

A Holistic Healing Centre for Today's Woman

Wellness Treatment Tariff

1



Abhyangam + Steam

Essential Ayurveda oil therapy to improve the overall well being of a person. Synchronized massage from head to toe with medicated oils followed by whole-body steam.

Duration: 75 Minutes

Cost: ₹ 1800/- Session

2



Abhyangam + Kizhi

Essential Ayurveda oil therapy to improve the overall well being of a person. After a synchronized full body oil massage, bundles made of herbal leaves or powders/lemon/garlic/njavara rice is dipped in warm oil to pat your body, especially in painful parts. This will help in increasing blood circulation. Ingredients vary according to indication.

Duration: 75 Minutes

Cost: ₹ 2400/- Session

3



Kanthi Face Care

Freshly prepared medicinal herbs along with fruit and vegetable pulp are applied to cleanse, nourish & revitalize your face.

Duration: 75 Minutes

Cost: ₹ 1600/- Session

4



Abhyangam + Scrub

Essential Ayurveda oil therapy to improve the overall well being of a person. After a synchronized full body oil massage, the body will be massaged with a freshly prepared herbal paste which will work as an exfoliating scrub. This will help in increasing blood circulation and result in fresh & smooth skin.

Duration: 90 Minutes

Cost: 3000/- Session

5



Head Massage

Full head massage with warm medicated oil to provide deep relaxation and release of tension. The continuous hand strokes increase blood circulation, brings clarity and strength to senses and the nervous system.

Duration: 30 Minutes

Cost: 600/- Session

6



Foot Massage

A foot massage that instills a state of deep relaxation and improves the quality of sleep. This gives you a sense of stability and being rooted in yourself, relieving anxiousness and tension.

Duration: 30 Minutes

Cost: 1000/- Session



7 Head, Neck & Back Spine Massage

Great therapy for stress and back pain. This massage helps you to relieve all your tension and relaxes your nervous system. A quick and effective therapy to ease your worries.

Duration: 45 minutes

Cost: ₹ 1200/- Session



8 Foot Massage + Foot Pack

A foot massage that instills a state of deep relaxation and improves the quality of sleep. This gives you a sense of stability and being rooted in yourself, relieving anxiousness and tension. The foot massage is followed by a foot pack that will rejuvenate and refresh your tired feet.

Duration: 30 Minutes

Cost: ₹ 1200/- Session



9 Head Pack

Full head massage with warm medicated oil to provide deep relaxation and release of tension. The continuous hand strokes increase blood circulation, brings clarity and strength to senses and the nervous system. This is followed by an application of herbal hair pack to give a cooling effect and hair nourishment. Very effective for dandruff treatment.

Duration: 30 Minutes

Cost: ₹ 1500/- Session



10 Head, foot & Face Care

A perfect combination of head, foot & face care to keep you fresh and relaxed. Full head massage with warm medicated oil to provide deep relaxation and release of tension. The continuous hand strokes increase blood circulation, brings clarity and strength to senses and the nervous system. This is followed by a massage on feet and then a massage, scrub and pack for your face.

Duration: 60 Minutes

Cost: ₹ 1500/- Session



11 Flax Seeds Hair Protein Pack

Full head massage with warm medicated oil to provide deep relaxation and release of tension. The continuous hand strokes increase blood circulation, brings clarity and strength to senses and the nervous system. This is followed by an application of a specially and freshly prepared flaxseeds hair pack to give a cooling effect and protein-rich hair nourishment.

Duration: 60 Minutes

Cost: 1,200/- Session



12 Abhyangam + Fruit Massage

Essential Ayurveda oil therapy to improve the overall well being of a person. After a synchronized full body oil massage, the body will be massaged with the pulp of fresh fruits which will work as a nourishing and hydrating bodypack. This will help in increasing blood circulation and result in soft & supple skin.

Duration: 90 Minutes

Cost: 2,500/- Session



13 Abhyangam + Scrub + Pack

Essential Ayurveda oil therapy to improve the overall well being of a person. After a synchronized full body oil massage, the body will be massaged with a freshly prepared herbal paste which will work as an exfoliating scrub followed by a suitable bodypack. This will help in increasing blood circulation resulting in soft & smooth skin.

Duration: 120 Minutes

Cost: 3,200/- Session



Nagarjuna Sthree Ayurveda Centre

For Women. By Women

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