

NATURE KALP SPA



PANCHAKARMA

Abhyangam (55 min)

Abhyanga is a form of Ayurvedic therapy that involves massage of the entire body from the head to the toe with Dosha-specific warm herb-infused oil. The oil is commonly pre-mixed with herbs for specific conditions.

₹2500

Pizhichil (55 min)

Pizhichil is a therapeutic massage that helps build up immunity. It aids in the treatment of rheumatic diseases, paralysis, neurological disorders, and is beneficial for the heart as it helps reduce blood pressure. In this treatment, a special linen cloth is dipped into warm Kuzhambu, or a medicated oil mixture, and squeezed over the disease-affected areas of the patient.

₹2500

Shirodhara (55 min)

Shirodhara is a classical and a well-established ayurvedic procedure of slowly and steadily dripping medicated oil or other liquids on the forehead. This procedure induces a relaxed state of awareness that results in a dynamic psycho-somatic balance.

₹2500

Deep tissue massage (30 min)

Deep tissue massage targets chronic tension in muscles that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

₹2500

Reflexology (30 min)

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet (and possibly on your hands or ears as well) to help you feel better. The theory is that this eases stress, and that helps your body work better.

₹1500

HEAD & SCALP MASSAGE (30 MIN)

₹1500