

S.No	PROCEDURES	DESCRIPTION	TIME (Minutes) per Session	TREATMENT PACKAGE PRICE			
				One Session	Two Sessions	Three Sessions	Seven Sessions
<b>AYURVEDIC CONSULTATIONS</b>							
1	<b>Ayurvedic and Wellness Consultation</b>	The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (Vata, Pitta and Kapha) that determine your body type and your current imbalances. The Ayurvedic physician then prepares a sequence of procedures and a programme of diet and activity according to your body type that will help bring more balance, energy and peace to your entire being.	60	₹ 2500	₹ 4,000.00	₹ 5250.00	₹ 10500.00
2	<b>Ayurvedic Lifestyle Recommendation</b>	Ayurveda promotes a lifestyle that is in harmony with mother nature. In this consultation, the benefits of the experiences, diet and exercise programme are suggested. The Ayurvedic physician then gives you tips and take-home information on your lifestyle and dietary changes that will bring balance into your daily life so that your continuing commitment to your wellbeing can bring you back to a state of vibrant health and radiance.	30	₹ 1750	₹ 2800.00	₹ 3675.00	₹ 7350.00
<b>AYURVEDIC THERAPIES</b>							
1	<b>Abhyanga</b>	A traditional synchronized full body massage given by two experienced Ayurveda therapists using herbal infused sesame oil. This experience is also known as the 'four-handed-massage'. Abhyanga improves physical consistency, sleep patterns and eye sight. It helps to liquefy toxins and induces relaxation, whilst eliminating impurities. Often referred to as an anti-ageing therapy.	60	₹ 3500	₹ 5600.00	₹ 7350.00	₹ 14700.00
2	<b>Marma Abhyanga</b>	The Marmas (vital points) are a very important part of Ayurvedic anatomy and surgery. A marma point is an anatomical spot where flesh, veins, arteries, tendons, bones and joints meet and prana (life force) is situated. There are 107 marma points throughout the body. Each point has its own intelligence and consciousness, which co-ordinates between the mind and body. This ancient form of treatment uses the fingers to stimulate the marma points, thereby promoting physical and mental recuperation. It strengthens the organ systems and tissues, relieves physical and mental blockages of energy, improves lymph drainage, relaxes muscles and improves quality of sleep.	85	₹ 4000	₹ 6400.00	₹ 8400.00	₹ 16800.00
3	<b>Pada Abhyanga</b>	Pada Abhyanga is regarded as a highly specialised therapy in Ayurveda. It is a holistic therapy that works towards effective psychosomatic healing by using medicated oil and focusing on nerve points on the entire foot. This treatment helps in relaxation, improves blood circulation, promotes better sleep, reduces anxiety and helps improve the texture of the skin.	45	₹ 3000	₹ 4800.00	₹ 6300.00	₹ 12600.00
4	<b>Podi Kizhi (Choorna Pinda Sweda)</b>	Following a full body massage with dosha specific oils, therapeutic sweating is induced by the application of warmed herbal poultices. This is commonly known as 'the bundle massage'. It increases circulation, speeds up the elimination of toxins, relieves muscle pain and stiffness, rheumatism, arthritis and sports injuries.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00

5	<b>Ela Kizhi (Patra Pinda Sweda)</b>	This treatment is also known as elakizhi or leaf bundle massage. Here the leaves of medicinal plants are mixed with a herbal powder, tied in a muslin cloth and made into bundles. Light massage is followed by fomentation of the body, by frequently dipping the bundles in warm medicated oil and applying on the body with varying pressure. This helps in relieving pain due to arthritis, spondylosis, musculoskeletal issues, and neuro-muscular diseases.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
6	<b>Naranga Kizhi (Jambeera Pinda Sweda)</b>	In this Ayurvedic treatment, bolus (potali) containing a mixture of lemon, fenugreek seeds, turmeric, rock salt and other medicinal herbs is heated with medicated oil and applied on the body. This specialty treatment is anti-inflammatory in nature and does wonders for vata-kapha disorders, such as musculoskeletal pains and stiffness in the joints.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
7	<b>Navara Kizhi (Shastika Shali Pinda Sweda)</b>	Njvara Khizi is a deep invigorating massage with bolus of cooked rice. Black or red Njvara, is a particular kind of rice known for its nutritional and therapeutic value. Njvara has antioxidants, anti-inflammatory and rejuvenating effects. It is cooked with milk and herbs, and the end application helps in removing stiffness, reducing stress, boosting immunity and circulation.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
8	<b>Shirodhara</b>	Luke warm herbal oil is poured in an even stream on to the forehead to pacify and revitalize the mind and the body. Shirodhara is also known for its intense rejuvenating and anti-aging effects. It improves memory, addresses other neurological disorders, normalizes sleep patterns and blood pressure.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
9	<b>Takradhara</b>	A calming experience where cool medicated buttermilk is poured onto the forehead to bring relief to those who suffer from insomnia, depression, hair loss, psychological and stress related conditions.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
10	<b>Kashaya Dhara</b>	This is a process in which warm medicated decoction is poured over the whole body in a rhythmic way. This improves circulation and skin health, reduces inflammation, and is also beneficial as an antibacterial therapy.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
11	<b>Ksheera Dhara</b>	Ksheera Dhara is a process in which warm medicated milk is poured over the whole body in a rhythmic way. This has a cooling effect on the body, hence it's best done during the summer months. It relaxes the central nervous system and helps to reduce stress.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
12	<b>Janu Vasti</b>	The Janu Vasti Ayurvedic treatment involves the use of warm herbal oils over the affected area using black gram flour, followed by a gentle massage. The medicated oil used in the treatment is retained over the affected knee joint in a reservoir of flour. This localised therapy for the knees helps reduce pain and inflammation, slows down the degenerative process, lubricates the knee joints as well as promotes blood circulation in the knee area.	30	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00
13	<b>Urovasti</b>	An experience that balances the heart chakra and helps reduce stress to prevent problems of the thoracic region. Warmed, medicated oil is gently poured into a reservoir made of gram flour, placed strategically over the chest area. This soothes muscular tissue, alleviates discomfort and balances the mind-body connection.	30	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00

14	<b>KATI VASTI</b>	PRACTICED TO EASE PAIN IN THE SPINAL AREA. A RESERVOIR MADE OF BLACK GRAM OR WHEAT FLOUR IS PLACED STRATEGICALLY ON THE SPINAL AREA. WARMED OIL IS THEN POURED INTO THIS DEPRESSION. THE TREATMENT SOOTHES MUSCULAR TISSUE, ALLEVIATES PAIN AND LUBRICATES THE DISCS AND NERVES.	30	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00
15	<b>Pristha Vasti</b>	Pristha Vasti is a specialized Ayurvedic treatment specially performed to relieve pain and inflammation in the back region and for diseases related to the whole spine. Warm to hot medicated oil padding is performed on the affected region after a soothing, gentle massage.	30	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00
16	<b>Greeva Vasti</b>	This is a highly specialized therapy for the cervical or neck area. A reservoir made of black gram or wheat flour is placed strategically on the cervical region and warm medicated oil is poured. This helps in releasing tension and stiffness from the neck and shoulder region, thereby reducing pain.	30	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00
17	<b>Tan Lepa</b>	This stimulates the natural cleansing and healing abilities of the body. Following a medicated herbal oil massage, an herbal mask is applied to the entire body, which aids in drawing out toxins and replenishing the body with essential minerals.	55	₹ 3750	₹ 6000.00	₹ 7875.00	₹ 15750.00
18	<b>Udwarthana</b>	A deep, dry massage using herbal powders which stimulate the hair follicles assisting to break down the body's excess subcutaneous fat. This massage mobilizes toxins and is beneficial for firming and toning.	45	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00
19	<b>Pristha Vamsha Therapy</b>	Prista Vamsha is a complete spine therapy, which involves three systemic procedures prista-vashti, prista-abhyanga and prista-swedana to strengthen the spine and supporting tissues. The prista vamsha therapy starts with the process of oil pooling, in which the warm medicated oil is retained inside a herbal paste crevice on the entire spinal area; followed by a deep massage on the entire back ending with rhythmic tapping and then a massage using warm poultices over the spine and back. This intensive treatment strengthens back muscles by releasing the stiffness, lubricating the joints. This is a deeply therapeutic treatment that helps lower back conditions like lumbar spondylitis, inter vertebral disc prolapses, lumbago and sciatica.	55	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00
20	<b>Pizhichil</b>	An indulgent, rejuvenating experience, during which lukewarm herbal oils anoint the entire body. The anointment is very slow and rhythmic with light pressure. Pizhichil strengthens immunity, lubricates the joints, liquefies toxins and increases flexibility.	75	₹ 4500	₹ 7200.00	₹ 9450.00	₹ 18900.00
21	<b>Traditional Ayurvedic Head Massage</b>	A powerful, calming and relaxing massage over the head, neck, shoulder & upper back, conducted in a sitting posture using Ayurvedic medicated oil. Traditionally known as 'shiroabhyanga', this treatment is ideal for anyone who has stiff neck and shoulders. It helps to improve quality of sleep, nourishes the hair roots and is also helpful in managing recurrent headaches.	30	₹ 2000	₹ 3200.00	₹ 4200.00	₹ 8400.00
22	<b>Sthanika Abhanga</b>	Oil massage for particular part of body. It alleviates pain and stiffness, aids weight loss and ensures complete relaxation	60	₹ 3250	₹ 5200.00	₹ 6825.00	₹ 13650.00
23	<b>Nadi Sweda</b>	After oil massage, steam is given for particular part of the body through the tube to reduce any pain and stiffness	55	₹ 2300	₹ 3680.00	₹ 4830.00	₹ 9660.00

24	<b>PPS- PATRA PINDA SWEDA</b>	BOLUS/POTLI MADE OUT OF MEDICATED LEAVES WHICH USED FOR THE FORMENTATION BODY PARTS EXPERIENCING STIFFNESS AND PAIN	60	₹ 3000	₹ 4800.00	₹ 6300.00	₹ 12600.00
25	<b>SSPS - Sashtika shali pinda sweda</b>	Bolus/potli made out of red rice processed in medicated decoction and milk and it is massaged against body. It improves muscle strength, reduces pain, helps in rejuvenation and reenergises the body and mind.	60	₹ 3500	₹ 5600.00	₹ 7350.00	₹ 14700.00
26	<b>Prishta Basti</b>	Pouring the medicated oil over spine region. This therapy is targeted at pain and stiffness in lower back region.	60	₹ 3500	₹ 5600.00	₹ 7350.00	₹ 14700.00
27	<b>Pichu</b>	Cotton wool dipped in warm medicated oil and applied over affected area. It reduces pain and stiffness in lower back, knee, neck etc	45	₹ 2800	₹ 4480.00	₹ 5880.00	₹ 11760.00
28	<b>Kaya seka</b>	Pouring medicated buttermilk/oil/decoction all over the body to reduce pain and stiffness and provide relaxation	75	₹ 6000	₹ 9600.00	₹ 12600.00	₹ 25200.00
29	<b>Tarpana</b>	Circular formed frames made out of powdered black gram is placed around the eyes then luke warm medicated ghee poured into the frames. It is helpful for eyesight and eye dryness.	30	₹ 1900	₹ 3040.00	₹ 3990.00	₹ 7980.00
30	<b>Netra Seka</b>	Washing the eyes with medicated decoction. It is an effective remedy for conjunctivitis, redness of the eyes, watering of the eyes and dry eyes syndrome	30	₹ 1600	₹ 2560.00	₹ 3360.00	₹ 6720.00



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**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.