"Sama dosha samagnischa sama dhatu malakriyaha |
Prasanna aatmendriya mana swasthya ithyabhidiyathe ||"



Massage: Nasya Ayurvedic

The nose is the doorway to our brain and it is also the doorway to consciousness. The nasal admnistration of medication in Ayurvedic is called Nasya. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is removed through this process by means of the nearest possible opening which is the nose.

Herbal juices, medicated oils etc. are applied through the nose for the time duration as prescribed by the Ayurveda expert. This Benefits of Nasya are immense and treatment is highly effective for certain kinds of Headaches, Sinus, Paralysis, Mental disorders, Pre-mature graying of hair, clarity to voice.





Time: 45 minutes

7 days: 8850 denars / 143 Euros

Detoxe Massage

This is a very special massage which is used for detoxification of your whole body. DETOXE massage is a method to cleanse the body's internal systems and organs and it is one of the oldest known medical treatments. In this massages special marma points are used to awake the lymph glands of the body and naturally throw the toxins from the body. Because the body's natural cleansing systems are no longer up to the task, proponents of detoxification say everyone should detoxify at some point. This massage will help you to remove various symptoms that are caused of toxicity which include headache, fatigue, congestion, backaches, aching or swollen joints, digestive problems, allergy symptoms, and sensitivity to chemicals, perfumes, and synthetics.





Time: 80 minutes massage + 15 minutes steam bath

1 day: 3200 denars / 51 Euros 3 days: 8700 denars / 140 Euros 7 days: 18300 denars / 295 Euros



Massage: Shirodhara

Shirodhara works primarily on the mental sheath or "manomaya kosha" as it is referred to in Ayurveda.

Shirodhara is traditionally used to calm the nerves, harmonize vata constitutions, restore the nerves, release stored emotions, and purify the mind. In Ayurvedic Medicine, it is considered an important tool in the pursuit of higher states of consciousness. Shirodhara has been traditionally shown to help with fatigue, mental exhaustion, anxiety, insomnia, some mental disorders, headache, excessive thinking, nervousness, and many other conditions commonly affecting persons in today's active lifestyle.





Time: 60 minutes massage

1 day: 6200 denars / 100 Euros 3 days: 12400 denars / 200 Euros 7 days: 21200 denars / 340 Euros

Massage: Udvartana

Udvartana is deeply penetrating herbal paste lymphatic massage. This full body massage uses a paste prepared from ground grains to cleanse the skin, improve circulation, and help weight loss. It is particularly good for skin care as its powerful exfoliating effect magically conditions the skin. It is almost similar to Abhyanga but more invigorating. Also it uses herbal paste instead of oil. The paste is made with various organic grains, flours, herbs and oils and applied with upward strokes during massage. Udvartana massage is particularly used for people having Kapha dosha.



Time: 45 minutes massage

1 day: 2700 denars / 43 Euros3 days: 7500 denars / 120 Euros7 days: 14750 denars / 237 Euros



Massage: Padabhyanga

Herbaal oil is applied to the feet and lower legs using specialized strokes. This treatment alleviates fatigue, promote mobility and strength and prevents the occurence of sciatica. This is very helpful for the Diabetic people as foot care and increases eye sight.

Head massage

Herbal oil is applied to head ,ear, and face using specialized strokes.this area contain nerve plexes and pressure points which are connected to the entire body. This treatment revitalises, relieve stress and fatigue, promote sound sleep and increases the circulation to head.





1 day: 1800 denars / 30 Euros 3 days: 4960 denars / 80 Euros 7 days: 9300 denars / 150 Euros

Dinacharya (Daily Regimen Practices)

A daily regimen of care for the head,body,and 5 sense organ is prescribed in ancient Ayurveda texts. When practiced daily this technique help to prevent disease and enhance well being

Abhyanga (full body oil massage)
Gandoosha (herbal gargling for oral care)

Karna poorana (ear care)

Anjana (eye care)
Nasya (nasal care)





Time: 120 minutes massage

1 day: 6200 denars / 100 Euros





Massage: Njavarakizhi

Njavarakizhi is another special Ayurvedic full-body massage therapy. Boluses of njavara rice, which is boiled and medicated is wrapped in hand-size cotton bags. Kizhi is such a bag of any cloth made by wrapping something inside and tying on side to keep the wrapped items safe.

In the massage program, the kizhi (boluses of njavara made into a handheld bag) is dipped in warm decoctions. There are two masseurs applying kizhi to the whole body of the person. This makes the body of the person perspire and this method provides direct nourishment to soft tissues near the skin.





Time: 60 minutes massage

1 day: 3200 denars / 51 Euros 3 days: 8700 denars / 140 Euros 7 days: 18300 denars / 295 Euros

Massage: Mukhalepam

Mukhalepam or mukhalepanam is a simple Ayurvedic skin caretherapy which includes the application of freshly prepared facial creams and massaging them off after 30-45 minutes. Mukham in Malayalam means face and lepa, lepana or lepanam means application of a paste. The herbal pack contains different herbs made into a paste. It prevents aging of skin, avoids wrinkles and gives a good skin tone. It avoids pigmentation or discoloration of facial skin, and is beneficial in treating sun burn related conditions. The herbal combination is chosen after assessing the skin type of the person and the specific requirements.



1 day: 1900 denars / 31 Euros3 days: 5400 denars / 87 Euros7 days: 12400 denars / 200 Euros



Ayurvedic lifestyle and nutrition consultation



Ayurveda promotes a lifestyle that is in harmony with nature. Rather than treating the illness, Ayurveda strives to restore the balance in your daily life which in effect triggers the body's natural healing process and metabolism and helps you bounce back to a state of vibrant health and radiance.

What to Expect:

Learn about your unique constitutional (dosha) type. Learn how to bring yourself into perfect and balanced health.

Understand what is your dosha and make small changes to your lifestyle to bring about balance.







Time: 45 minutes

Price: 800 denari / 13 Euros

Massage: Abhyanga

"The body of one who uses oil massage regularly does not become affected much even if subjected to accidental injuries, or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age."

~ Charaka Samhita Vol. 1, V: 88-89

Abhyanga is the anointing of the body with oil. For thousands of years people have used abhyanga to maintain health, benefit sleep patterns, increase longevity. It has also been used as a medicine for certain disorders. Abhyanga can be incorporated into a routine appropriate for almost anyone.





Time: 45 minutes massage + 15 steam bath

1 day: 1900 denars / 31 Euros3 days: 5400 denars / 87 Euros7 days: 12400 denars / 200 Euros





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