

AYURVEDIC TREATMENT MENU & PRICES

SHIRODHARA

£60

Shirodhara is the signature treatment in Ayurveda, involving a steady stream of warm oil being gently poured in a rhythmical movement over the central Chakra point of the forehead. The massage begins and ends with facial massage including focus on Marma points.

MUKABHYANGA

£30/£45

Ayurveda facelift facial massage. An excellent treatment for the prevention of wrinkles. This massage relaxes the face muscles and stimulates facial micro-circulation and lymph flow, thereby promoting the regeneration of healthy, younger looking skin.

SHIRPABHYANGA HEAD MASSAGE

£30/£45

A massage focusing on the head which includes the neck and shoulders. It both relaxes and revitalises the senses and very nourishing for hair and roots.

KARANA PURANA

£40

Ayurvedic Ear treatment. This treatments starts with a relaxing Mukabhyanga (face massage) followed by pouring warm oil into the ears to both cleanse and open the Marma channels of the body.

AKSHITARPANA

£40

Ayurvedic Eye treatment. This is a traditional remedy for relieving tired, stressed, dry, itchy, burning eyes. Using warm ghee to soothe and bathe the eyes.

NASYA

£40

Traditional Nasal cleansing – following a facial massage warm an application of warm herbal oils are applied to the nose. This is an effective treatment for relieving headaches, sinusitis, migraines, sleep disruption and hayfever.

PADA ABHYANGA

£45

Foot Massage – A blissful and relaxing massage focusing on the foot and lower leg, includes relevant Marma Point massage.



HASTA ABHYANGA

£35

Hand Massage – Calming and soothing massage focusing on the hand and arm, includes relevant Marma Point massage.

NABHI ABHYANGA

£45

A non-invasive abdominal massage that's great for cleansing and toning, proven to assist with weight loss especially when combined with Udvartana massage.

PRISTHABHYANGA

£30/£45

A relaxing back massage to relieve aches, releases tension and revitalise the body.

ABHYANGA

£45

Ayurvedic full body massage that relaxes the mind, improves lymphatic flow, stimulates the immune system, detoxifies, strengthens and revitalises the nervous system.

MARMA ABHYANGA

£60

A full body massage as above with focus on aligning the Marma Point system of the body.

UDVARTANA

£60

Exfoliating massage using finely ground Ayurvedic herbs and oils which softens the skin and gives it a lustrous glow. Can be applied to the whole body or focused on a specific area i.e. abdomen to cleanse and area.

PINDA SVEDA

£60

A rejuvenating, strengthening and nourishing massage which can alleviate muscle and joint pain, tension and stress. Massage is applied via cotton poultice bags filled with Ayurvedic herbs and pressed into the body.

KATI BASTI

£45

A traditional Ayurvedic warm oil treatment for the lower back used to treat ailments such as acute and chronic pain, sciatica and nerve disorders.

GREEVA BASTI

£45

A traditional Ayurvedic warm oil treatment for the back of the neck used to treat ailments such as acute and chronic neck pains, nerve problems, tension and stress related problems.

