

# ANAHA – THE WELLNESS SPA



## MASSAGES, AN INTRODUCTION

The comfort, warmth and reassurance of “touch” can improve the body’s wellbeing by stimulating its own natural healing abilities and restoring both the physical and the psychological self.

Massages offer the ideal solution to the damaging effects of accumulated stress and aid in harmonizing the body and mind.



Regular massage strengthens and tones the entire body system. Depending on your need, the variety of Massages at Shreyas gives you the option to either stimulate or alternately calm the nervous system by easing tension, stiffness and pain leaving you with an enhanced sense of “wellbeing”

# BALINESE MASSAGE

This is an oil-based massage that involves deep manipulation of the body's soft tissues. It concentrates primarily on the connective tissues of the muscles. The therapist uses smooth but deep thumb pushes along each individual muscle, following the course of the body's energy channels (meridians). It is excellent for treating stiff and painful muscles. An hour of this massage is enough to leave you feeling relaxed, refreshed, rejuvenated and re-energized.

# THAI MASSAGE

Traditional Thai Massage is a fusion of bodywork techniques ranging from Acupressure, Yoga and Reflexology, designed to relax and open the body's natural energy flow. Unlike the scooping and continuous strokes of western-style massage, this massage uses point pressure, muscle stretching and compression done in a rhythmic moment of gentle rocking. Thai massage is commonly referred to as Lazy Man's Yoga as the therapist helps stretch your body into a variety of Yoga-like positions, whilst giving manual compression strokes on the muscles to further enhance the stretch and release tension. For your session, please wear loose and comfortable clothing. No oils are used in a traditional Thai Massage session and it is performed on Thai massage bed.

# SWEDISH MASSAGE

Per Henrik Ling, a Swedish doctor developed this in the 1700's. The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. This massage helps in increasing the oxygen flow in the blood and releases toxins from the muscles. It also stimulates the skin and nervous system resulting in reduction of emotional and physical stress.

# AROMATHERAPY MASSAGE

For this massage, based on your need, the therapist chooses the blend of essential oils that either stimulate or relax you. It is good for chronic conditions such as stress, insomnia, menstrual problems, hypertension and general stiffness of joints, low energy and fatigue.

# HOT STONE MASSAGE

The hot stone massage is a special treatment that uses pre-heated volcanic stones and medicated oil for fomentation (known as 'thapa swedanam' in Ayurvedic texts). The stones are sanitized in boiling water beforehand, and their volcanic origin, smoothed over time by the forces of water (either seas or rivers) allows them to absorb and retain heat well. The medicated oils are specially formulated for each individual with due regard to his specific ailments. therapist warms up the body with a traditional massage, followed by one with heated stones. As the stones cool, they are replaced and the therapy continues with stones of different shapes and sizes placed on various muscles, along points of the spine, the palms, the forehead and between the toes - to improve the flow of energy in the body. Ideally, the stones are neither too warm nor the pressure too intense, leading to a feeling of physical and physiological well-being. The hot stone massage helps remove stiffness from the joints, ease the tightness and tone the muscles, improves circulation, stimulate the nerves and energize the body and mind. The hot stone massage is excellent for relieving deep-rooted stress.



BALINESE MASSAGE

THAI MASSAGE

SWEDISH MASSAGE

AROMATHERAPY MASSAGE

HOT STONE MASSAGE

## PARTIAL MASSAGES

### HEAD, NECK & SHOULDER MASSAGE

Designed to give special concentrated attention to the head, neck and the shoulders, this massage leaves you feeling light, relaxed and refreshed.

### REFLEXOLOGY

Reflexology procedure consists of applying appropriate pressure to reflex points by special hand and finger techniques. The stimulation of reflex points on feet & palms help in conditions like stress, sleep problems, pain in the feet & palms and causes certain physiological changes in the body that help to get rid of fatigue and tiredness.

### BACK MASSAGE

A combination of long and soothing strokes along the entire length of the spine help remove the stiffness, improve blood circulation and stimulate the nerves around the spine.



REFLEXOLOGY



BACK MASSAGE

# AYURVEDIC TREATMENTS

## INTRODUCTION

Ayurveda is an ancient science of life and healing that is being practiced in India for more than 5000 years. It is the oldest system of health care known to mankind. The practice of Ayurveda principles purify our body and eliminate toxins from it. All Ayurvedic therapies help in building the immunity and promote health.

## ABHYANGA (TRADITIONAL AYURVEDIC MASSAGE)

Abhyanga is a combination of soothing and long strokes that help in restoring balance and re-establishing calmness and harmony in the body. Specially blended Ayurvedic oils leaves you feeling refreshed and rejuvenated.

## SYNCHRONIZED ABHYANGA

A unique massage done by two therapists working in unison to bring about a harmonious sense of well being

## SHIRODHARA

Medicated Butter Milk (diluted Yogurt) is used instead of oil as in Shirodhara. While the dhara is done on the whole body, it is known to help in alleviating psoriasis and diabetes. Takradhara works wonders on people with a predominant pitta constitution.

## KSHEERADHARA

Medicated Milk is used in ksheeradhara. Works well on people with pitta dosha. Good remedy for insomnia. An excellent treatment as it cools, relaxes and alleviates burning sensation in the body. Takradhara and Ksheeradhara are advised in warmer months of the year.

## UDWARTHANAM

This is a process of forceful reverse body massage using powdered herbs. It reduces kapha, strengthens the muscles and beautifies the skin. This is one of the most effective therapies to eliminate adipose tissue deposits.

## PATRA PINDA SWEDAM

This process begins with the application of oil and massaging the entire body with mild pressure on either side with the help of finely chopped herbal leaves, which are warmed in medicated oil and bundled into boluses. These boluses are frequently warmed during the process. This promotes better circulation and relieves body strain.



INTRODUCTION



ABHYANGA



SHIRODHARA



UDWARTHANAM



PATRA PINDA SWEDAM

## CHOORNA PINDA SWEDAM

This begins with application of oil and massaging the entire body by two therapists on either side of the body. The body is then subjected to exude sweat profusely after a thorough massage of herbal powders made in to boluses. It produces therapeutic sweat and relaxes the muscles.

## JAMBIRA PINDA SWEDA (NARANGAKIZHI)

Jambira Pinda Swedam is a treatment specifically designed for cervical spondylitis. Cloth boluses containing lemon, garlic and other herbal powders are warmed and gently applied to different parts of the body, with kneading motions. Regular Jambira Pinda Swedam massages can retard the progression of arthritic changes in the cervical vertebrae, and reduce pain and swelling in the neck region.

## DHANYAMLA SWEDAM

The Dhanyamla Swedam is an anti-inflammatory, analgesic massage done with fermented cereal grains dipped in herbal decoctions. A treatment that opens up the body's micro-channels, the Dhanyamla Swedam helps improve circulation and metabolism, and can effectively treat obesity.

## DHANYAMLA DHARA

Kashaya Dhara involves pouring hot herbal decoction all over the body from a receptacle tied at a specific height. The treatment induces sweating, and the herbal mixtures are combined to suit the individual characteristics and ailments. Kashaya Dhara speeds up the metabolism, thereby addressing weight issues and purging the skin of disease.

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# SARVANGA DHARA

This is a combination of two classical Ayurveda therapies sudation (induces perspiration) and oleation (involves saturation of the body with herbal and medicated oil via external and internal oleation to make it soft and thereby disintegrate the doshas). This begins with massaging the whole body by pouring large quantities of warm medicated oil all over the body with one hand and massaging with other hand by two therapists in special rhythmic movements. It protects one from illness and builds up the immunity for a healthy life. The procedure culminates with a gentle massage is given and excess oil over the body is removed.



CHOORNA PINDA SWEDAM

JAMBIRA PINDA SWEDA

DHANYAMLA SWEDAM

DHANYAMLA DHARA

SARVANGA DHARA

## PICHU

Cotton swabs soaked in warm medicated oil are placed at various parts of the body that are under pain. The cotton swab is changed accordingly to maintain its warmth. Proven to be a good treatment in handling pain and stiffness in joints as well as it serves as a muscle relaxant.

## LEPAM

Lepam involves the topical application of herbal pastes on affected areas in the body, and is generally recommended for arthritis, degenerative lesions, to reduce swelling, inflammation, stiffness and to treat certain type's skin diseases.

## KATI VASTY

This treatment helps in correcting the primary lifestyle issue, low back pain, which is due to inter-vertebral inflammation. Warm medicated oil is allowed to stay inside a bund constructed over the affected area. As and when the temperature of the oil drops the therapist replenishes it.

## URO VASTY

Warm medicated oil is allowed to stay inside a bund constructed over the chest. Rest of the treatment procedure is as described in Kati Vasty.

## JANU VASTY

Warm medicated oil is allowed to stay inside a bund constructed over the affected knee(s). Rest of the treatment procedure as in Kati Vasty.

# GREEVA VASTY

This unique technique combines the oleation and sudation techniques of Ayurveda. Greeva Vasty involves a placing a bund upon the neck region into which warm oil is poured, to counter degenerative, cervical (related to the neck) changes. Grieve Vasty is beneficial for neck pain and inflammation, cervical spondylitis and spondylosis, and can lubricate and strengthen the neck joint.

# NAVARA KIZHI

'Navara,' the special rice, is cooked in a kashaya (special blend of cow's milk and specific herbs) and tied in boluses. Massage is done with these boluses. The temperature of the boluses is maintained by constantly dipping it in the kashaya. The process is continued till the kashaya and / or the Navara is exhausted. Adequate pressure is applied during this process that strengthens the body, opens out the pores and rejuvenates the skin.

# NASYAM

Prescribed medicated oil / herbal decoction is administered into nostrils, one after the other. Complete facial and chest steam is given before this treatment to ensure less congestion in the lungs and the airways.

# NETRA TARPANA

The word 'netra' means eye, and 'tarpana' means to nourish - and the Netra Tarpana therapy involves a gentle oleation of the eyes to soothe them. In our present-day lifestyles with our constant visual stimulation, Netra Tarpana counters the effects of pollution and the strain caused by bright screens. A bund is placed upon the eyes, and warm, medicated clarified butter or herbal decoction is allowed to sit for 10-15 minutes, with regular replenishment to maintain the temperature. The treatment is beneficial for specific eye diseases.



LEPAM

KATI VASTY

JANU VASTY

NAVARA KIZHI

NETRA TARPANA

# KARNA POORNA

Karma Poona involves administering slow, measured doses of medicated oil or ghee to the ear for a specific period of time (as required by the individual). Karma Poona reduces inner ear pain; helps prevent ear diseases, and can play an important role in the treatment of vertigo.

# THALAM

'Thalami' is an Ayurveda therapy focused on the crown of the head. A paste of select herbs, often mixed in medicated ghee is applied to the crown and can provide relief from migraines, counter insomnia and other neurological maladies. The herbs differ based on the ailment, and Thalami is known to be effective in treating psychiatric disorders, hemiplegia, facial paralysis, diabetic neuropathy and cranial nerve palsy, as also for rhinorrhea, watery bloody or purulent nasal discharges.

# SHIROLEPAM (THALAPOTHICHIL)

The head is covered with a medicated paste prepared in buttermilk or some decoctions suitable for the condition and then the head is covered with a banana leaf. Effective for dealing with stress, anxiety, chronic headache, sleep disorders and hair loss.

# SHIROVASTY

Shiro Vasty is an oleation therapy focused on the head. Large quantities of medicated, lukewarm oils are poured into a specially fitted cap on the head. Shiro Vasty can stimulate the entire nervous system rendering deep therapeutic benefits for those suffering from facial palsy, migraines and neurological disorders of the eye and ear.

# SHIROBHYANGA (AYURVEDIC HEAD MASSAGE)

Shirobhyanga is a simple, relaxing massage performed on the head, neck and shoulders with herbal, medicated oils. The oils are chosen based on the desired results which can include releasing the stress from the upper body, improving blood circulation to the brain, enhancing vision, relieving headaches, occipital neuralgia and treating scalp-related diseases.

# PADABHYANGA (AYURVEDIC FOOT MASSAGE)

Padabhyanga, as the name suggests involves a massage (or 'abyanga' in Sanskrit) of the lower limbs (or 'pada' in Sanskrit). Padabhyanga improves fluid circulation of the lower limbs, reduces discomfort in the legs, like tightness, numbness, restlessness, and pain . It also helps to stimulate the nerve endings in the feet and to de-stress one's body.





SHIROLEPAM



SHIROBHYANGA



PADABHYANGA

## PANCHAKARMA

### SNEHA PANAM (PREPARATORY PROCEDURE)

Virechanam is a procedure that involves the purging of Pitta toxins downwards through the natural alimentary passage, and out through the anal orifice. A herbal tonic is administered orally, which helps to loosen the Pitta dosha from the body, and the body can then excrete the toxins. As always, the herbal decoction is specific to each individual. Virechanam cleanses the digestive tract, and is effective in treating constipation, piles, spleen and liver ailments, and any other maladies of the alimentary system. Its purging effect also proves beneficial for skin-related problems.

### VIRECHANAM

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### NASYAM

Ancient civilizations often considered the nose to be the source of life. The Nasyam technique focuses on this vital sensory organ, and involves administering a combination of herbal powders, juice of fresh leaves, oil or ghee through the nostrils. Nasyam helps to clean the nasal tract, and also enhances functioning of the olfactory senses. Nasyam can be a preventive, curative or rejuvenative therapy that stimulates the nervous system, prevents early ageing, strengthens the ciliary muscles, thereby correcting eye disorders like ptosis, visual acuity and cataracts. It detoxifies the sinuses, frontal lobe, nasal cavities, eustachian tubes and the trachea, and thereby improves sensory perception and vocalization. Nasyam can also benefit those suffering from anxiety neurosis, skin pigmentation or dryness, hemicranias and migraines.



SNEHA PANAM



VIRECHANAM



NASYAM

## ANUVASANA VASTHI

Similar to the Vasthi therapy, the Anuvasana vasthi administers medicated lubricants like oil, ghee or herbal milk through the anorectal cavity. The lubricant helps to counter any effects of toxic expulsion on the rectal opening.

## NIROOHA VASTHI

Another procedure involving enemas, the Nirooha Vasthi uses herbal decoctions combined with herbal pastes, herbal oils, milk and honey to induce excretion. By purging the digestive system, Nirooha Vasthi can eliminate impurities, accelerate digestion, and correct peristaltic movements. The therapy is also beneficial for the pelvic floor muscles and can prevent uterus or bladder prolapse, and also reduces hormonal imbalance post-menopause or hysterectomy. It has an important role in the treatment of neurological, arthritic and systemic disorders. It is one of the most important procedures in Panchakarma.

## RAKTA MOKSHANA

Rakta Mokshana literally means 'bloodletting', and is an ancient therapeutic method to cleanse and detoxify the arteries and veins. The most commonly practiced method of bloodletting involves placing leeches on various parts of the body - not for the faint-hearted. There are other methods of blood-letting as well, and the procedure is selected based on an individual's constitution, age, body strength and degree of toxicity in the blood, as also the weather at the time. Rakta Mokshana can prevent iron overload, cure skin lesions and reduce the pain and swelling at certain stages of arthritis. All the five procedures of elimination are not needed for each person. The selection of procedures depends upon the constitution, intensity of toxicity, age and body strength and weather. After a detailed discussion an expert physician can suggest the treatment modalities.



ANUVASANA VASTHI



NIROOHA VASTHI



RAKTA MOKSHANA

# BODY TREATMENTS

## THE CRYSTAL SALT SCRUB

An invigorating and exfoliating body scrub using sea salts and almond oil to stimulate the blood circulation and remove dead skin cells. At the end, mint gel is used for a moisturizing effect. This scrub is especially beneficial for those with dry skin.

## NOURISHING HONEY & COCONUT SCRUB

Delight in the intoxicating aroma of fresh coconut and honey body scrub as your skin is polished to perfection. Refreshing and stimulating, it will rejuvenate, soften and refine your skin as it gently exfoliates. Freshly grated coconut is a wonderful skin conditioner, leaving a silky soft texture, and especially beneficial for those with sensitive skin.

## AROMATIC NATURAL SPICE SCRUB

This luxurious treatment scrub is a treat for the senses as well as the body! Aromatic spices like Nutmeg, Cinnamon, Pepper and Cardamom help in stimulating and generating warmth in the body. They also help exfoliate and soften the skin while relieving sore muscles.

## JAVANESE LULUR

This is a traditional golden colored scrub from Java made from freshly ground turmeric, sandalwood and rice. The cleansing and exfoliating properties of turmeric and rice are beautifully complemented with the cooling nature of sandalwood

## THE CHOCOLATE INDULGENCE EXFOLIATING SCRUB

This luxurious scrub is a treat for the senses as well as the body! Dark, rich cocoa is added to freshly ground rice powder, oats and rose water. Aroma of chocolate releases endorphins, that which promotes the feeling of calm and well-being. The anti-oxidants found in cocoa help erase wrinkles and improve the quality of the skin.



THE CRYSTAL SALT SCRUB

NOURISHING HONEY &  
COCONUT SCRUB

AROMATIC NATURAL  
SPICE SCRUB

JAVANESE LULUR

THE CHOCOLATE  
INDULGENCE EXFOLIATING  
SCRUB

# THE CHOCOLATE INDULGENCE BODY MASK

This luxurious body mask has cocoa, fuller's earth and honey. Honey replenishes the dehydrated skin and gives it a beautiful luminous glow. Fuller's earth helps in cleansing and tightening the skin. And to complete the indulgence is a sinfully moisturizing cocoa butter massage.

# INVIGORATING COFFEE SCRUB

This is an invigorating, stimulating and cellulite-banishing scrub. Freshly ground aromatic coffee beans are mixed with rice powder, oatmeal and rose water. It has a gentle exfoliating, softening and tightening effect on the skin.

# STIMULATING COFFEE MASK

This coffee mask is a concoction of freshly ground coffee powder, fresh aloe vera gel and fuller's earth. Fuller's earth helps in cleansing and tightening the skin, while the caffeine stimulates the circulatory system and rejuvenates the body. Lastly, a deeply moisturizing and relaxing cocoa butter massage kneads away any aches and stresses that you may have brought with you to Shreyas!

# NEEM - INDIAN BASIL SCRUB AND MASK

Neem is best known for its antibacterial and antifungal properties, with flavonoids in its leaves that help counter oxidation and Indian basil helps maintain a healthy complexion. Together, they can work perfectly for those with sensitive or acne-prone complexions, as they help cleanse and tone the skin. The scrub of neem, Indian basil leaves, salt, rose water or coconut oil (as per your skin's requirements), helps to deep cleanse the skin's pores of impurities. Then a mask of neem, Indian basil leaves, Fuller's earth, rosewater and aloe gel is applied to rehydrate the skin. End your luxuriant therapy with a cup of neem tea - perfect for an internal cleansing!

# GREEN TEA AND SCRUB AND MASK

Green tea has become a popular beverage in this health-conscious era, yet few know of the wonders it can do for the skin. Indulge in our green tea scrub, made of green tea leaves, brown sugar and aloe vera. Follow through with a green tea, Fuller's earth and rose water mask, topped off with a cup of green tea or iced green tea! The green tea leaves can protect the skin from free radicals that cause premature ageing, soothe puffy eyes, skin irritations and lighten sunburn blemishes. Rosewater has been used over the ages for its cleansing and skin-lightening properties. Used together, the Green Tea scrub and mask could be the perfect antidote to ageing!



THE CHOCOLATE INDULGENCE BODY MASK



INVIGORATING COFFEE SCRUB



STIMULATING COFFEE MASK



NEEM - INDIAN BASIL SCRUB AND MASK



GREEN TEA AND SCRUB AND MASK

# HIBISCUS & OATS SCRUB AND MASK

Turn back the clock with this fragrant and refreshing scrub. Hibiscus, also known as the botox flower, has powerful anti-ageing properties and is rich in antioxidants. Add a few drops of organic rosewater to help erase signs of ageing like dark spots, wrinkles, pigmentation while gently hydrating the skin and restoring its pH balance. The oats help exfoliate the skin and improve the skin tone. Follow through with a hibiscus mask that will soothe and replenish the skin, and our special cup of hibiscus tea will help you rejuvenate your body from inside out!

# AYURVEDIC GREEN GRAM SCRUB AND MASK

Did you know that beyond health diets, green gram also works wonders for the skin? Our Ayurvedic-inspired scrub combines green gram, corn meal or gram flour - a recipe that has been used for ages in pre-wedding beauty routines! The lentil flour works to lighten tan, reduce oiliness and dark spots, counter pimples and other skin issues to leave a healthy, blemish-free complexion. End the therapy with a cup of herb tea made of aloe vera and coriander juice, to pack a punch!

# TRADITIONAL INDIAN SCRUB AND MASK

This traditional Indian scrub with a combination of gram flour, yoghurt, rose or marigold petals, turmeric and sandalwood powder has been tried and tested over generations! The seemingly humble gram flour works wonders against the effects of tanning, dark spots and excessive oiliness, pimples and other skin issues. Mixed with fragrant rose petals and turmeric - a powerhouse of antibacterial, antiseptic, anti-inflammatory and antioxidant properties, the scrub helps address all kinds of skin issues to reveal fresh, glowing skin. The scrub is followed by a soothing and refreshing mask of yoghurt, sandalwood, gram flour and cucumber - and ends with a cup of fragrant rose tea!



HIBISCUS & OATS SCRUB AND MASK



AYURVEDIC GREEN GRAM SCRUB AND MASK



TRADITIONAL INDIAN  
SCRUB AND MASK

# CUCUMBER & MINT SCRUB AND MASK

If the summer heat is playing havoc with your skin making it dull and dark under the sun - this scrub is the perfect antidote! Cucumber is a natural skin toner and astringent that works with a cooling effect. With its high water content, cucumber can hydrate dull skin, acts as a natural bleaching agent to help lighten tans and scars and it contains antioxidants to combat inflammation. Mint's anti-pruritic properties help to soothe and calm skin, improve skin tissue and helps reduce oiliness. Mint is also high in salicylic acid and a good source of vitamin A, which helps combat acne. The cucumber-mint scrub and mask can effectively brighten the skin, reduce tan marks and keep you cool and fresh through the summer!

# CITRUS SCRUB AND MASK

Citrus zest is not only invigorating on the palate, it can also add zing to one's skin! This Citrus therapy is designed to give you the best of tangy oranges - with a cleansing orange and sugar scrub, followed by an orange juice and Fuller's earth mask, ending with a cup of orange zest tea or orange and lemon grass juice! The natural oils in the orange's skin help rehydrate dry skin - and can be effective in countering jet lag. The citric acid helps cleanse the skin by opening up the pores, lightens sun tan and dark spots - leaving behind soft, bright skin. Our zesty tea will have you feeling as refreshed as your skin!

# YOUTHFUL RADIANCE AYURVEDIC FACIAL:

This special anti-ageing Ayurvedic Facial rejuvenates the skin and addresses acne, hyper-pigmentation, uneven skin tone and dark circles.

It is a multi-step skin treatment using freshly ground herbs, honey, milk & curds combined in a specific ratio. According to your skin type (dry, oily, combination) and condition (acne-prone, sun damaged, ageing, dehydrated), the right combination of herbs is then selected, which helps to cleanse, exfoliate and nourish the skin. Vitamins and anti-oxidants in the freshly ground herb combination improves complexion, repairs skin damage and gives youthfulness to skin.



CUCUMBER & MINT SCRUB AND MASK



CITRUS SCRUB AND MASK



YOUTHFUL RADIANCE AYURVEDIC FACIAL

# WHAT OUR GUESTS HAVE TO SAY....

The massages were spectacular (especially the chocolate scrub).

- Gary, Australia

Love the design and architecture of the new spa - congratulations and it has taken the whole (already blissful) experience to the next level.

- Felicity, USA

Well done Shreyas! Massages and treatment were another discovery and source of absolute wellbeing.

- Thomas & Thierry, France

... and the massages melted all my stresses away.

- Alysson, Singapore

The massages - heaven!

- Allison, New Zealand

## AYURVEDA TREATMENTS

SL.NO	TREATMENTS	DURATION (Minutes)	RATE USD
1	Abhyanga	60	\$85
2	Choomapinda Swedana	60	\$85
3	Nasyam	30	\$40
4	Navarakizhi	60	\$90
5	Pizichil	60	\$90
6	Netratarpana	30	\$40
7	Shirodhara	60	\$90
8	Shirolepam	60	\$90
9	Shirovasty	30	\$90
10	Vamana	30	\$65
11	Patra Pinda Swedam	60	\$85
12	Udwartana	60	\$85
13	Pichu	30	\$40
14	Kati vasty	30	\$40
15	Janu vasty	30	\$40
16	Greeva vasty	30	\$40
17	Uro vasty	30	\$40
18	Lepam	30	\$40
19	Pichu/Lepam( More than 2 joints)	30	\$50
20	Takradhara	60	\$90
21	Ksheeradhara	60	\$90
22	Shatahwadi Kizhi	30	\$50
23	Narangakizhi	30	\$50
24	Matra Vasti	30	\$40
25	Nirooha Vasti	30	\$65
26	Dhanyamla Dhara/ Swedam	30	\$90
27	Virechana		\$40
28	Snehapanam		\$30
29	Thalam		\$30
30	Karnapoorna		\$30

All prices are subject to 10% service charges and 16.5% Government taxes

# REJUVENATION MASSAGES & BODY SCRUBS

SL.NO	TREATMENTS	DURATION (Minutes)	RATE USD
31	Balinese Massage	60	\$65
32	Swedish Massage	60	\$65
33	Thai Massage	60	\$65
34	Aromatherapy Massage	60	\$65
35	Hot stone Massage	75	\$75
36	Reflexology Massage	45	\$45
37	Nourishing Honey Coconut Scrub	60	\$65
38	The Crystal Salt Scrub	60	\$65
39	Aromatic Natural Spice Scrub	60	\$65
40	Javanese Lulur	60	\$65
41	The Chocolate Indulgence Exfoliating Scrub	60	\$65
42	The Chocolate Indulgence Body Mask	60	\$65
43	Invigorating Coffee Scrub	60	\$65
44	Stimulating Coffee Mask	60	\$65
45	Neem & Indian Basil Scrub & Mask	60	\$65
46	Green Tea Scrub & Mask	60	\$65
47	Hibiscus & Oats Scrub & Mask	60	\$65
48	Green Gram Scrub & Mask	60	\$65
49	Traditional Indian Scrub & Mask	60	\$65
50	Cucumber & Mint Scrub & Mask	60	\$65
51	Citrus Scrub & Mask	60	\$65
52	Pedicure	45	\$45
53	Manicure	30	\$30

All prices are subject to 10% service charges and 16.5% Government taxes

## TERMS AND CONDITIONS

- Booking must be made in advance and at least 6 hour's notice time for cancellation is required, failing this we will regretfully have to charge in full.
- Massage slots of guests may be booked after yours. The therapist may not be able extend the time of your massage beyond the stipulated time, so kindly be on-time for your treatment.



# SUGGESTIONS

Other than Abhyanga, the rest of the treatments need to be taken at least 3 times or as prescribed by the doctor for the benefits to accrue.

# DISCLAIMER

- Massages are not intended to be a substitute for professional medical advice, diagnosis or treatment. You should always seek the advice of a qualified medical or health provider before proceeding with any massage, diet, fitness or wellness program.
- Shreyas and its staff are neither responsible for injuries incurred during your massage nor recommend or endorse any particular medical or wellness treatment or any particular product of any kind.
- We do not make any representation, warranty or guaranty of any nature regarding the result of the services offered since they can vary for individuals depending on their skin, body type, medical conditions, etc.
- Should you have any medical or health care related questions or if you have any reason to suspect that you have any condition that might require medical attention, you should seek appropriate medical attention and care promptly.

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The logo for Shreyas, featuring the word "shreyas" in a stylized, lowercase font with a horizontal line above it.

*A journey of self-discovery*

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