

## Self Care

S.No	O CHIKTSA	DESCRIPTION	TIME		PACKA	PACKAGE PRICE						
			(Minutes) per Session	One Session	Two Sessions	Three Sessions	Seven Sessions					
	Facial Experiences											
1	Mukh Lepa (Ayurvedic Facial)	For centuries Mukhlepa has been used as a beauty ritual for Indian women. Traditional herbs are used to cleanse, exfoliate, tone and finally hydrate. A specialised dosha specific herbal lepa or mask is applied to the face to bring out the glow from within.	55	₹ 3250	₹ 5200.00	₹6825.00	₹13650.00					
2	Arth Royal Facial	Delight the senses and let your skin be renewed with this unique facial treatment, which begins with a relaxing back massage and concludes with a foot massage. Your skin will feel soft, refreshed and detoxified.	85	₹ 4000	₹ 6400.00	₹ 8400.00	₹ 16800.00					
3	Amethyst Rejuvenation	Feel nurtured, cocooned and protected whilst lying within an Amethyst crystal web. Experience the ultimate healing facial as Amethyst crystals release their cleansing vibrations, assisting to purify and give life back to congested skin. Feel an aura of healing energy whilst the combination of the Amethyst crystal wands, Rose and Vetiver pure essential oils hydrate, cool, balance and decongest.	75	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00					
4	Rose Quartz Glow	Rose quartz crystals energised in the holy Ganges River, surrender their soothing, nurturing vibrations, calming the most sensitive of skins. Feel the warm pink energy of the crystals as the face is gently cleansed, exfoliated and hydrated using pure blended essential oils of rose, aloe vera and sandalwood dust. Feel embraced and at peace as rose crystal wands glide across your skin. For extra nurturing you are embraced by a web of rose quartz crystals to protect your aura.	75	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00					
5	Mountain Dew Skin Refreshner	Designed to awake the body's innate healing ability, which is suppressed due to stress and environmental factors leading to dry, dehydrated, sun damaged and sensitive skins. This is a deep cleansing facial, using pure essential oils of juniper and Indian holy basil which help to eliminate impurities and congestion.	75	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00					
6	Eye Rejuvenation	A blissful firming and hydrating experience using rejuvenating products such as wheatgerm and grapeseed organic vegetables oils, patchouli, chamomile, frankincense essential oils and Vitamin C which combine to assist in reducing the appearance of fine lines and protecting the skin against the environment. The eye rejuvenator is a welcome treat for contact lens wearers and those suffering from eyestrain.	25	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00					
7	Himalyan Honey & Rose Facial	This stimulating and refreshing facial uses a blend of sandalwood and rose essential oils. Pure organic honey harvested locally from the himalayan ranges is massaged into the skin and a mask of cooling cucumber is applied. While the mask hydrates your skin enjoy a soothing hand or foot massage.	75	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00					

## **Exfoliation & Warp Experiences**

1	Ground Salt Scrub	Essential oils of rose, vetiver and sandalwood infused into natural sea salt helps stimulate and strengthen the skin, while calming and soothing the mind.	45	₹ 2250	₹ 3600.00	₹5400.00	₹ 9450.00
2	Invigorating Salt Scrub Detoxifying	Essential oils of orange, eucalyptus and peppermint are infused into natural sea salt that is mentally and physically stimulating.	45	₹ 2250	₹ 3600.00	₹5400.00	₹ 9450.00
3	White Rose Salt Scrub	Essential oil of rose infused into natural sea salt helps to balance mind, body and soul.	45	₹ 2250	₹ 3600.00	₹5400.00	₹ 9450.00
4	Energising Earth Warp	The earth is laden with healing minerals that have been celebrated for thousands of years. Enjoy a complete revitalizing and detoxifying treatment in the form of a clay mask that uses energising, pure elements of mother earth. This experience also consists of a full body detox scrub. Towards the end, calming wild rose moisturiser is applied and the recipient is enveloped in a heated blanket.	85	₹ 4000	₹ 6400.00	₹9600.00	₹ 16800.00
5	Spice Salt Scrub	Essential oils of black pepper, cardamom and ginger are infused into natural sea salt. It is both warming and soothing and especially good for relieving muscular tension, joint pains and relaxation.	45	₹ 2250	₹ 3600.00	₹5400.00	₹ 9450.00
6	Aroma Cocoon	The ultimate in relaxation! Feather light lymphatic drainage movements are induced using a blend of grounding, invigorating, detoxifying, spice, wild rose, or stimulating essential oils. The recipient is cocooned in a warm blanket to enhance the absorption of the chosen blend into the skin. The treatment is complete with an application of warm cream to seal the moisture into the skin.	85	₹ 4000	₹ 6400.00	₹9600.00	₹ 16800.00
7	Ancient Indian Body Mask	The clay mask is made using ancient herbs and spices. The warming and soothing effects of ginger and cardamom present in the mask enhance the natural healing abilities of the body. You'll feel revived, nurtured and rejuvenated after this treatment.	85	₹ 4000	₹ 6400.00	₹9600.00	₹ 16800.00





Contact No: +91-80-25254654

Email: doctor@arthayurvedaworld.com

## Address:

3367/A, 13th Main, 8th Cross, HAL 2nd Stage, Indiranagar, Bangalore, Karnataka - 560008.

Disclaimer: At any point of time, if Arth Ayurveda deems that the patient needs a consultation with the doctor, they necessary steps will be taken after informing the patient.