PRICE-LIST

1) GENERAL BODY MASSAGE: The body is massaged with various oils. It tones, improves circulation, restores energy and provides relaxation.

A- With basic oil: Duration: 50 minutes Rs. 700/- per session

B- With special Ayurvedic oils: Duration: 50 minutes Rs. 900/- per session

C- With aroma oil-essential oils: Duration: 50 minutes Rs. 1000/- per session

2) ABHYANGA-HEAD, FACE AND BODY MASSAGE: In this head, face and body is massaged with various oils. It tones, improves circulation, restores energy and provides relaxation.

A- With basic oil: Duration: 70 minutes Rs. 1000/- per session

B- With special Ayurvedic oils: Duration: 70 minutes Rs. 1200/- per session

C- With aroma oil-essential oils: Duration: 70 minutes Rs. 1400/- per session

3) SIRODHARA: This is the most popular and relaxing therapy in Ayurveda. In this therapy Ayurvedic medicated oil is continuously poured in a thin stream on the forehead in a special pattern for fixed time. Good for relaxation, insomnia, anxiety and mental stress.

Sirodha with only head and face massage – duration: 50 minutes Rs. 1400/- per session

Sirodha with 2)-A massage Duration: 90 minutes Rs. 2100/- per session
<table>
<thead>
<tr>
<th>Therapy</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sirodhara with 2)-B massage</td>
<td>90 minutes</td>
<td>Rs. 2300/-</td>
</tr>
<tr>
<td>Sirodhara with 2)-C massage</td>
<td>90 minutes</td>
<td>Rs. 2500/-</td>
</tr>
<tr>
<td>4) PIZHICHIL (OIL THERAPY-BATH)</td>
<td>Duration: 55 minutes</td>
<td>Rs. 1600/-</td>
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<tr>
<td>Pizhichil with head and face massage</td>
<td>Duration: 55 minutes</td>
<td>Rs. 1600/-</td>
</tr>
<tr>
<td>Pizhichil with 2)-A massage</td>
<td>Duration: 1 hour 40 minutes</td>
<td>Rs. 2300/-</td>
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<td>Duration: 1 hour 40 minutes</td>
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</tr>
<tr>
<td>Pizhichil with 2)-C massage</td>
<td>Duration: 1 hour 40 minutes</td>
<td>Rs. 2700/-</td>
</tr>
<tr>
<td>5) PATRASWEDAN</td>
<td>Duration: 20 minutes</td>
<td>Rs. 400/-</td>
</tr>
<tr>
<td>6) AYURVEDIC BEAUTY TREATMENT</td>
<td></td>
<td>Rs. 450/-</td>
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<tr>
<td>7) STEAM BATH</td>
<td></td>
<td>Rs. 300/-</td>
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<tr>
<td>8) NASYAM</td>
<td></td>
<td>Rs. 300/-</td>
</tr>
</tbody>
</table>

(Some other therapies are also done like Tarpanam, kativasti etc on specific requirement. Panchkarma package, relaxation package, rejuvenation package and stress)
(Taxes extra as applicable. Rates are subject to change)

*We do not entertain cross gender massages.

*kindly let us know if you need concentration on specific area-body part. Kindly let us know whether you prefer strong, medium or light massage.

*After any therapies we suggest to have bath at least after 45 to 60 minutes. After massages we wipe the body with hot towels so very mild oil is left on the body and you can have clothes on.

Our services

Kerala Ayurveda Kendra service includes Ayurveda consultation, Ayurveda medicines, Ayurveda therapies, beauty therapies, Ayurveda massage-panchkarma training courses and spa consultancy also.

Ayurveda Consultaion(With appointment only) involves Ayurveda dosha analysis or consultation for various health problems like arthritis, skin problems, depression-anxiety disorders, obesity etc.

We provide various medicines, oils, herbal teas & beauty products from various reputed companies of India.

Ayurveda therapies involve various massages, Sirodhara, aroma therapies, facials etc.

We provide small training courses on various aspects of Ayurveda like ayurveda massage techniques, panchkarma therapies etc.

We do offer ayurveda treatment packages for various health problems which lasts from 3 days to 21 days.

Reservation

Advanced bookings for treatments are highly recommended to avoid disappointment. Should you arrive late for your scheduled treatment, we endeavour to accommodate you to the best of our abilities

Timings

Kerala Ayurveda Kendra C-scheme Branch open daily 8 am to 9 pm and Banipark branch
open from 9 am to 8.30 pm. Last appointment is taken 1 hour prior to closing time.

Valuables

While we Endeavour to look after your belongings, the centre will not be liable for loss of your valuables. We urge to leave your valuables in your hotel or residence or purse or locker in the therapy room.

Health conditions

Kindly advice us of any health condition, allergies or injuries, which could affect your treatment. Guest with severe-acute pain, cardiac problem, and pregnant woman are advised to consult doctors before treatments.

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THERAPY PACKAGES

Ayurveda consultation charges 300 INR per person

Package: 1 – Fifteen days weight loss package
We can offer you a fifteen days package for weight loss. This package will include-
7 sessions of Udawarthanama-dry herbal powder massage and 7 sessions of herbal steam -50 minutes
3 General Body massage + Patraswedan – 75 minutes
2 Abhyanga-head,face and body massage + Patraswedan – 90 minutes
3 session of Pizhichil – 100 minutes
4 herbal enemas -10 minutes (will be done with above therapies)
This package will take 15 days and will cost you 20400 INR

Package: 2 – Ten days weight loss package
4 sessions of Udwarthanam massage + 4 herbal Steam bath . Duration 50 minutes each day
3 sessions of G.B.M. + patraswedan duration 70 minutes each day
3 sessions of Abhyanga + Pizhichil duration - 95 minutes each day
3 herbal enemas also.
This package cost 14900 INR

Package: 3 – One week rejuvenation package
1st day Abhyanga + Herbal Steam - 80 minutes
2nd day Nasyam + Gen. Body massage + Patraswedan - 85 minutes
3rd day Ayurvedic facial + Gen. Body massage + Patraswedan - 85 minutes
4th day Nasyam + Abhyanga + herbal steam – 90 minutes
5th day Abhyanga + Sirodhara – 90 minuites
6th day Abhyanga + Sirodhara + Patraswedan – 105 minutes
7th day Abhyanga + Pizhichil – 100 minutes
This package for 7 days rejuvenation programme costs 13050 INR

Package: 4 – two week rejuvenation programme
1st day Abhyanga – 70 minutes
2nd day Nasyam + Udwarthanam + Herbal Steam – 65 minutes
3rd day Abhyanga + Patraswedan – 85 minutes
4th day Ayurvedic Facial + Udwarthanam + Herbal Steam
5th day Abhyanga + Sirodhara – 90 minutes
6th day Tarpanam + Gen. Body massage + Patraswedan – 90 minutes
7th day Nasyam + Abhyanga + Sirodhara – 95 minutes
8th day Abhyanga + Pizhichil – 100 minutes
9th day Ayurvedic Facial + Gen. Body massage + Kashayvasti -75 minutes
10th day Abhyanga + Pizhichil – 100 minutes
11th day Tarpanam + Gen. Body massage + Patraswedan – 90 minutes
12th day Abhyanga + Sirodhara – 90 minutes
13th day Nasyam or tarpanam + Gen. Body massage + Kashayvasti-90 minutes
14th day Abhyanga + Pizhichil+ Snehavasti – 110 minutes
This package costs 25300 INR

Package: 5 – 3 days rejuvenation programme
1st day Abhyanga + Herbal Steam-80 minutes
2nd day Abhyanga + Sirodhara-90 minutes
3rd day Abhyanga + Pizhichil-100 minutes
The cost of the package is 5950 INR

Package: 6 – 3 days stress management
1st day Abhyanga + Patraswedan – 85 minutes
2nd day Abhyanga + Sirodhara – 90 minutes
3rd day Abhyanga + Sirodhara – 90 minutes
This package costs 5850 INR

Package: 7 – 7 days stress management
1st day Abhyanga + Herbal Steam-80 minutes
2nd day Abhyanga + Sirodhara-90 minutes
3rd day Ayurvedic Facial + Gen. Body Massage + Patraswedan-1100 INR
4th day Abhyanga + Sirodhara-90 minutes
5th day Abhyanga + Sirodhara-90 minutes
6th day Abhyanga + Pizhichil-100 minutes
7th day Abhyanga + Sirodhara-90 minutes
This package costs 13900 INR

Package: 8 – 7 days pain management programme
1st day Abhyanga + Herbal Steam - 80 minutes
2nd day G.B.M. + Patraswedan – 70 minutes
3rd day G.B.M. + Patraswedan – 70 minutes
4th day G.B.M. + Patraswedan – 70 minutes
5th day Abhyanga + Pizhichil – 100 minutes
6th day Abhyanga + Pizhichil – 100 minutes
This package costs 9300 INR

Package: 9 – 11 days pain management programme
1st day Abhyanga + Herbal steam – 80 minutes
2nd day G.B.M. + Patraswedan – 70 minutes
3rd day G.B.M. + Patraswedan – 70 minutes
4th day G.B.M. + Patraswedan – 70 minutes
5th day Abhyanga + Pizhichil – 100 minutes
6th day Abhyanga + Pizhichil – 100 minutes
7th day Abhyanga + Pizhichil – 100 minutes
8th day G.B.M. + Churna pinda swedan – 70 minutes
9th day G.B.M. + Churna pinda swedan – 70 minutes
10th day G.B.M. + Churna pinda swedan – 70 minutes
11th day Abhyanga + Herbal steam – 80 minutes

This package costs **16200 INR**

**Package: 10 – 3 days Beauty care programme**
1st day Ayurvedic facial + G.B.M. + Herbal steam – 80 minutes
2nd day Abhyanga + Navarakizhi-90 minutes
3rd day Abhyanga + Navarakizhi – 90 minutes

This package costs **4900 INR**

**Package: 11- 7 days Beauty care programme**
1st day Ayurvedic Facial + G.B.M. + Herbal Steam – 80 minutes
2nd day Abhyanga + Navarakizhi- 90 minutes
3rd day Abhyagna + Navarakizhi- 90 minutes
4th day Ayurvedic facial + G.B.M. + Herbal Steam
5th day Abhyanga + Pizhichil
6th day Abhyanga + Pizhichil
7th day Abhyanga + Navarakizhi – 90 minutes

This package costs **12800 INR**

Other therapies KATIVASTI are also done on specific requirement. Panchkaram packages, Relaxation packages, Rejuvanation package and stress management packages are also offered.