ 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>02 Voyage <em>Fatigue Relief</em></td>
<td>90 minutes</td>
<td>€ 150</td>
<td></td>
</tr>
<tr>
<td>03 Elakizhi <em>Herbal Soothe</em></td>
<td>75 minutes</td>
<td>€ 120</td>
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</tr>
<tr>
<td>04 Abhyangam <em>Body Revive</em></td>
<td>60 minutes</td>
<td>€ 80 (two hands) / € 110 (four hands)</td>
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<tr>
<td>05 Marma <em>Deep Tissue Massage</em></td>
<td>60 minutes</td>
<td>€ 80</td>
<td></td>
</tr>
<tr>
<td>06 Dhara <em>Herbal Tranquility</em></td>
<td>75 minutes</td>
<td>€ 120</td>
<td></td>
</tr>
<tr>
<td>07 Udvarthanam <em>Massage &amp; Exfoliation</em></td>
<td>75 minutes</td>
<td>€ 120</td>
<td></td>
</tr>
<tr>
<td>08 Naranga Kizhi <em>Lemon &amp; Herb Soothe</em></td>
<td>75 minutes</td>
<td>€ 120</td>
<td></td>
</tr>
<tr>
<td>09 Ksheera Dhara <em>Herbal Milk Treatment</em></td>
<td>90 minutes</td>
<td>€ 150</td>
<td></td>
</tr>
<tr>
<td>10 Kalari <em>Muscle Massage with the feet</em></td>
<td>60 minutes</td>
<td>€ 115</td>
<td></td>
</tr>
<tr>
<td>11 Pizhichil <em>Wellbeing Therapy</em></td>
<td>90 minutes</td>
<td>€ 150</td>
<td></td>
</tr>
<tr>
<td>12 Lymphatic <em>Massage</em></td>
<td>60 minutes</td>
<td>€ 80</td>
<td></td>
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<tr>
<td>13 Ayurveda <em>Sore Feet Ease</em></td>
<td>45 minutes</td>
<td>€ 65</td>
<td></td>
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<tr>
<td>14 Roopini <em>Body Shaping Thighs &amp; Hips</em></td>
<td>60 minutes</td>
<td>€ 100</td>
<td></td>
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<tr>
<td>15 Kati Vasti <em>Spine Care</em></td>
<td>45 minutes</td>
<td>€ 70</td>
<td></td>
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<tr>
<td>16 Ayur <em>Detox Wrap</em></td>
<td>60 minutes</td>
<td>€ 100</td>
<td></td>
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<tr>
<td>17 Ayur <em>Pregnancy Care</em></td>
<td>75 minutes</td>
<td>€ 120</td>
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<tr>
<td>18 Ayurveda <em>Neck &amp; Shoulder Pain Ease</em></td>
<td>45 minutes</td>
<td>€ 65</td>
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<tr>
<td>Massages &amp; Therapies</td>
<td>19 Sundari <em>Face, Lips &amp; Hair Care</em></td>
<td>60 minutes</td>
<td>€ 60</td>
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<tr>
<td>20 Maharani Face Care <em>Queen’s Facial</em></td>
<td>60 minutes</td>
<td>€ 75</td>
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<tr>
<td>21 Nasyam <em>Nasal Cleansing Therapy</em></td>
<td>30 minutes</td>
<td>€ 40</td>
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</table>
22 Indian *Head Massage*  
30 minutes € 30

23 Back & Neck *Marma Massage*  
30 minutes € 35

24 Back & Leg *Marma Massage*  
30 minutes € 35

25 Legs & Feet *Marma Massage*  
30 minutes € 35

26 Lepanam *Herbal Paste Application*  
30 minutes € 50

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**Ayurveda Cures & Therapies**

27 Rasayana *Rejuvenation Therapy*

28 Absolute Relaxation *Therapy*

29 Skin Care *Treatment*

30 The Panchakarma Retreat *Ultimate Detoxification*

31 Arthritis Care *Treatment*

32 Sinusitis & Migraine *Treatment*

33 Body Slimming & Shaping *Therapy*

34 Spine Care *Treatment*

<table>
<thead>
<tr>
<th>Rates per person / per day</th>
<th>2-3 days</th>
<th>4-6 days</th>
<th>7-9 days</th>
<th>10 and more days</th>
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<tr>
<td>120 min. treatments per day</td>
<td>€ 200</td>
<td>€ 195</td>
<td>€ 170</td>
<td>€ 140</td>
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<tr>
<td>60 min. treatments per day</td>
<td>€ 105</td>
<td>€ 100</td>
<td>€ 95</td>
<td>€ 85</td>
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</table>

Retreats & Therapies include:

Consultation with the Ayurveda physician, individualized daily Ayurveda treatments, special herbal teas to promote wellbeing, intermediate level Hatha Yoga sessions and personalized lifestyle and nutrition chart. Additional daily treatments can be provided at a supplement. Upon request an Ayurvedic meal plan can be prepared at an additional charge by our Chef.

Please note that prices are subject to change.
Etiquette:

• Before starting your consultation with our Ayurveda physician and/or treatment, please complete the Ayurveda Consultation Form.

• As Ayurvedic treatments are personalized, the exact plan of treatments and medicines can be fixed only after a detailed consultation with our Ayurveda physician.

• Please let us and our Ayurveda physician know if you have a current physical/medical condition: i.e., pregnancy, injury, fever, any other serious illness, any previous medical history of heart problems, high or low blood pressure, diabetes, chronic skin diseases or allergies before staring any treatments.

• The treatments given with our Ayurveda retreats may vary according to your condition and body constitution.

• Medicines and/or herbal teas will be provided during the treatment period.

• The treatments are not suitable for children under the age of 14.

• Please ensure that you rest after the treatments and try to reduce stress and mental activity.

The Science of Ayurveda:

The WHO (World Health Organization) recognizes Ayurveda under the category of TCAM (Traditional Complementary Alternative Medicine).

Indian medicine has a long history, and is one of the oldest organized systems of medicine. One view of the early history of Ayurveda asserts that, around 1,500 BC, fundamental and applied principles of the system were organized and enunciated. Ayurveda traces its origins to the Vedas (a large body of Hindu knowledge, wisdom and cultural texts), in particular Atharvaveda. This contains 114 hymns or formulations for the treatment of diseases. Ayurveda originated in and developed from these hymns.

One Ayurvedic theory asserts that each human possesses a unique combination of three subtle bio-energies, or doshas, known as vata (nerve energy), pitta (digestive energy) and kapha (nutritive energy), and it is that combination that defines a person’s temperament and characteristics. According to Ayurvedic medical theory, the three doshas are important for health as, when they are balanced, the body will be healthy, and when they are not in equal amounts, the body will be unhealthy in various ways.
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