







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 neuronns, reduses tension, insomnia (sleeplessness) blood pressure, and calms mind and body.

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



GATEWAY COONOOR

For more details & offers contact Extn No, or Reception

Dr.Rashmi Pramod (B.A.M.S.)

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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, luxture 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.

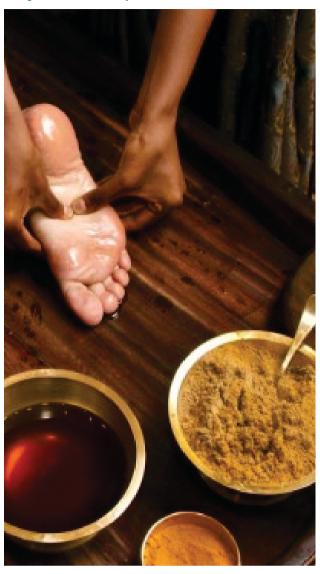
Benifits: Gives complete relaxation of mind and body, removes toxin through perspiration, improves blood circulation, reduces joint pains, back achr and gives a experience of healing touch of ayurveda

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





Ayurveda Hospital & Research Centre



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