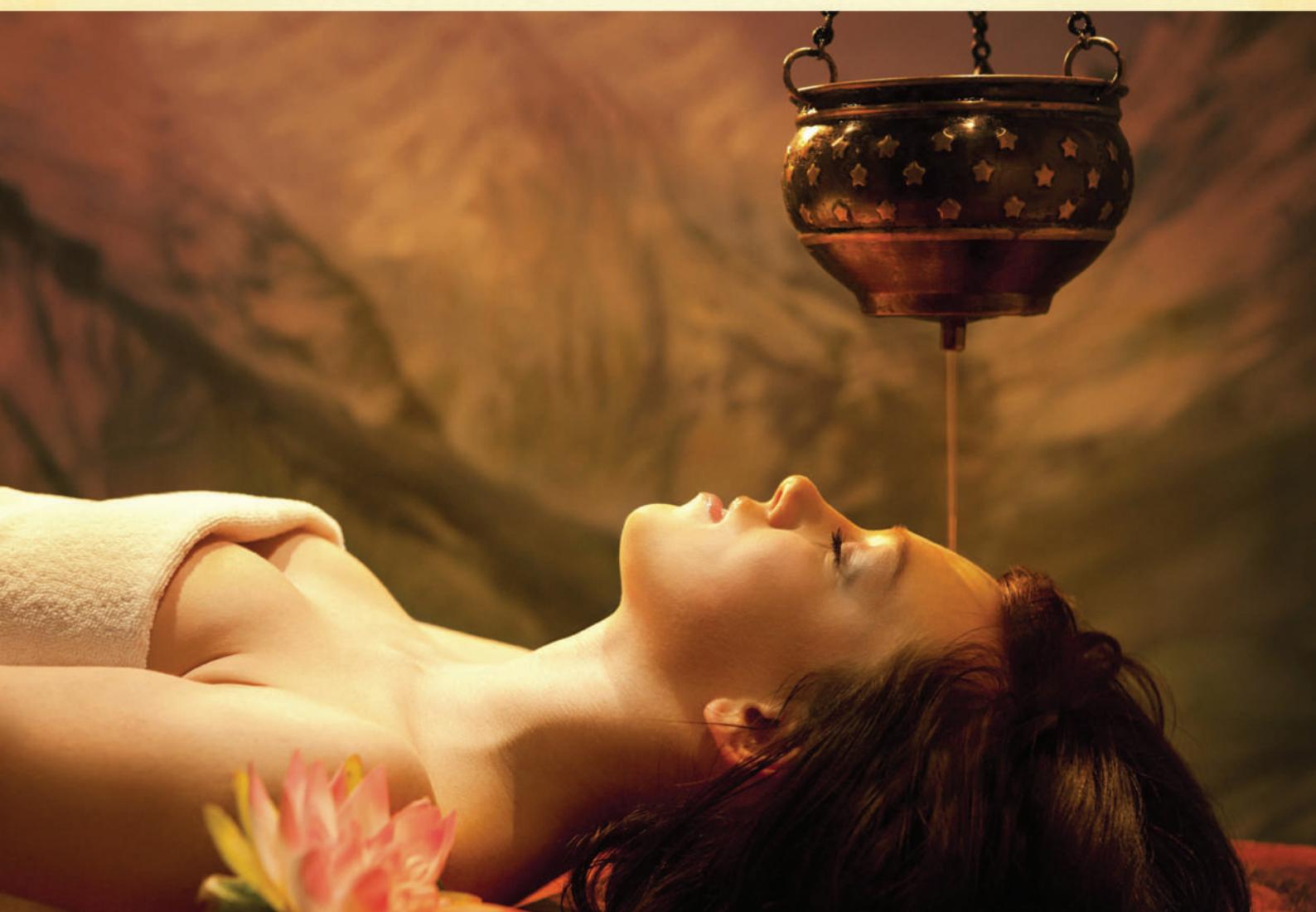


36 Palms



BOUTIQUE RETREAT
KERALA, INDIA



Ayurveda & Aroma SPA



Yoga, Meditation & Reiki

36 Palms



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KERALA, INDIA

ABOUT AYURVEDA

The word Ayurveda is composed of two Sanskrit terms - "Ayur" - meaning life and "Veda" - meaning knowledge. Therefore, Ayurveda means the knowledge of life or science of life - "the science of life and longevity".

Ayurveda is a traditional treatment method with a track record that goes back to thousands of years. Primarily practiced by sages and yogis of the past, now Ayurveda has become a refined treatment mode, authentically based on its traditional ways. Now, deeply touched by its power to heal, countries people from all over the world depend on Ayurveda to treat numerous diseases.

Ayurveda explains the knowledge of various guidelines to be followed to keep one healthy. In recent times, Ayurveda has gained universal acceptance for its curative powers and the ability to maintain physical, mental and spiritual health for a full life span. This science has a strong basis of Indian philosophy which has been handed down to us by means of ancient scripts in palm leaves.

Ayurveda is based on 'Panchabhuta' and 'Thridosha' theories. Ayurveda explains that every living and non-living being in this universe is a unique combination of five eternal elements, called 'Panchamahabhuta' which are earth, water, fire, air and ether (space). Proceeding from them there are three physiological elements or principles known as 'Thridoshas'. According to Ayurveda, good health is the harmonious co-existence of these three elements.

*For Booking & Details
Please contact reception*

CLASSICAL AYURVEDA TREATMENTS

Uzhichil

Uzhichil is a popular body massage in Ayurveda. The word Uzhichil itself means 'Massage'.

(Duration 60 mins)
Rs. 2000/-



Indications: Useful for fatigue, Vata related problems, lack of blood circulations etc.

Relaxation Massage

In this treatment, gentle oil massage is given on the whole body or specific part according to the muscle tension.

(Duration 60 mins)
Rs. 2000/-



Indications: Useful for fatigue, stress and strain, lack of blood circulations etc.

Rejuvenation Massage

Helps relieve joints and muscles from stiffness and makes all body movements free. The stimulating treatment increases blood circulation, which in turn encourages quick removal metabolic wastes, while providing relief for anxiety, fatigue, circulatory disorders, rheumatic and arthritic problems, backaches and injuries.

(Duration 1 Hr 30 mins)
Rs. 2500/-



Special Rejuvenation Massage (Herbal Facial or body scrub)

This package start with a rejuvenation massage followed by a herbal facial or body scrub.

(Duration 1 Hr 45 mins)

Rs. 3000/-



Benefits: *Improves deep circulation complexion, digestive power, vitality, strengthens nervous system, and is an over all rejuvenative programme*

Head, Face, Neck & Shoulder Massage

This massage focusses on the most vulnerable areas susceptible to stress and tension - the neck, shoulder, face and head. The head massage induces a state of calm, peace and tranquility and promotes high levels of alertness and concentration

(Duration 30 mins)

Rs. 1000/-



Back Care Massage

For alleviating pain in the shoulder, lower back and legs.

Medicated oils are warmed and massaged in to the pressure points in these areas. Specially prepared warm oils and hot herbal poultices are used in this treatment

(Duration 40 mins)

Rs. 1800/-



Feet Massage

Traditional oriental foot massage using herbal oil. The therapist applies pressure on predetermined localized points on the foot.

(Duration 30 mins)
Rs. 1000/-



Shirodhara

Medicated herbal oils are streamed onto the forehead and scalp preceded by a neck and shoulder massage.

(Duration 45 mins)
Rs. 2200/-



Indications: Insomnia, mental tension, skin diseases, cervical spondylosis etc.

Herbal Facial

For that definite glow and radiance, this therapy tends the skin cells and helps to pristine condition. The therapy starts with a gentle face cleansing, scrubbing, face massage with a herbal cream and a herbal pack.

(Duration 1 hr)
Rs. 2000/-



Indications: For soft, smooth and glowing skin.

Nasyam

Medicated oils, herbal preparations etc are applied in drops through the nose to eliminate the morbid factors from the head and neck area, effective for certain kinds of headaches, nasal ailments and cleansing of the nasal passage

(Duration 30 mins)
Rs. 800/-



Indications: *For cleansing of sinuses, headaches and chest congestion*

Thakra Dhara

This treatment is similar to Ksheera Dhara, but substitutes warm milk with herbal butter milk.

(Duration 45 mins)
Rs. 2500/-



Pizhichil

Technique : In this treatment a measured quantum of lukewarm-herbal oil is filtered on to the body in a rhythmic drip-design, and then massaged lightly and slowly.

(Minimum 3 days)
Rs. 12000/-



Indications: *Hemiplegia, Paralysis, Rheumatic Complaints, Joint Stiffness, Nervous Disorders etc.*

Kati Vasti

This traditional therapy involves specially prepared Prakati, specific oils, lavishly poured on to the lower back, the flow is checked by a herbal paste boundary.

(Duration 1 Hour 30 Minutes)
Rs. 3500/-



Indications: Useful in low back ache, problems in lower vertebral column

Udvarthanam

A deep dry massages using herbal powders stimulates the hair follicles, which in turn assist in breaking down the body's excess subcutaneous fat. This massage is very effective in combating obesity and removing toxins, as well as for firming and toning

(Duration 1 Hour 30 Minutes)
Rs. 3500/-



Indications: Paralysis, Obesity, Rheumatic ailments

Njavarakizhi

A traditional massage using a rauslin pouch, containing 'Njavara' rice imported from Kerala, cooked with a decoction of milk and medical herbs.

(Duration 1 Hour 30 Minutes)
Rs. 3800/-

Indications: Loss of appetite, sluggishness, Rheumatism, joint pains etc.



Ilakizhi

A full body of massage using a steamed muslin pouch containing Elakizhi leaves of immense curative value and traditional herbal oils. (Duration 1 Hour 30 Minutes)

Rs. 3500/-

Indications: Arthritis, Spondylosis, Sports injuries, Muscular atrophy etc.

SPECIAL REJUVINATION ONE DAY PACKAGE

1.	Abhyangam + Sirodhara	1 Hr 30 Mts	3,500/-
2.	Abhyangam + Illakkizhi + Medicated Steam	1 Hr 30 Mts	3,500/-
3.	Abhyangam + Podikkizhi + Medicated Steam	1 Hr 30 Mts	3,500/-
4.	Abhyangam + Nhavarakkizhi	1 Hr 30 Mts	4,000/-
5.	Abhyangam + Kadivasthi	1 Hr 30 Mts	3,500/-

SPECIAL REJUVINATION THREE DAYS PACKAGE

1	Abhyangam + Sirodhara	10,000/-
2	Abhyangam + Illakkizhi + Medicated Steam	10,000/-
3	Abhyangam + Navarakkizhi	11,000/-
4	Abhyangam + Kadivasthi	10,000/-
5	Abhyangam + Pizhichil	12,000/-



AYURVEDIC HEALTH PACKAGE

We design ayurvedic treatment packages that specially depend on your health and body conditions. The doctor will decide after your consultation/check-up.

Package includes :

Doctor's consultation/check up during the course of treatment, daily one session of ayurvedic massage/ therapy (1.5 to 2 hrs)as prescribed by the doctor, daily medicines during the course of treatment. Meals and accommodation included.

For the package price contact the reception or info@36palms.com

AYURVEDIC & YOGA RETREAT PACKAGE

We design ayurvedic treatment packages that specially depend on your health and body conditions. The doctor will decide after your consultation/check-up.

Yoga sessions will conducted by the yoga guru depending on your health conditions.

Package includes :

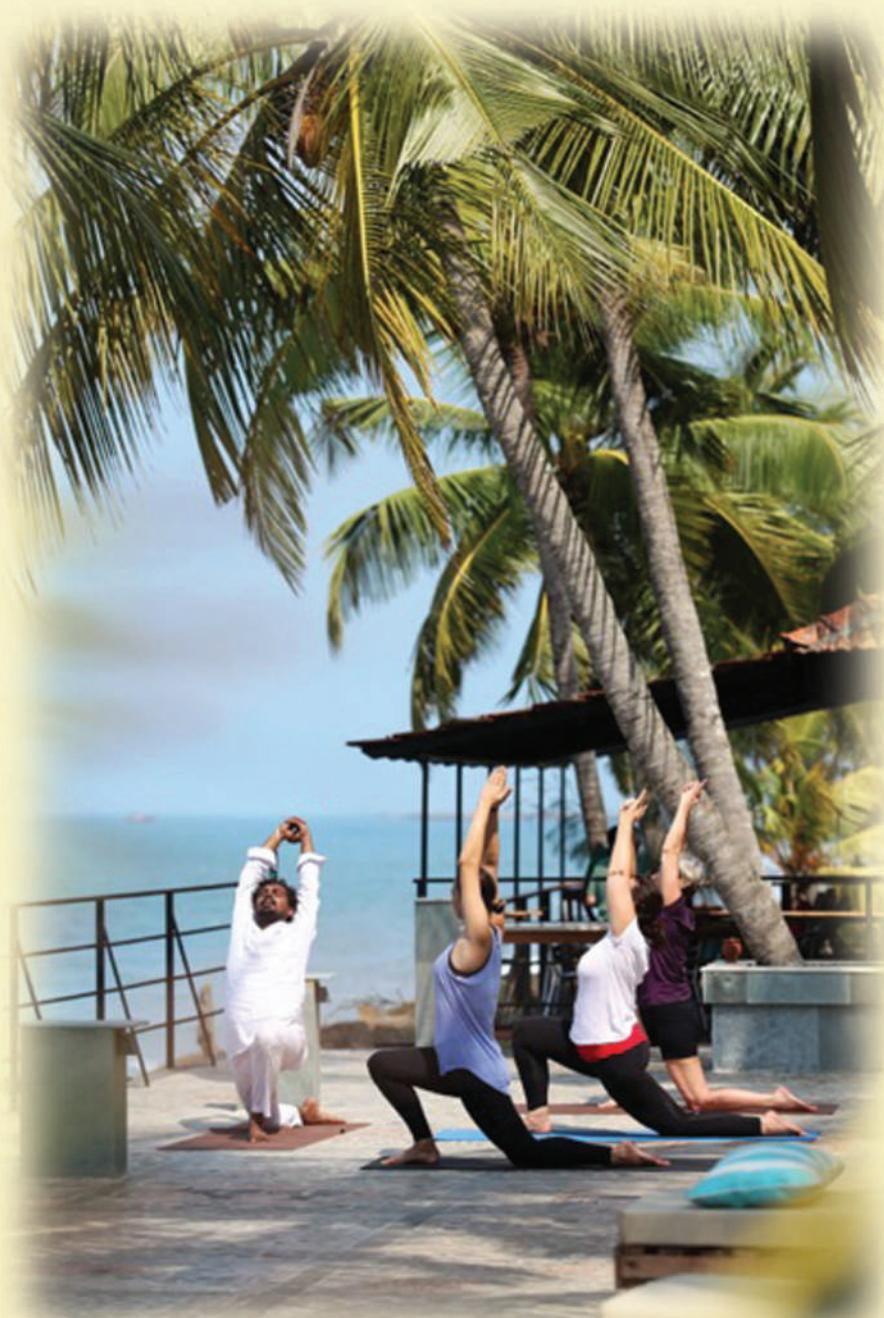
Doctor's consultation/check up during the course of treatment, daily one session of ayurvedic massage/ therapy (1.5 to 2 hrs each) as prescribed by the doctor, one session of yoga, daily medicines during the course of treatment. Meals and accommodation included.



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Reception : 7736428224 (WhatsApp & Mobile)