

Stress relief



7 DAY STANDARD PACKAGE - 749 €

Day 1: Ayurvedic consultation and pulse diagnosis.
Virecana – Purgation using Ayurvedic medicines.
Sarvanga Abhyanga – Ayurvedic full body massage.

Day 2: Podikizhi – Stamp massage using Ayurvedic medicated powders. Shirodhara – Pouring medicated oil on forehead.

Day 3: Sarvanga Abhyanga – Ayurvedic full body massage. Padabhyanga – Ayurvedic foot massage.

Day 4: Pizhichil – Pouring medicated oil on the body.
Head massage – Ayurvedic head massage.

Day 5: Shiro dhara – Pouring medicated oil on the forehead. Ksheeradhara – Pouring medicated milk on the forehead.

Day 6: Udwartana – Powder massage with Ayurvedic medicated powders. Shiro Abhyanga – Ayurvedic head massage.

Day 7: Pizhichil – Pouring medicated oil on the head.
Vasti – Medicated enema.

14 DAY MEDIUM PACKAGE - 1.499 €

Day 1: Virecana – Ayurvedic medicated purgation.
Shirodhara – Pouring medicated oil on the forehead.

Day 2: Shirodhara – Pouring medicated oil on the forehead. Pizhichil – Pouring medicated oil generally or locally.

Day 3: Kashayadhara – Pouring medicated decoction on the body. Shiro Abhyanga – Ayurvedic head massage.

Day 4: Pichu – Placing medicated cloth on the pain affected part of the body. Nasya – Pouring medicated oil on the nostril.

Day 5: Ksheeradhara – Pouring medicated milk on the forehead. Podikizhi – Ayurvedic stamp massage using medicated powders.

Day 6: Dhanya kizhi – Ayurvedic stamp massage using pulses and cereals. Takra dhara – Pouring medicated buttermilk on the forehead.

Day 7: Taila dhara – Pouring medicated oil on the forehead. Padabhyanga – Ayurvedic foot massage.

Day 8: Pichu – Placing medicated cloth fold on the forehead. Podikizhi – Ayurvedic stamp massage using medicated powders.

Day 9: Dhanya kizhi – Stamp massage using medicated pulses and cereals. Shirodhara – Pouring medicated oil on the forehead.

Day 10: Shiro dhara – Pouring medicated oil on the forehead. Padabhyanga – Ayurvedic foot massage.

Day 11: Ksheera dhara – Pouring medicated milk on the forehead. Shiro Abhyanga – Ayurvedic head massage.

Day 12: Pizhichil – Pouring medicated oil on the pain affected part of the body. Udwartana – Ayurvedic powder massage using medicated powders.

Day 13: Kashaya dhara – Pouring medicated decoctions on the body. Podikizhi – Ayurvedic stamp massage using medicated powders.

Day 14: Shiro dhara – Pouring medicated oil on the forehead. Dhanyakizhi – Ayurvedic stamp massage using medicated cereals and pulses.

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21 DAY PREMIUM PACKAGE – 2.399 €

- Day 1:** Virecana – Purgation using Ayurvedic medicines. Sarvanga Abhyanga – Ayurvedic full body massage.
- Day 2:** Podikizhi – Stamp massage using Ayurvedic medicated powders. Shirodhara – Pouring medicated oil on forehead.
- Day 3:** Sarvanga Abhyanga – Ayurvedic full body massage. Padabhyanga – Ayurvedic foot massage.
- Day 4:** Pizhichil – Pouring medicated oil on the body. Head massage – Ayurvedic head massage.
- Day 5:** Shiro dhara – Pouring medicated oil on the forehead. Ksheeradhara – Pouring medicated milk on the forehead.
- Day 6:** Udwartana – Powder massage with Ayurvedic medicated powders. Shiro Abhyanga – Ayurvedic head massage.
- Day 7:** Pizhichil – Pouring medicated oil on the head. Vasti – Medicated enema.
- Day 8:** Pichu – Pouring medicated cloth fold on the forehead. Podikizhi – Ayurvedic stamp massage using medicated powders.
- Day 9:** Dhanya kizhi – Stamp massage using medicated pulses and cereals. Shirodhara – Pouring medicated oil on the forehead.
- Day 10:** Shiro dhara – Pouring medicated oil on the forehead. Padabhyanga – Ayurvedic foot massage
- Day 11:** Ksheera dhara – Pouring medicated milk on the forehead. Shiro Abhyanga – Ayurvedic foot massage.
- Day 12:** Pizhichil – Pouring medicated oil on the pain affected part of the body. Udwartana – Ayurvedic powder massage using medicated powders.
- Day 13:** Kashaya dhara – Pouring medicated decoctions on the body. Podikizhi – Ayurvedic stamp massage using medicated powders.
- Day 14:** Shiro dhara – Pouring medicated oil on the forehead. Dhanyakizhi – Ayurvedic stamp massage using medicated cereals and pulses.
- Day 15:** Podikizhi – Stamp massage using Ayurvedic medicated powders. Shirodhara – Pouring medicated oil on forehead.
- Day 16:** Sarvanga Abhyanga – Ayurvedic full body massage. Padabhyanga – Ayurvedic foot massage.
- Day 17:** Pizhichil – Pouring medicated oil on the body. Head massage – Ayurvedic head massage.
- Day 18:** Shiro dhara – Pouring medicated oil on the forehead. Ksheeradhara – Pouring medicated milk on the forehead.
- Day 19:** Udwartana – Powder massage with Ayurvedic medicated powders. Shiro Abhyanga – Ayurvedic head massage.
- Day 20:** Pizhichil – Pouring medicated oil on the head. Vasti – Medicated enema.
- Day 21:** Pichu – Pouring medicated cloth fold on the forehead. Podikizhi – Ayurvedic stamp massage using medicated powders.