

Ayush Ayurvedic Sdn. Bhd. was established in Malaysia in 2014. Health is the greatest of all possessions. Ayush provides authentic traditional Indian Ayurvedic medical treatments to cure your illness and make your body more efficient to increase your productivity. So take good care of your body by utilising our personalised, tailor made services by having a free consultation with our experienced Ayurvedic Physicians. We provide in-house treatments at our centre here. Our therapists are well trained from Kerala and they can relax and rejuvenate your body.

We conduct yoga classes, health and wellness talks and workshops at the Ayush Ayurveda Academy. In Singapore we have three outlets, main at 146 and 142 Race Course Road and another at Blk 927 Yishun Central 1.

Please consult our Physician to make an informed decision on which treatment best fits you.



NAME OF THE THERAPIES

ABHYANGAM & AVAGAHA SWEDA

(Massage with medicated oil)

60 mins
RM 80

Improves blood circulation, muscle tone, eliminates impurities from the body through the pores, leaving skin soft, smooth and rejuvenated. Induces sound sleep.

ABHYANGAM & PODIKIZHI

(Massage & fomentation with herbal powder tied in a muslin cloth)

60 mins
RM 80

Relieves joint and muscular pain, stiffness, numbness, disc problems, arthritis and different paralytic conditions. Improves blood circulation.

ABHYANGAM & JANUVASTI

(Retain warm, medicated oil on knee joint)

60 mins
RM 80

Helps in degenerative conditions of knee joint and arthritis.

ABHYANGAM & DHANYAMLADHARA

(Pouring continuous stream of warm medicated herbal decoction all over the body)

60 mins
RM 80

This treatment removes pain, swelling in the joints and muscles, reduces generalized water retention in the body, promotes perspiration, detoxifies joints and muscles resulting in improved joint mobility and relieves heaviness of the body.

ABHYANGAM & KATIVASTI

(Retain warm, medicated oil over low, back area)

60 mins
RM 80

Excellent treatment for lower back problems, prolapsed disc, osteoporosis, sciatica, irritable bowel syndrome, endometriosis, urinary tract and menstrual disorders.

ABHYANGAM & NASYAM

(Nasal cleansing with medicated oil)

60 mins
RM 80

A nasal cleansing treatment which stimulates the nerves. It helps to relieve chronic headaches, migraines, insomnia, sinusitis, voice constraints and allergies by clearing the congestion in head, nose and throat. Cures cervical spondylosis.

ABHYANGAM & NJAVARAKIZHI

(Massage with medicated navara rice tied in a muslin cloth)

60 mins
RM 80

Nourishes the skin, improves muscle tone, mobility, blood circulation and immensely beneficial for rheumatism and arthritis.

ABHYANGAM & NETRATHARPANAM

(Keeping medicated ghee around the eyes)

60 mins
RM 80

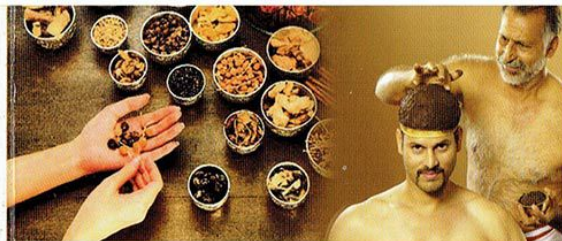
Reduces darkened eye circles, dry, watery and painful sensations in the eyes. Relieves eye strain and improves eye sight.

ABHYANGAM & TAKRADHARA

(Pouring continuous stream of medicated buttermilk on the forehead)

60 mins
RM 80

Relaxes the mind, reduces mental stress, relieves body heat and maintains psychological well-being. Helpful in treating sleeping disorder, stress, headache, depression, hair fall, dandruff problem, chronic skin diseases like psoriasis and diabetic related complaints. Maintains healthy vision.



ABHYANGAM & THALAPOTHICHIL

(Application of herbal paste on head and cover with banana leaf for cooling)

60 mins
RM 80

Relieves stress, reduces body heat, promotes sound sleep, induces mental peace and useful in psoriasis management, alopecia and hair fall. Treats insomnia, depression, headache, burning sensation of eyes and dandruff.

ABHYANGAM & THALAM

(Apply herbal paste on crown of head)

60 mins
RM 80

Localized treatment for the relief of ailments like migraine, insomnia, body heat and problems relating to ear, nose and throat.

ABHYANGAM & UDWARTHANAM

(Massage with medicated herbal powder)

60 mins
RM 80

Good for diseases such as diabetic neuropathy, paralysis, obesity, skin care, sciatica, indigestion and sclerosis of blood vessels. Removes cellulite, improves blood circulation, breaks the fatty deposits in the body leading to weight loss. Tones the skin and muscles.

ABHYANGAM & LEPANAM

(Application of medicated, herbal paste on the affected part of the body)

60 mins
RM 80

Useful for various kinds of inflammatory conditions, arthritis, gout, skin diseases and eczema.

PREGNANCY MASSAGE

(For pre and post natal women)

60 mins
RM 80

Reduces low back pain, muscle and joint pain, stress and anxiety, improves circulation and sleep.

ABHYANGAM & ELAKIZHI

Relieves pain for any localised traumas and disorders

60 mins
RM 80

PIZHICHIL

(Pouring of medicated warm oil all over the body)

60 mins
RM 100

Tones the skin, prevents scales and wrinkles from appearing. Relieves body pain & muscle spasms, promotes blood circulation & development of muscles. Relieves nervous disorders, osteoarthritis, cervical and lumbar spondylosis, disc problems, joint pains, paralytic conditions and muscle weakness.

SHIRODHARA

(Pouring continuous stream of medicated oil on forehead)

60 mins
RM 100

Strengthens nervous system, sense organs, reduces stress, relieves headache, migraine, fear, depression and offers sound sleep. It is an effective remedy for mental diseases, nervous disorders, insomnia, blood pressure and diseases of organs above neck.

SHIROVASTI

(Retain oil on head inside a cap)

60 mins
RM 100

Excellent therapy for nerve related problems like insomnia, depression, facial paralysis and headache.

HERBAL STEAM BATH

20 mins
RM 30

Improves blood circulation and gives natural glow to the skin. Eliminates toxins, improves joint mobility and invigorates the body.

FACIAL TREATMENT



60 mins
RM 85
100

Achieve healthy and youthful looking skin with the pampering touch of our experienced therapists with herbal products.