

Svaztha Ayurveda Retreat Thekkady, the ayurvedic resort is nestled in the abundance of tropical evergreen spread of the Western Ghats, at Thekkady, with green leaf accreditation from government of Kerala to restore your body, mind and soul, the natural way by the renowned chempenkulamayurveda hospital proudly declares a legacy of eight generations of successful Ayurveda. With an unexplainable ambience that is sure to make you feel extraordinary, is well equipped with all amenities to provide the best results. Hygiene assumes equal priority status with quality at our panchakarma treatment center.

TREATMENT MENU

SHIROBHYANGA 25 minutes

Head, neck and shoulder massage using a specially concocted herbal medicated oil with emphasis on the marmas of the head and neck.

It reduces stress and tensions, calms the mind, induces sound sleep, improves sensory functions and relieves headaches.

SHIRO DHARA 45 minutes

In this procedure, a continuous gentle stream of medicated herbal oil, decoction or milk at body temperature is poured over the forehead and across the scalp.

Shiordhara calms down the agitated nervous system, stimulates the depressed nervous system, synchronizes the functions of the right and left brains and helps integrate the mind and body. Corrects metabolism, sleep disorders, cures headache, anxiety, high blood pressure stress and mental fatigue, maintains youthfulness, equilibrium of body and mind, enhances physical and mental stamina, increases taste bud sensitivity and memory. A trusted treatment procedure for strokes, neurological disorders, migraine, hormonal imbalances and a host of diseases depending on the medium and the ingredients.

SHIROPICHU 25 minutes

A thick cotton pad soaked in warm medicated herbal oils is wrapped around the head.

The treatment addresses the health concerns of the scalp and hair like dandruff, pre-mature graying, baldness and dry scalp.

THALA POTHICHIL 25 minutes

Nourishing, conditioning and curative hair and scalp treatment in which a pack of special herbal paste sourced locally is applied on the scalp and covered with a blanched banana leaf.

The treatment strengthens the hair roots, d reduces hair fall, eliminates dandruff, improves sleep and relieves stress and headaches

FACE PACK 35 minutes

An herbal facial mask, full of essential nutrients for skin, is created for each person with a recipe of bespoke herbal ingredients is applied to the face and neck to help with a range of skin concerns for natural glow and radiance.

Brings youthful glow, luster and radiance to the face. Nourishes the skin, helps to reduce, acne, pimple, scars and pigmentation and ageing.

KARNAPOORANAM 15 minutes

Karnapoorana is an ear cleansing process involves gently filling the outer ear with lukewarm medicated herbal oil.

The benefits are better hearing, better body balance and regulation of hormonal functions and are an ideal treatment for tinnitus, earache and diminished hearing.

NASYA 15 minutes

Nose is the doorway to the brain and consciousness says Ayurveda. Nasya is a treatment in which herbal medicated oil is instilled into the nostrils to purify the head, throat, sinus and nasal region.

Effective in conditions like all types of headaches, heaviness in the head, nasal congestion, conjunctivitis, dry throat, sinusitis, asthma, some skin disorders, neurological disorders, epilepsy and drowsiness.

NETRA TARPANA 15 minutes

Special eye treatment where in lukewarm herbal medicated ghee is held in stagnation within the orbital cavity using a spherical bund of black lentil flour.

This improves visual acuity and eyesight and rejuvenates the eyes, delays cataract onset, helps blurred vision, eliminates infections in the eye and cures sore or dry eyes.

ABHYANGA 45 – 90 minutes

This signature systematic oil application with time tested hand strokes is performed using a combination of specially prepared medicated herbal oils that are applied all over the body to stimulate the Marmas -the vital pressure points in the human body.

Abhyanga enhances beauty, relieves physical and mental weakness and fatigue, cures aches and pains, strengthens the body, induces sleep, bestows a healthy glowing skin, prevents exhaustion, tones the body and helps weight management.

UDVARTANA 50 minutes

An exfoliating treatment using medicated powders prepared with various Ayurveda herbs that are gently or vigorously massaged onto the body using strokes in upward direction.

This treatment helps to increase circulation, remove toxins and reduce cellulite. The treatment is also excellent for relieving joint and muscle pains apart from exfoliating and toning the skin, increasing blood circulation and lymphatic drainage, removing excessive fat and strengthening the muscular-skeletal system. Obesity, neurological disorders and a variety of diseases are treated with Udvartana.

PINDA SWEDA OR KIZHI 50 minutes

Potali or pinda means poultice made of muslin or soft cotton cloth with medicated herbal powders or diced and sautéed herbs, or grains or any other medicament at the discretion of the physician inside them. These poultices are heated in oil or any other herbal medium and are used to foment the whole body or body parts in a rhythmic synchronized manner with circular strokes.

Chronic back pain, joint stiffness and swelling, arthritic and degenerative conditions, muscular tension, sciatica, spondylosis, sprains and cramps, obesity and varicose veins are some of the ill health conditions treated with poultice treatment. This treatment is also detoxifying, anti-aging, rejuvenating. Muscle toning and strengthening, and is very efficient in reducing subcutaneous fat.

PIZICHIL 60 minutes

An elaborate intensive warm oil treatment in which a continuous stream of warm medicated herbal oils is squeezed over the entire body in a prescribed way with a piece of cotton cloth sumptuously soaked in oil, synchronizing the stream with a relaxing and deeply cleansing massage to help to remove deep rooted toxins.

This typical Kerala treatment is ideal for chronic rheumatic diseases, paralysis, hemiplegia, nervous weakness, and chronic body pains. Duration: minutes

KAYASEKA 50 minutes

The whole body detoxification process is pouring of medicated herbal decoction or medicated herbal milk on the entire body in a prescribed way using a special brass kettle with a spout called Kindi.

This treatment enhances blood circulation, releases the toxins through the pores in the skin, effectively reduces swelling of the body, helps to preserve health and enhances general well-being.

NAVARAKIZHI 50 minutes

NavaraKizhi is a fomentation treatment modality using poultices prepared with special variety of highly nutritious medicated rice cooked with herbs. The fomentation medium is medicated milk.

Highly beneficial in the management of degenerative conditions, wasting, weight loss, neurological disorders, muscle tension, multiple sclerosis, inflammatory conditions, spinal disc problems, diabetic neuropathy, back pain and degenerative arthritis.

KATEEVASTI 25 minutes

Warm medicated herbal oil stagnation treatment for Katee or lower back. The warm medicated oil is held on the lower back within an oval shaped bund.

The treatment of choice in low back aches for the spine and disc problems.

JAANUVASTI 25 minutes

Warm medicated herbal oil stagnation treatment for Jaano or the knees. The warm medicated oil is held on the knees within a spherical shaped bund.

Knee problems like pain and stiffness due to osteoarthritis, cartilage degeneration, prolonged exercises or walking get relieved with the treatment.

YONI PRAKSHAALANAM 25 minutes

Vaginal douching with medicated herbal oil or decoction to treat gynecological problems such as fungal or bacterial infections and white discharge. This is also done as a general genital hygiene maintenance procedure. Duration: minutes

TREATMENT TARIFF

SHIRO KRIYA (TREATMENTS TO HEAD)

1.	Shiroabyangam	25 mts	` 950:00
2.	ShiroDhara	45 mts	` 1750:00
3.	MukhaLepa(face pack)	25 mts	` 950:00
4.	ThakraDhara	45 mts	` 1750:00
5.	Thala pothichil	25 mts	` 950:00
6.	ShiroPichu	25 mts	` 950:00
7.	ShiroVasthi	45 mts	` 1750:00
8.	Nasya	15 mts	` 450:00
9.	Netra Tharppana	20 mts	` 950:00
10.	Karna Purana	15 mts	` 550:00

KAAYA KRIYA (TREATMENTS TO BODY)

01.	Abyanga	45 mts	` 1750:00
02	Full body abyanga	75mts	2500.00
03	keraleeya kai uzichil	90 mts	2750.00
04.	Podi / Ela kizhi	60 mts	` 3250:00
05.	Kaya dhara	50 mts	` 3250:00
06.	Pizhichil	60 mts	` 3750:00
07.	NjavaraKizhi	50 mts	` 2750:00
08.	Udwarthana	60 mts	` 2750:00
09.	KadeeVasthi	25 mts	` 950:00
10.	JanuVathy	20 mts	` 950:00
11.	Foot Massage	25 mts	` 950:00
12.	Neck and shoulder	20 mts	950.00
13.	Spine Massage	30 mts	1250.00
12.	Steam Bath	15 mts	` 450:00

DAY WELLNESS TREATMENTS.

BODY & MIND CARE 90 mts. Rs: 3000:00

The package to recharge your stressed mind and tired body assures you stay in better health for a long time. You will be pampered with a full body medicated oil massage followed by the soothing oil stream on your forehead. Package includes; **Abhyanga:** enhances beauty, relieves physical and mental fatigue, cures aches and pains, induces sleep, bestows a healthy glowing skin, and tones the body. **Shirodhara:** for relaxation, serenity, memory, stimulates the depressed nervous system sleep disorders, cures anxiety, high blood pressure, stress and mental fatigue, maintains equilibrium of body and mind.

BODY CARE 90 mts 3750:00

The package rids the body of the fatigue and tiredness and infuses energy into the person. The package includes: **Abhyangam:** to lubricate the joints, restore muscle tone and improve circulation. **Kizhithirummu:** to reduce pain and swelling from the joints **Shirobhyangam:** to improve brain function, correct sensory functions and reduce stress

SKIN CLEANSING 90 mts 3750:00

This session cleans the skin from inside, removes the toxins, reduces body heat and keeps the skin healthy.

The package includes: **Abhyangam:** to lubricate the skin, restore skin tone and improve circulation

Ksheeradhara: to remove the toxins, cool the body and make the skin healthy

Cream massage: to smoothen the skin and make it bright and glowing

STRESS CARE 60 mts 2250:00

This session calms down the agitated nerves, reduces stress and totally relaxes the person's mind. The package includes

Shirobhyangam: for invigorating the brain and calming the stressed mind

Shirodhara: for relaxation, serenity, memory and better intelligence

KNEE JOINTS CARE 60 mts 2250:00

The session relieves knee stiffness, increases mobility, strengthens the joint and reduces knee pain. The package includes

Januvasthi: for lubrication of the knee joint

Abhyangam: to improve circulation and strength

Podikizhi: to reduce swelling and pain

SPINE CARE 60 mts. 2750:00

The session removes the stiffness, relaxes the muscles, reduces the pain and reinforces the strength of the spine. The package includes

Kateevasthi: for lubrication of the spine and discs

Abhyangam: to improve circulation and strength

Podikizhi: to reduce swelling and pain

DANDRUFF CARE / HAIR CARE 50 mts 1200:00

The session oils the scalp, removes the dryness, cleans and disinfects the scalp by clearing the spores and nourishes, conditions, enhances hair volume and strengthens the hair strands and roots. The package includes

Shirobhyangam: for removing the dryness and improving scalp circulation

Thalapochichil: head wrap to condition the hair and strengthen the hair roots OR

Shiropichu: nourishes the hair roots

Herbal Shampoo Wash: to cleanse the scalp and hair

Drying: to remove the moisture from the hair

Dhoopanam: to fumigate and naturally disinfect the hair

FACE CARE 45 mts 950:00

The session is herbal and natural face care package to enhance beauty through facial health and make one feel and look young and beautiful. The package includes

Mukhabhyangam: to improve circulation and for exfoliate

Mukhaswedanam: Steaming: to open up the pores and detoxify the skin

Cleansing: for cleansing the skin and removing the black and white heads

Facial: to smoothen the skin, straighten the wrinkles, induce skin glow and restore beautiful looks

TASTE OF AYURVEDA – 180 mts. Rs: 4500.00

The “Vedicday” experience introduces and indulges you to optimum possible exposure to Ayurveda with a range of treatments performed to reset, recharge and relax with our day wellness program, and get a taste and feel of nutritious Ayurveda food. You leave with the sparkling eyes, glowing skin, renewed energy and **vigor**. The session is complete indulging in the pampering experience of Ayurveda wellness to re-emerge with a happy mind and healthy body.

The package includes

Steam bath, Body massage,Headmassage,Face massage,Tharppanam,Karnapuranam
Nasyamandmore a Vedic launch OR dinner - the ayurveda delicious healthy vegetarian
cuisine with the aroma of natural herb and spice gardens surrounding our restaurant.