



# ayur alaya

Ayurvedic Spa and Therapies

Ayurveda, the science that helps rejuvenate your mind, body and soul. Born in the Indian subcontinent, this form of alternate medicine was practised and developed during the Buddhism period. The word "Ayurveda" is a tatpurusha compound of âyus "life" and veda "knowledge", and would roughly translate as the "Science of Life."

Today, this form of treatment is widely used the world over for curing everything from sinusitis to arthritis.

## What Ayurvedic therapies can do for you:

- Relieves pain, tension and travel fatigue
- Helps improve your complexion
- Improves blood circulation
- Removes stiffness of the joints
- Increases flow of life - giving oxygen to the tissues
- Flushes out toxins out of your body
- Strengthens immunity
- Increases stamina and sexual vitality
- Induces sleep
- Helps you slim down
- Relaxes mind and body

## UZHICHIL

This is a full body massage with medicated Ayurvedic oils that removes fatigue and stiffness in your joints, improves the complexion of your skin, induces good sleep, helps you slim down, increases flow of life by giving oxygen to the tissues, improves blood circulation and completely relaxes and rejuvenates your body and mind.

## SHIROABHYANGA

This is a special massage with medicated oils poured over your head and face. It induces sound sleep, improves concentration and memory power, prevents hair falling, avoids wrinkles and tones up the skin and truly soothes your sense organs.

## PADABHYANGA

This is a massage which starts with applying herbal oils to your legs to increase blood circulation. It naturally induces sleep, relieves pain and improves flexibility in your joints.



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### **PADAMARMABHYANGA**

This treatment solely concentrates on your feet. The vital points (marma) are gently massaged with medicated herbal oils.

It activates the nervous system by stimulating the meridians of the body. Helps in stress management, induces sound sleep, improves your posture and brings grace to your gait.

### **PATHRASWEDAM**

Herbal leaves and powders are made in boluses and are applied on the whole body followed by a full body massage with specially selected herbal oils.

Medicated steam from these herbal leaves along with the body massage keeps your spine and neck healthy and cures problems related to it. This is very effective for curing/relieving osteoarthritis, spondylosis, sports injuries, muscular atrophy, etc.

### **PUNNAGATHI KIZHI**

This is a massage done with two poultices of herbal powder at a time followed by a whole body massage. These poultices are warmed by keeping in medicated oil intermittently. This treatment is very effective for curing rheumatic complaints, ankylosing spondylitis, accidental injuries, muscle atrophy, arthritis, frozen shoulder, low back-ache and tiredness. It increases blood circulation, stamina and sexual vitality, removes stiffness of joints and thereby improve posture and grace of movements. It also boosts the immunity of the body.

### **NASYAM (Nasal erhine)**

Medicated oil is instilled into the nostrils drop by drop followed by a moderate head and face massage. This treatment helps sinusitis, migraines, paralysis and mental disorders. It prevents premature greying and hair fall, soothes the sense organs, improves eye sight and expels saturated phlegm in sinuses.

### **SHIRO DHARA**

Warm medicated herbal oil is poured continuously on the forehead (third eye) - the prime centre of all mental activities. This will be done on a specially designed massage table called "pathy". This treatment is mainly for curing insomnia, loss of memory, chronic headaches, mental tensions, tiredness, jet lag and certain skin diseases. It brings back normal poise and increases vitality.

### **NJAVARAKIZHI**

In this treatment, the whole body is made to perspire by the application of medicated mashed rice tied up as boluses in a muslin bag. It is very effective in curing and relieving muscular atrophy, loss of strength, nervine weakness, emaciation of body parts, wrinkling of skin, sluggishness, rheumatism, joint pains, paralysis, sciatica, blood pressure and cholestremia. It also improves appetite, softens skin, enhances complexion and cures stiffness of joints. Additionally, this treatment is a very good aphrodisiac (improves stamina, vitality and cures sexual disorders).

### **PIZHICHIL**

In this rare and special treatment, born in the heart of Kerala, perspiration is induced by continuously dripping lukewarm herbal oils all over the body by two therapists. This rhythmic pouring of oil is done for around 45 minutes while you are laid on special table made from a single log of wood. This is followed by a gentle massage. It helps relieve burning sensation in the body, arthritis, hemiplegia, sexual weakness, nervous weakness, rheumatic complaints, rough skin and circulatory problems.

### **UDVARTHANAM**

Medicated herbal powder is massaged to reduce fat on the buttocks and belly and strengthen muscles. This is the best treatment for obesity and improves the total health by rejuvenating your body and mind.

## LEPAM

This massage uses special herbal oils followed by an application of medicated herbal paste, made out of milk. This is followed by a sunbath for around 25 minutes. This whole body treatment makes the skin look younger and strengthens hair by giving it a youthful glow.

## THAKRADHARA

In this massage, medicated buttermilk is poured continuously on the forehead in a rhythmic way. This is administered on a specially designed massage table called "pathy". This is very effective in curing psychosomatic diseases like psoriasis, skin diseases, stress, strain and insomnia.

## KATIVASTHI

In this treatment, specially prepared medicated oil is applied over the lower back. It's very effective in curing chronic lower backache, spinal cord disorders, sciatica, numbness of legs, disc prolapse, and weakness of the legs.

## LEPANABHYANGA (Ayur Beauty Care)

This is one that women have been raving about across town! It consists of a whole body treatment where the massage is done with medicated herbal paste followed by a massage with aromatic herbal oils. It gently scrubs away dead skin cells and simultaneously nourish the new ones, while keeping you look younger. This treatment tones up your skin and keeps it glowing and healthy. It is pure nirvana for your skin.

## HERBAL FACIAL

Specially picked herbs are ground with rose water or milk and applied over the face. This highly recommended treatment rejuvenates the skin by unclogging the pores and removes impurities.

## STEAM BATH

It is a relaxing bath in a steam chamber (made of medicinal wood) using various medicinal herbs. The usage and amount of herbs depends on the severity of the ailments faced by the patient. It helps you slim down, removes the stiffness in your joints, improves complexion and softens your skin. It is a very effective cure for skin diseases as it removes the dead cells, flushes out the waste products in the skin, removes wrinkles and makes your skin glow.

### Packages for different treatments

- Stress management
- Rejuvenation therapy
- Aphrodisiac treatment
- Insomnia management
- Ayur beauty care programme
- Body immunization programme
- Obesity management
- Body purification therapy
- Memory boosting therapy
- Back pain management
- Psoriasis management
- Blood circulation improvement

*Note: The duration of packages vary from 3, 5, 7, 14, 21, 45 to 90 days per course.*



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