



TREATMENTS	DURATION	AMOUNT	DISEASES CONDITIONS
ABHYANGA [Full body massage]	60 min	59 NZD	Rheumatoid arthritis, for soft & smooth skin, osteoarthritis, for relaxation, postnatal care, for lymphatic drainage
ABHYANGA [Massage for low back pain]	45 min	49NZD	Low back pain, lumbosacral pain, Sciatica
ABHYANGA [Massage for neck & shoulder]	45 min	49 NZD	Cervical Spondylosis, Neck & shoulder pain, Frozen shoulder
PODIKIZHI	60 min	59 NZD	Arthritis, Sciatica, post trauma care, Muscular pain, Relaxation
PIZHICHIL	45 min	79NZD	Arthritis, Paralysis, Muscular atrophy, Hypertension, sleeplessness
SHIRODHARA	60 min	79NZD	Migrane, Insomnia, stress relief, Hypertension
NASYAM	30 min	39NZD	Head ache, Migrane, Frozen shoulder, premature skin wrinkles
NJAVARA KIZHI	45 min	79NZD	Neuromuscular & Musculoskeletal diseases like Muscle wasting, Muscular weakness
GREEVA VASTI	30 min	39 NZD	Cervical Spondylosis, Neck pain
KATI VASTI	30 min	39NZD	Back pain, lumbosacral pain, Sciatica
KARNAPOORANAM	30 MIN	39 NZD	Ear infections
PADA ABHYANGA [Foot massage]	30 min	39 NZD	Improves foot and leg muscle tone, promotes good sleep, Plantar fasciitis
SHIROABHYANGA [Head massage]	30 min	39 NZD	Relaxation, promotes good sleep, good for head ache
STEAM BATH	15 min	29NZD	Provided with all body massages [Abhyanga]

## CLINICAL TRETMENTS

- RHUMATOID ARTHRITIS
- OSTEOARTHRITIS
- FROZEN SHOULDER
- KIDNEY STONES
- GALL BLADDER STONES
- POLYCYSTIC OVARY [PCOD]
- DIABETES
- HYPERTENSION
- CHOLESTEROL
- SCIATICA
- LOW BACK PAIN
- SINUSITIS
- MIGRANE
- NEUROMUSCULAR DISEASES
- MOTOR NEURON DISEASES
- ASTHMA
- ALLERGY
- INFERTILITY
- ULCERATIVE COLITIS
- OBESITY
- ANTENATAL CARE
- POSTNATAL CARE



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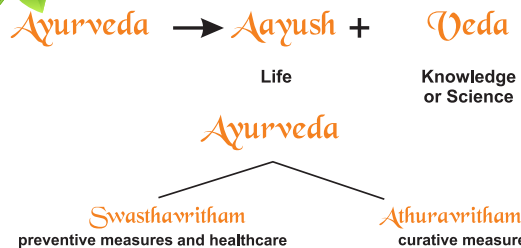
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# Authentic Ayurvedic Treatments





## Ayurveda

India's traditional, natural system of medicine that has been practiced for more than 5,000 years. Ayurveda provides an integrated approach in preventing and treating illness through lifestyle interventions and natural therapies. It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health.



## Podikizhi



The herbal powder is heated and fried in herbal oils tied in a bolus to rub against the painful parts for a fixed duration of time.

Benefits:

Osteoarthritis  
Rheumatoid Arthritis  
Lumbar spondylosis  
Cervical spondylosis  
Musculoskeletal pains  
Myalgia

## Shirodhara



This is a treatment in which the medicated oils are poured in streams over the head of the patient for a stipulated amount of time.

Benefits:

Reduce anxiety and hypertension  
Post-Traumatic Stress Disorder  
Insomnia and Shift Work Sleep Disorder  
Headache  
Improve focus and concentration

## Nasyam



The procedure where the medicated oils are administered through the nostrils.

Benefits:

Rhinitis – running nose  
Tonsillitis  
hyper pigmentation, freckles  
Migraine & headache  
Stiffness of shoulder,  
Nasal disorders  
facial paralysis  
Motor neuron disorders  
Neuro muscular disorders

## Abhyanga



The application of medicated oil over the body in different strokes according to the diseased condition.

Benefits:

Increases blood circulation  
Calms the nerves  
Lubrication of the joints  
Increased mental alertness  
Softer, smoother skin  
Better, deeper sleep at night

## Post Natal Care



The initial week soon after delivery is of immense importance. Both mother and the newly arrived guest need attention and special care.

**Why care of the mother in the first week after delivery is so important?**

Soon after delivery, the mother's uterus starts involution. Lactation slowly begins, mother's mental health will be little unstable. The digestion power, hygiene and immunity will be very low in the mother. Hence special care to strengthen the mother is very necessary.

