



# THANK YOU

## CONTACT US

☎ 90039 12337

@aswin\_kerala\_ayurvedic

## BENIFITS

- Pain Management
- Stress & Anxiety Reduction
- Improved Sleep
- Enhanced Mental Clarity
- Improve Circulation
- Promotes Emotional Balance
- Improves Digestion & Metabolism



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## TREATMENTS

Abyangam	1200
Shirodhara	1000
Vasthi	600
Kadi,Janu,Nabhi,ex	
Navara Kizhi	1500
Podi Kizhi	1000
Padha abyanga	500
Nasyam	800
Shiro abyangam	500
Face massage	200
Pichu	400
Mukhalepam	500
Ekanaga Dhara	500
Ekanaga Kizhi	500
Swedhanam	300
Back massage	500

## COMBO PACK

Abyangam + Swedhanam	1300
Abyangam + Udwarthanam	1800
Abyangam + Dhanyamladharam	1800
Abyangam + Elakizhi	1500
Abyangam + Herbal Facial	1400
Abyangam + Podi Kizhi	1800
Abyangam+ Navara Kizhi	2000
Abyangam + Vasthi	1400
Shirodhara + Pichu	1000
Padha abyangam + Ekanaga Kizhi	800
Face massage + Mukhalepam -	500
Shiro Abyangam + Pack	500
Shirodharam + Abyanga	1800



# REJUVENATION TREATMENT



## 1. Main Things

Head massage  
Back massage  
Face massage  
Full body massage  
Packs  
Steam Full Body  
Facial

## 2. Head

Oil massage  
Head pack  
(Amala/Bhringraj/Henna/Neem  
Hibiscus/yeetha/Shikakai)  
Shirodhara  
Ksheeradhara

## 3. Face

Face massage  
Cleaning  
Scrub  
Steam  
Pack  
Serum  
(Face packs- Navara, Hibiscus,  
Manjal, Irattai madhuram,  
Kumkumadi)

## 4. Full body

Oil massage  
Body packs  
Steam  
Dhara (pain)  
Kizhi  
Udwarthanam

## Benefits

Deep cleansing  
Reduce Marks  
Pain management  
Stress & Anxiety Reduction  
Improved sleep  
Enhanced mental clarity

**Treatment Time**  
**1hrs to 2 hrs**

