



AYUSH AYURVEDA HEALTH CARE PTE. LTD.

established in Singapore in 2005, has garnered acclaim for its unwavering professionalism and compassionate dedication to clients. Our esteemed team comprises highly qualified, experienced, and renowned Ayurvedic physicians. They adeptly assess each patient's Tridosha constitution to identify health issues accurately. Subsequently, our physicians curate personalized treatment programs and provide guidance to our therapists to enhance patients' health and well-being. Hailing from Kerala, our therapists are seasoned professionals, ensuring top-notch care.

With a commitment to tailored healing experiences, AYUSH operates a comprehensive center with in-house treatment facilities in Johor Bahru, Malaysia, since 2014. Our Ayurvedic treatments are designed not only to rejuvenate the body but also to foster mental relaxation, facilitating a holistic approach to a healthier life.

ABHYANGAM	50 mins	\$65.40
<i>(Massage with medicated oil)</i>	10 Treatments	\$490.50

Enhances blood circulation and muscle tone while effectively purifying the body by eliminating impurities through the pores, resulting in soft, smooth, and rejuvenated skin. Additionally, promotes sound and restful sleep.

ABHYANGAM & PODIKIZHI	50 mins	\$65.40
<i>(Massage & fomentation with herbal powder tied in a muslin cloth)</i>	10 Treatments	\$490.50

Alleviates joint and muscular discomfort including pain, stiffness, and numbness, addressing issues such as disc problems, arthritis, and various paralytic conditions. Additionally, enhances blood circulation for improved overall wellness.

ABHYANGAM & JANUVASTI	50 mins	\$65.40
<i>(Retain warm, medicated oil on knee joint)</i>	10 Treatments	\$490.50

Aids in managing degenerative conditions affecting the knee joint and alleviating symptoms associated with arthritis.

ABHYANGAM & DHANYAMLADHARA	50 mins	\$65.40
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(Pouring continuous stream of warm medicated herbal decoction all over the body)

10 Treatments	\$490.50
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Effectively alleviates pain and swelling in the joints and muscles, while also reducing generalized water retention in the body. Promotes perspiration, facilitating the detoxification of joints and muscles, leading to enhanced joint mobility and a reduction in body heaviness.

ABHYANGAM & KATIVASTI	50 mins	\$65.40
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(Retain warm, medicated oil over low, back area)

10 Treatments	\$490.50
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Highly effective for addressing a range of conditions including lower back problems, prolapsed disc, osteoporosis, sciatica, irritable bowel syndrome, endometriosis, urinary tract disorders, and menstrual disorders.

ABHYANGAM & NASYAM	50 mins	\$65.40
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(Nasal cleansing with medicated oil)

10 Treatments	\$490.50
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Stimulates the nerves and provides relief from chronic headaches, migraines, insomnia, sinusitis, voice constraints, and allergies by clearing congestion in the head, nose, and throat. Additionally, beneficial for cervical spondylosis.

ABHYANGAM & NJAVARAKIZHI	50 mins	\$65.40
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(Massage with medicated navara rice tied in a muslin cloth)

10 Treatments	\$490.50
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Nourishes the skin and enhances muscle tone, mobility, and blood circulation. Offers immense benefits for conditions such as rheumatism and arthritis.

ABHYANGAM & NETRATHARPANAM	50 mins	\$65.40
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(Keeping medicated ghee around the eyes)

10 Treatments	\$490.50
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Diminishes darkened eye circles and alleviates dry, watery, and painful sensations in the eyes. Effectively relieves eye strain and enhances eyesight.

ABHYANGAM & TAKRADHARA	50 mins	\$65.40
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(Pouring continuous stream of medicated buttermilk on the forehead)

10 Treatments	\$490.50
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Induces relaxation of the mind, reduces mental stress, and relieves body heat, promoting psychological well-being. Helpful in treating sleeping disorders, stress, headaches, depression, hair fall, dandruff, chronic skin conditions like psoriasis, and diabetic-related complaints. Additionally, contributes to maintaining healthy vision.



ABHYANGAM & THALAPOTHICHIL	50 mins	\$65.40
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(Application of herbal paste on head and cover with banana leaf for cooling)

10 Treatments	\$490.50
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Alleviates stress, reduces body heat, and promotes restful sleep, fostering mental peace. Beneficial in managing conditions such as psoriasis, alopecia, and hair fall. Additionally, addresses insomnia, depression, headaches, burning sensations in the eyes, and dandruff.

ABHYANGAM & THALAM	50 mins	\$65.40
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(Apply herbal paste on crown of head)

10 Treatments	\$490.50
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A targeted treatment designed to alleviate ailments such as migraine, insomnia, body heat, and issues related to the ear, nose, and throat.

ABHYANGAM & UDWARTHANAM	50 mins	\$65.40
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(Massage with medicated herbal powder)

10 Treatments	\$490.50
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Beneficial for various conditions including diabetic neuropathy, paralysis, obesity, skincare, sciatica, indigestion, and sclerosis of blood vessels. Aids in removing cellulite, improving blood circulation, breaking down fatty deposits for weight loss, and toning the skin and muscles.

ABHYANGAM & LEPANAM	50 mins	\$65.40
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(Application of medicated, herbal paste on the affected part of the body)

10 Treatments	\$490.50
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Proves beneficial for a variety of inflammatory conditions, including arthritis, gout, skin diseases, and eczema.

PREGNANCY MASSAGE	50 mins	\$65.40
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(For pre and postnatal women)

10 Treatments	\$490.50
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Effectively reduces low back pain, muscle and joint discomfort, as well as stress and anxiety. Additionally, improves circulation and promotes better sleep.

FACIAL TREATMENT

50 mins **\$70.85**

10 Treatments **\$531.38**

Attain healthy, youthful-looking skin with the nurturing touch of our skilled therapists and our range of herbal products.

ABHYANGAM & SHIROABHYANGAM

50 mins **\$65.40**

10 Treatments **\$490.50**

(Massage over the head and neck)

Stimulates hair growth, alleviates headaches, provides a cooling sensation to the eyes, and enhances eyesight and memory. Also helps prevent premature greying of hair, hair loss, and promotes sound sleep. Furthermore, nourishes all sense organs.

PIZHICHIL

50 mins **\$87.20**

10 Treatments **\$654.00**

(Pouring of medicated warm oil all over the body)

Tones the skin, preventing the appearance of scales and wrinkles. Also alleviates body pain and muscle spasms, while promoting blood circulation and muscle development. Additionally, provides relief from nervous disorders, osteoarthritis, cervical and lumbar spondylosis, disc problems, joint pains, paralytic conditions, and muscle weakness.

SHIRODHARA

50 mins **\$87.20**

10 Treatments **\$654.00**

(Pouring continuous stream of medicated oil on forehead)

Strengthens the nervous system and sense organs, reducing stress and providing relief from headaches, migraines, fear, and depression. Also promotes sound sleep and serves as an effective remedy for mental diseases, nervous disorders, insomnia, high blood pressure, and conditions affecting organs above the neck.

SHIROVASTI

50 mins **\$87.20**

10 Treatments **\$654.00**

(Retain oil on head inside a cap)

An excellent choice for addressing nerve-related problems such as ansomnia, depression, facial paralysis, and headaches.

- All packages comprise of 10 sessions and include a 25% discount.
- All packages are valid for one year from the date of purchase.
- All prices quoted are in NETT Singapore Dollars.
- Payment modes accepted: Cash/Nets/Credit Card Master/Visa/PayLah, PayNow.
- All treatments are suitable for both male and female clients.
- Male clients are attended to by male therapists, and female clients by female therapists.
- All prepayments, including but not limited to packages, gift vouchers, and membership fees, are covered by approved insurances as outlined in the Spa Protection Scheme under CaseTrust for the Spa and Wellness business accreditation. A Certificate of Insurance will be issued immediately for each prepayment.
- The deposit amount will be forfeited if the client fails to make any reservations within one year from the date of deposit.

OPERATING HOURS: Open daily from 9:00 AM to 9:00 PM

RESERVATION: Reservations are required for all therapies. To make an appointment, please contact us directly using the telephone numbers provided below. Booking in advance is recommended to secure your preferred appointment slot. Please note that booking and changing appointments are subject to slot availability.

CHECK-IN: Please arrive punctually for your appointments.

FOOD: Clients are advised not to eat meals immediately before therapy. A light meal may be consumed at least one hour prior, and a full meal two hours before the therapy session.

ATTIRE: Clients are advised to wear loose and comfortable attire.

VALUABLES: Please refrain from bringing valuables to the sanctuary. Management accepts no responsibility for any loss of money or valuables.

ASSIGNMENT OF THERAPISTS: While we strive to assign the preferred therapist for each client, another therapist may be assigned based on demand. Male therapists attend to male clients, and female therapists attend to female clients.

PAYMENT MODE: Accepted payment methods include cash, NETS, credit cards&debit cards (Mastercard/Visa), PayNow, and PayLah.

CANCELLATION: We appreciate at least 1 day's notice for cancellations to allow others to take up vacant slots.

ETIQUETTE: To ensure a peaceful environment for all clients, please switch off all electronic devices during therapy sessions.



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ayush

Sanctuary for
*Authentic Traditional
Ayurvedic
Treatments & Therapies*



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Trail With Us



FREE CONSULTATION