

## ABHYANGAM & THALAPOTHICHIL (Application of herbal paste on head and cover with banana leaf)

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.

60 mins	\$481.50 / 10
\$64.20	Treatments

## ABHYANGAM & UDWARTHANAM (Massage with medicated herbal powder)

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.

60 mins	\$481.50 / 10
\$64.20	Treatments

## Elakizhi (Massage and fomentation with herbal leaves tied in a muslin cloth)

Fomentation of the body with elakizhi relieves pain for any localised trauma and disorder.

60 mins	\$481.50 / 10
\$64.20	Treatments

## ABHYANGAM & LEPANAM (Application of medicated, herbal paste on the affected part of the body)

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

60 mins	\$481.50 / 10
\$64.20	Treatments

## ABHYANGAM & NASYAM (Nasal cleansing with medicated oil)

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.

60 mins	\$481.50 / 10
\$64.20	Treatments

## PIZHICHIL (Pouring of medicated warm oil all over the body)

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.

60 mins	\$642.00 / 10
\$85.60	Treatments

## PREGNANCY MASSAGE (For pre and post natal women)

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

60 mins	\$481.50 / 10
\$64.20	Treatments

## SHIROABHYANGAM (Massage over the head and neck)

This hair and scalp treatment with medicated, herbal oil nourish the hair, relax the mind and release tension in the head, neck and upper back area. It promotes hair growth, relieves headache, cooling to eyes, improves eyesight, memory, prevents pre-mature greying of hair, hair loss and induces sound sleep. Nourishes all sense organs.

60 mins	\$481.50 / 10
\$64.20	Treatments

## SHIRODHARA (Pouring continuous stream of medicated oil on forehead)

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.

60 mins	\$642.00 / 10
\$85.60	Treatments

## SHIROVASTI (Retain oil on head inside a cap)

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

60 mins	\$642.00 / 10
\$85.60	Treatments

- All Prices quoted are in Singapore Dollars and subject to GST. Payment mode: Cash/Nets/Credit Card (Master/Visa)
- All treatments are suitable for male and female genders.
- Male clients are treated by male Therapist and female clients by female Therapist.
- All prepayments will be covered by AVA Insurance Brokers Pte Ltd. as set out in the Spa Protection Scheme under Case Trust for the Spa and Wellness business accreditation. A Temporary Cover Note will be issued immediately for each prepayment.
- Deposit amount will be forfeited if the client did not do any reservation within one year from the date of deposit.



## ABHYANGAM & THALAPOTHICHIL (Application of herbal paste on head and cover with banana leaf)

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.

60 mins	\$481.50 / 10
\$64.20	Treatments

## ABHYANGAM & UDWARTHANAM (Massage with medicated herbal powder)

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.

60 mins	\$481.50 / 10
\$64.20	Treatments

## Elakizhi (Massage and fomentation with herbal leaves tied in a muslin cloth)

Fomentation of the body with elakizhi relieves pain for any localised trauma and disorder.

60 mins	\$481.50 / 10
\$64.20	Treatments

## ABHYANGAM & LEPANAM (Application of medicated, herbal paste on the affected part of the body)

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

60 mins	\$481.50 / 10
\$64.20	Treatments

## ABHYANGAM & NASYAM (Nasal cleansing with medicated oil)

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.

60 mins	\$481.50 / 10
\$64.20	Treatments

## PIZHICHIL (Pouring of medicated warm oil all over the body)

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.

60 mins	\$642.00 / 10
\$85.60	Treatments

## PREGNANCY MASSAGE (For pre and post natal women)

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

60 mins	\$481.50 / 10
\$64.20	Treatments

## SHIROABHYANGAM (Massage over the head and neck)

This hair and scalp treatment with medicated, herbal oil nourish the hair, relax the mind and release tension in the head, neck and upper back area. It promotes hair growth, relieves headache, cooling to eyes, improves eyesight, memory, prevents pre-mature greying of hair, hair loss and induces sound sleep. Nourishes all sense organs.

60 mins	\$481.50 / 10
\$64.20	Treatments

## SHIRODHARA (Pouring continuous stream of medicated oil on forehead)

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.

60 mins	\$642.00 / 10
\$85.60	Treatments

## SHIROVASTI (Retain oil on head inside a cap)

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

60 mins	\$642.00 / 10
\$85.60	Treatments

- All Prices quoted are in Singapore Dollars and subject to GST. Payment mode: Cash/Nets/Credit Card (Master/Visa)
- All treatments are suitable for male and female genders.
- Male clients are treated by male Therapist and female clients by female Therapist.
- All prepayments will be covered by AVA Insurance Brokers Pte Ltd. as set out in the Spa Protection Scheme under Case Trust for the Spa and Wellness business accreditation. A Temporary Cover Note will be issued immediately for each prepayment.
- Deposit amount will be forfeited if the client did not do any reservation within one year from the date of deposit.