

TREATMENT MENU



**Svaztha**<sup>®</sup>  
Ayurveda Retreat  
Chempenkulam Ayurveda Hospital

Svaztha Ayurveda Retreat, 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 chempenkulam ayurveda 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.



## TREATMENT MENU

**SHIROBHYANGA**.....25 minutes

Head, neck and shoulder massage using a specially concocted herbal medicated oil with emphasis on the marma's 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.

**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.

**THALAPOTHICHIL**.....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, and 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.

**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.

**YONIPRAKSHAALANAM**.....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.

## **TREATMENT TARIFF**

### **SHIRO KRIYA (TREATMENTS TO HEAD)**

1.	Shiroabyangam	25 mts
2.	Shiro Dhara	45 mts
3.	MukhaLepa(face pack)	25 mts
4.	ThakraDhara	45 mts
5.	Thala pothichil	25 mts
6.	ShiroPichu	25 mts
7.	ShiroVasthi	45 mts
8.	Nasya	15 mts
9.	Netra Tharppana	20 mts
10.	Karna Purana	15 mts

### **KAAYA KRIYA (TREATMENTS TO BODY)**

01.	Abyanga	45 mts
02.	Full body abyanga	75 mts
03.	keraleeya kai uzichil	90 mts
04.	Podi / Ela kizhi	60 mts
05.	Kaya dhara	50 mts
06.	Pizhichil	60 mts
07.	NjavaraKizhi	50 mts
08.	Udwarthana	60 mts
09.	KadeeVasthi	25 mts
10.	JanuVathy	20 mts
11.	Foot Massage	25 mts
12.	Neck and shoulder	30 mts
13.	Spine Massage	30 mts
14.	Steam Bath	15 mts



## DAY WELLNESS TREATMENTS



### **BODY & MIND CARE** 90 mts

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.

#### **The 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

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

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

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

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

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

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.
- ▶ 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

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.

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 ▶ Nasyam and more a Vedic launch OR dinner - the ayurveda delicious healthy vegetarian cuisine with the aroma of natural herb and spice gardens surrounding restaurant.





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