



Pōorna Ayur



| TREATMENTS & TARIFFS





Ayurvedic Massage

Abhyangam

Duration : 45 Mins

Rs. 1800

Abhyangam is a form of Ayurvedic holistic healing massage therapy that involves massage of the body with large amounts of warm oil (pre-medicated with herbs for specific conditions). It can be beneficial for maintaining health and is used therapeutically for certain disorders like anxiety, fatigue, paralysis, spondylosis, arthritic problems, injuries & backaches. This practice of full-body oil massage is known as Abhyangam. Abhyangam nourishes the body, restores the balance of doshas & improves well-being & longevity. Also Benefits blood circulation, smoothens skin and promotes sleep.

Swedhana Abhyangam

Duration : 45 Mins Massage + 15 mins swedhanam

Rs. 1999

Abhyangam Ayurvedic Massage along with steam bath that benefits removal of toxins from the body, Smoothens skin & reduces ageing effects and also aids weight loss.

Ekanga Abhyangam

Duration : 30 Mins

Rs. 725

Choice of Head/ Shoulder and Neck/ Leg/ Back/Hand Massage.





Pain Relief Treatments

SWEDHANAM

Swedhanam is effective for various kinds of arthritis, spondylitis, back pain, sports injuries and for all other soft tissue inflammations especially joint pains. The massage promotes better circulation within the affected area, induces perspiration which helps the skin to eliminate wastes. It also helps to tone the skin and can be very relaxing.

Podikizhi

Podikizhi is a natural treatment and is one of the most popular treatments in Ayurveda. ... An abhyanga (body massage) is usually recommended prior to embarking on a Podikizhi treatment. Podikizhi is an effective treatment to reduce the tenderness, pain, stiffness and heaviness of affected body parts or joints.

Sarvanga Podikizhi

Duration – 45 Mins

Price – 1650

Podikizhi Session for the full Body

Ekanga Podikizhi

Duration – 30 Mins

Price – 825

Localised podikizhi on the affected area





Elakizhi

Elakizhi or Patrapotala Sweda is a sudation practice in Ayurveda treatments. It is a highly rejuvenating treatment similar to Navarkizhi, except herbs are used in place of rice. Fresh leaves of anti Vata plants, such as Eranda (*Ricinus communis*), Arka (*Calotropis Procera*), Nirgundi (*Vitex negundo*), Rasna (*Pluchea lanceolata*), Coconut leaves, lemon and curcumin are fried with herbal ingredients and tied into cloth boluses. These are dipped into warm medicated oil and used for massaging the body. The treatment begins with the application of suitable medicated oil to the entire body. The massage with heated boluses induces profuse sudation, which helps in the fomentation process.

Sarvanga Elakizhi

Duration – 45 Mins

Price – 1650

Elakizhi Session for the full Body

Ekanga Elakizhi

Duration – 30 Mins

Price – 825

Localised Elakizhi on the affected area



Njavarakizhi

Njavarakizhi is also known as shashtikashali pinda swedam. Njavara in Malayalam stands for the rice (Shashtika Shali in Sanskrit) that grows in 60 days ; Kizhi (Pinda in Sanskrit) stands for bolus. Njavara is an indigenous variety of rice grown in Kerala, having medicinal properties. It is a unique treatment procedure practiced by Kerala Ayurveda physicians (Vaidyas). It is a procedure by which the whole body or any specific part is made to perspire, by the application of certain medicinal drugs with Njavara rice puddings externally in the form of boluses tied up in a muslin bag.

Sarvanga Njavarakizhi

Duration – 45 Mins

Price – 2725

Njavarakizhi Session for the full Body

Ekanga Njavarakizhi

Duration – 30 Mins

Price – 1512

Localised Njavarakizhi on the affected area

VASTHI

Kati vasthi

Duration – 30 Mins

Price – 1170

Kativasthi is process specially prepared warm medicated oil kept over low back area with Masa churna (Black gram powder) paste boundary over a period of 45 minutes. ... Mahanarayan taila is used in Kativasthi for 10 days after Sarvanga Snehana with Mahanarayan taila (oil massage) and Sarvanga Baspa Svedana (steam bath).



Janu vasthi

Duration – 30 Mins

Price – 1170

Janu Vasti is an Ayurvedic treatment that provides a simple and high effective relief to knee pain. This treatment is especially potent to the keen pain caused by Osteo Arthritis. This relieves stiffness and pain and help easing the movements at the knee joints. This also strengthens the muscles, joint and the surrounding soft tissues; provides improvement in the circulation and enabling the patient resuming back to their daily activities and work.



Greeva Vasti

Duration – 30 Mins

Price – 1170

Greeva Vasti is the most specialized treatment for neck pain and diseases related to the cervical region (spondylosis/spondylitis). The procedure (Greeva Vasti) involves the retention of warm medicated oil over the neck region for a stipulated period of time. The treatment gives an amazing relief from the pain and stiffness associated with neck muscle pain or cervical spondylosis.



LEPAM

Duration – 30 Mins

Price – 1170

Lepam is a therapy in Panchakarma where a broad herbal paste is spread on the affected area of the body and allowed to dry. After it gets dry, it is removed using warm milk. The paste is the combination of herbal powder and a medium to make a thick paste depending on the condition of the patient. This technique leaves your skin and muscles relaxed. This therapy is great in inflammation, arthritis and skin diseases. Lepam is recommended to patients suffering from pain, inflammation, tingling and skin diseases. This therapy energises the healing abilities of the body by boosting blood circulation, nourishing skin, and relieving pain.





Detox Treatments

KASHAYA VASTHI

Duration – 30 Mins (Varies as per the patient's condition)

Price – 1200

This is type of medicated enema. It is done by mixing medicated oil, honey, decoction, and rocks salt etc.

MATHRA VASTHI

Duration – 30 Mins (Varies as per the patient's condition)

Price – 1200

Medicated Ghee is given according to the digestive power of the patient



Rejuvenative Treatments

SHIRODHARA

Shirodhara is a form of Ayurveda therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in Panchakarma. The name comes from the Sanskrit words shiro (head) and dhara (flow). The liquids used in shirodhara depend on what is being treated, but can include oil, milk, buttermilk, coconut water, or even plain water.

Shirodhara has been used to treat a variety of conditions including eye diseases, sinusitis, allergic rhinitis, greying of hair, neurological disorders, memory loss, insomnia, hearing impairment, tinnitus, vertigo, Ménière's disease and certain types of skin diseases like psoriasis. It is also used non-medicinally for its relaxing properties. Studies report that Ayurvedic Shirodhara is a safe option to improve sleep quality among people who have sleep problems. Shirodhara is also effective in treating mental conditions such as anxiety, and mental stress. The calming effect produced by Shirodhara is similar to that obtained with meditation.

THAKRADHARA

Duration – 45 Mins

Price – 2515

Thakradhara is a procedure of pouring medicated buttermilk over the forehead of the patient. After the preparatory abhyangam is preferred. Medicated buttermilk from a dhara is poured in a continuous stream. Thakradhara is an excellent cure for Chronic Insomnia, Psoriasis and other pitta aggravated diseases. It reduces burning sensation of palms and soles, and helps reduce headache. It reduces Stress and Hypertension, cures premature greying of hair and improves vision.

KSHEERADHARA

Duration – 45 Mins

Price – 2515

Same relaxing treatment as Sirodhara but instead of herbal oil, herbal milk is poured over the forehead or over the whole body. This moisturizing agent relieves anxiety and tension, and leaves your skin with a healthy glow. This is a great therapy for people suffering from headaches from Vata and Pitta predominance, insomnia and mental tension.

Beneficial for Lifestyle & Relaxation, Alleviating fatigue, Restoring vitality, Improving memory, Establishing dosha equilibrium, De-stressing, Mental Wellness, Reducing mental tension, Combating headaches, Relieving insomnia, Beauty, Glowing skin.

Sarvanga Kheeradharma

Duration – 60 Mins

Price – 2999

Ksheeradharma Session for the full Body

Khseeradharma for Head

Duration – 45 Mins

Price – 2515





PIZHICHIL (THAL AidHARA)

Duration – 60 Mins

Price – 2999 (Price varies on the number of sittings)

A king among the traditional therapies and a specialty of Kerala!

This therapy is a beautiful combination of two classical Ayurvedic treatments, Snehana (oleation) and Swedana (sudation). The whole body is bathed in streams of lukewarm medicated oil with simultaneous soft massage. Three therapists attend to the client, focusing on their particular needs. More than three liters of relaxing, medicated oil is used in this therapy. Pizhichil protects the body from illnesses and builds up immunity for a healthy life. It is very useful for rheumatic diseases, arthritis, paralysis, sexual weakness, neurological disorders, blood pressure, nervous weakness and helps to arrest the aging process.



Soundarya Varthini
-Beauty Treatments

MUKHALEPAM

Mukhalepam or mukhalepanam is an Ayurveda facial treatment which can be characterized as a pure Ayurvedic skin care treatment. In these natural pack various sorts of herbs, therapeutic plants, juices of plants, oils, ghee, decoction, fruits etc. are utilized, dissimilar to the facial in which chemicals are utilized. It is then made into a paste form that feeds & clean the skin & give the skin a delicate & clear look. It is a treatment in which the face is dealt legitimately with steam & after that the face pack or paste is applied.

It consists of the utilization of naturally prepared facial pastes & washing them off after 35 to 45 minutes. Mukhalepam massage helps in avoiding wrinkles, aging of skin & provides a good skin tone. It counteracts pigmentation or stains of facial skin & is beneficial in treating sun related issues like sun burn. The paste or pack is picked after examining the type of the skin of the individual & as per the particular prerequisites.

Duration – 60 Mins

Price – 2250

Vatha Facial

[For Dry Skin]

With the Nourishment of Navara Rice & Manjal

Pitha Facial

[for Acne Skin]

With the Nourishment of Neem & Thulasi

Kapha Facial

[Oily Skin]

With the Nourishment of Rakthachandanam & Navara Rice



KESHA AKSHEPAM

Duration – 45 Mins (varies)

Price – 900 (Men) / 1200 (Women)

Application of hair color (only black) made from pure Ayurvedic ingredients.
This hair dye application is free from any sort of ammonia or other harmful chemicals.

Shirolepam

Duration – 60 Mins

Price – Rs. 1999

Shirolepam is a Ayurvedic Treatment for Hair fall, strong glossy hair that helps to make firm hair roots and healthy scalp. Moisturizing and massaging the scalp with herbal oils or juices, nourishes and strengthens the hair roots and promotes hair growth. This special Ayurvedic hair treatment helps to prevent dandruff. An Ayurvedic medicated oil massage followed with a special herbal pack helps to strengthen hair follicles thus

Benefits Promotes nerve stimulation, Relieves stress and anxiety, Cures dandruff, hairfall, premature graying of hair and hair loss, Effective in hypertension management., Effective in migraine headache, etc...

Annalepanam

Duration – 60 Mins

Price – Rs. 2499

Annalepanam is a special treatment in Ayurveda for diseases such as skin softness, In this treatment, medicated rice is processed in decoction of selected herbs and made into a paste. Then this paste is applied all over the body on a systematic manner followed by swedhanam or a hot shower

Udwarthanam

Duration – 60 Mins

Price – Rs. 2499

This is a typical deep massage using herbal powders. It is performed both dry and wet. This massage stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage, exfoliates the skin and improves complexion. The most promising effect is the slimming of the body. It is most effective when taken as a package, where significant weight loss and cellulite reduction can be noticed.



WEIGHT LOSS TREATMENTS

Udwarthanam

Duration	Price
1 Day	Rs. 4000
7 Days	Rs. 18000
14 Days	Rs. 30,000
21 Days	Rs.42,000

Udwarthanam is one of the most sought after Ayurvedic treatments for weight loss. It is a special deep tissue massage using herbal powders. In this procedure, the body may be coated with herbal oils and then herbal powders called Choornams are rubbed forcibly on the body in the upward direction. Udwarthanam is performed by an Ayurvedic practitioner. The massage techniques are performed in seven postures by applying suitable pressure so as to break down the fat under the skin. The herbal powder is applied and the massage is done for about 15-45 minutes. This is concluded by steam and bath.

By generating heat through massage, this treatment melts the excess fat that is accumulated in the body. It improves the blood circulation, rejuvenates the body and improves skin texture. Certain skin diseases can be treated with Udwarthanam.

There are mainly two types of Udwarthanam

- Snigadh or Sneha
- Ruksha

Snigadh Udwarthanam is massage with dry powder and medicated oils. This type of massage is very helpful in improving the skin texture and is recommended for skin rejuvenation and certain skin diseases. Ruksha Udwarthanam is done only with dry powders. Since the massage is rough and dry, it helps in reducing weight and the Kapha Dosha.

There are many benefits of Udwarthanam. Some of them are stated below:

- Helpful in calming the Kapha dosha
- Reduces the excess fat accumulated in the skin
- Strengthens the muscles by toning them and exfoliates the dead cells in the skin.
- Improves blood circulation which leads to reduction in cholesterol and helps in achieving a good rate of metabolism.
- The joints become more flexible
- Eliminates body odour
- Also beneficial in treating Rheumatoid Arthritis as it reduces Kapha and Ama.





Ayurvedic Pre Bridal Readiness

Poorna Ayur understands that your wedding is the biggest occasion of your life. This is why we have put together exclusive ayurvedic bridal readiness packages just for you. Pamper and care for yourself from days before your wedding. Look great on the most important day of your life.

Experience yourself on one of the most significant days of your life. Our special bridal readiness packages for the bride and groom includes 6 days treatments with optional enhancements to customize your package.

Our package involves various therapies, apart from cleansing ingredients a host of active ingredients are included which not only clean the skin but also helps the skin cope up with onslaught of the pollutants. In addition it makes the skin radiant & supple. We can customize



1 Day

Duration: 2hr Session | Price : INR 8000

- Sarvanga Abhyangam (full body relaxation massage from head to toe)
- Shareera Parikshara (Udwarthanam – Full body Scrub using ayurvedic churanam or rice scrub)
- Mukhalepam (Ayurvedic Facial using all natural ingredients like navra rice rakthachandanam etc...)
- Swedhanam (Detox Steam Bath)

3 days

Duration: 2 Hours / Session | Price : INR 7,999

- 1st Day – Sarvanga Abhyangam + Shirodhara
- 2nd Day – Udwarthanam + Mukhalepam + Swedhanam
- 3rd Day – Podikizhi + Shirolepanam + Mukalepanam

6 Days

Duration: 2 Hours / Session | Price : INR 19,999

- 1st Day – Sarvanga Abhyangam + ShiroLepam + Swedhanam
- 2nd Day – Udwarthanam + Mukalepam
- 3rd Day – Podikizhi + Shirodhara
- 4th Day – Sarvanga Abhyangam + Mukhalepam
- 5th Day – Sarvanga Navarakizhi + Swedhanam
- 6th Day – Sarvanga Abhyangam + Mukhalepam

Poorna Ayur

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