



Life Process Re-engineering

Ayurveda Hospital & Research Centre



**GATEWAY COONOR**  
IHCL SELECTIONS

For more details & offers contact Extn No, or Reception

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#### Ayurvedic refreshment programme

(Sukha-rogya):

This package includes traditional whole body medicated oil massage accompanied by herbal steam bath, Benefits: Relieves tension,muscle spasm,improves blood circulation,and tones up skin and gives complete relaxation,freshness,and energy.

**Duration : 60mts,Rate : Rs.2125/-**

#### Ayurvedic De-Toxification programme

(Srothosudhi)

This package include snehakarma,full body massage followed by massage with roasted Ayurvedic herbs packed into a muslin bag (Elakizhi). Benefits: Relieves joint pain,back pain,stiffness, eliminates the toxins through perspiration and provides nourishment to deeper cells.

**Duration : 75 mts,Rate : Rs.3070/-**

#### Ayurvedic De-stress programme

(Manasanthi):

This unique package comprises of traditional whole body massage with "Sirodhara"Dripping of Luke warm oil on the forehead in a rhythmic manner accompanied by a gentle head massage.

Benefits : Improves blood circulation to brain,soothens neuronn,reduses tension,insomnia(sleeplessness) blood pressure,and calms mind and body.

**Duration : 75 mts,Rate : Rs.3425/-**

#### Skin and body care programme

(Sareerakanthi):

This package with body massage with special skin care ayurvedic oil (for 45mts),followed by massage with special cereal njavara cooked in milk and ayurvedic decontion (Njavarakizhi).

Benefits : Improves muscle strenghtness,complexion, luture and tones skin and also digestive power, metabolism,vitality and overall vigour.

**Duration : 90mts,Rate : Rs.3450/-**

#### Dridhagathram

(Power massage):

This package include gentle head massage accompanied by deep pressurised massage with roasted and powdered ayurvedic drugs (udwarthanam).

**Benifits** : Improves deep circulation,reduces water retension,fat deposition,skin saging,and makes the body firm and fit

**Duration : 60mts,Rate : Rs.4130/-**

#### Rejuvenative Holiday Package

(Punar Jeev):

This package starts with foor ritual followed by full body medicated oil massage and then accompanied by a gentle herbal massage and ends with sirodhara.

**Benifits** : Gives complete relaxation of mind and body, removes toxin through perspiration,improves blood circulation,reduces joint pains,back achr and gives a experience of healing touch of ayurveda

**Duration : 90mts,Rate : Rs.4130/-**



#### REVIVE REFRESH AND REJOICE

**Abhyangham** - Body massage with Ayurvedic oils.

**Duration : 45mts.Rate : Rs.1770/-**

**Sirodhara with face massage** - Duration : 45mts.

**Rate : Rs. 1770/-**

**Head neck and shoulder massage** - Duration : 30 mts

**Rate ; Rs.1415/-**

**Spine care treatment** - Duration : 30 mts

**Rate : Rs.1415/-**

**Feet care treatment** - Duration : 30 mts

**Rate : Rs.1180/-**

**Leg massage with pottili** - Duration : 40 mts

**Rate : Rs.1415 /-**

#### SPA AND BEAUTY TREATMENTS

**Spa relaxation massage** - Duration : 60 mts

**Rate : Rs. 2950/-**

**Body scrubbing accompanied by cream massage and steam bath** - Duration : 75mts.

**Rate : Rs.4130/-**

**Aroma massage** - Duration : 60 mts Rate : Rs.2950/-

**Herbal cream massage** - Duration : 60mts

**Rate : Rs.2950/-**

**Fruit facial** - Duration : 30mts.Rate:Rs.1415/-

**Antiageing ayurveda face treatment** - Duration:45mts.  
Rate:Rs.2360/-

**Aloe vera facial** - Duration:30mts.Rate:Rs.1415/-

**Hot oil head massage** - Duration:30 mts.Rate:Rs.1415/-

**Head massage with hair pack** - Duration:45mts.  
Rate;Rs.1770/-

**Feet care programme**-Duration:45mts  
Rate:Rs.1770/-

NB : (Cleanising detoxification (Panchakrama therapies) available as package for wellness and therapeutic purpose.Basic yoga courses and pranayama available with prior appointments

**Rates are inclusive of 18% GST**