



Shirodhara

Shirodhara is a unique deep relaxing treatment involving gentle pouring of medicated oils over the forehead. It is an excellent for relieving stress, depression, headache, insomnia and improving memory power & concentration.

60 mins
\$80

\$600/10
Treatments



Takradhara

Takradhara is the procedure of pouring medicated buttermilk along with full body massage. It is most effective for Hypertension, Stress, Skin diseases, Psoriasis & Diabetic conditions

60 mins
\$60

\$450/10
Treatments



Thalapothichil

Involves applying of herbal pastes on head, which will penetrate and nourish the brain cells. It calms the mind, relieves tension, migraines, sleep disorders, and various scalp diseases such as hair fall and dandruff.

60 mins
\$60

\$450/10
Treatments



Udwarthanam

Udwarthanam is an effective weight loss therapy using herbal powders and medicated oils together with abhyangam full body therapy, improves blood circulation, eliminates excess fat, strengthens the muscle and joints.

60 mins
\$60

\$450/10
Treatments

OPERATING HOURS: Open daily 9.00AM to 9.00PM.

RESERVATION: Reservation is required for all therapies.

CHECK IN: Please be punctual for your appointments.

ATTIRE: Clients are advised to be attired in loose and comfortable attire.

VALUABLES: Please leave your valuables at home when you come for therapy. The Management accepts no responsibility for any loss of money or valuables brought into the centre.

PAYMENT MODE: CASH / NETS / VISA / MASTER / UnionPay in Singapore dollars.

CANCELLATION: We appreciate cancellation notice of at least 1 day, to provide sufficient notice to others who may wish to take up the vacant slot.

ETIQUETTE: In our efforts to ensure that all clients benefit from the therapies we provide, we seek your understanding to kindly switch off all electronic devices.

- ★ All packages comprise of 10 sessions, and are inclusive of a 25% discount. We are not GST registered and price quoted are nett.
- ★ All prices quoted are in Singapore Dollars.
- ★ All treatments are in general suitable for male and female genders. Male clients are treated by male therapist and female clients by female therapist.
- ★ All prepayments including but not limited to packages, gift vouchers, and membership fee will be covered by AVA Insurance Brokers Pte Ltd as set out in the Spa Protection Scheme under Case Trust for the Spa and Wellness business accreditation. A Certificate of Insurance will be immediately issued for each prepayment.
- ★ Do note that the validity period of all packages are for ONE year, unused packaged will be forfeited after a year from the date the deposit amount was collected from the client.



Ayur Centre
Ayurveda Therapy & Medication

Ayur Centre Pte. Ltd

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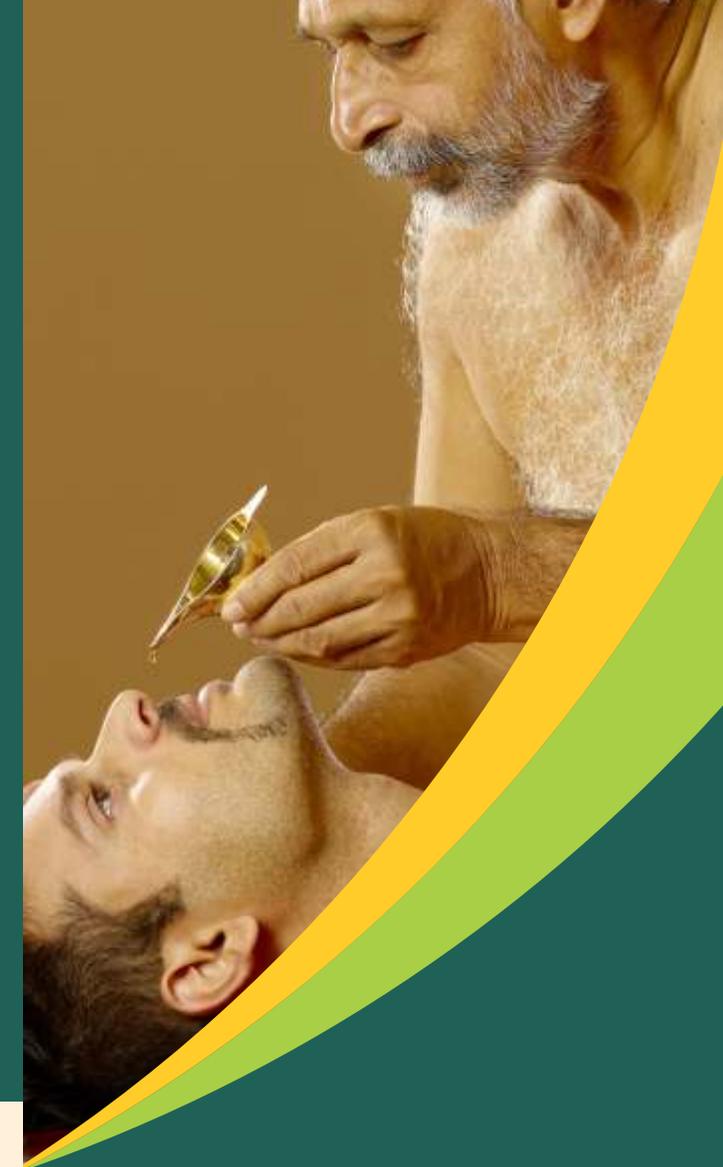
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“Experience the deeply rejuvenative and transformative treatments of Ayurveda”



Ayur Centre
Ayurveda Therapy & Medication

Ayur Centre is a Ayurvedic holistic healing centre established in Singapore. The centre is renowned for its traditional Ayurveda treatments, coupled with modern diagnostic facilities.

Our team of excellent and efficient Ayurveda physicians and trained support staff ensures genuine, holistic, natural and effective healthcare and cure to patients. We emphasize on specialist and personalised care for all our patients.

What is Ayurveda: the ancient science of life and healing?

Originated some 500 years ago in India, Ayurveda is the oldest, naturalistic and holistic system of medicine in the world. Ayurveda addresses the root causes of the disease, and not just the disease and its symptoms. Ayurveda, meaning "the science of life", recognizes each person as a unique individual. It advises a range of practices such as body therapies, herbal remedies, dietary control, medication and yoga to restore health and improve quality of life.



Herbal Steam Bath

Improves blood circulation and Gives natural glow to the skin. Eliminates toxins, improves joint mobility and invigorates the body.

20 mins
\$30

\$300/10
Treatments



Njavarakizhi

Njavarakizhi is a body massage polishing therapy for neurological and vertebral disorders such as frozen shoulder, stiff neck, paralysis and arthritis.

60 mins
\$60

\$450/10
Treatments



Januvasti

Januvasti for chronic knee pain, stiffness, inflammation and injury. The treatment involves retaining pain relieving, warm ayurvedic oils over the affected area for a duration of time using gram flour, followed by gentle massage or Abhyanga.

60 mins
\$60

\$450/10
Treatments



Netra Tharpanam

Netra Tharpanam is a relaxing and cleansing eye treatment and with face massage and abhyangam. It helps relieve eye strain, strengthens optical nerves and muscles and dark circles.

60 mins
\$60

\$450/10
Treatments



Abhyangam

Abhyangam is a full body massage using medicated oils to harmonize mind, body and soul. It relieves back, joint and muscle stiffness & pain. It reduces anxiety, stress and fatigue.

60 mins
\$60

\$450/10
Treatments



Kativasti

Kativasti with a full body therapy, is an effective treatment for back pain, inflammation, slip disc and spinal disorders by retaining warm ayurvedic oil over the affected area. It improves blood circulation, strengthens bone, muscles, ligaments and nerves.

60 mins
\$60

\$450/10
Treatments



Pizhichil

Pizhichil is a very effective detox therapy, with full abhyangam, that helps in revitalizing the body form most kinds of chronic and acute pains and aches and reviving human body's natural healing capabilities.

60 mins
\$80

\$600/10
Treatments



Podikizhi

Podikizhi is a massage therapy using cotton bags filled with a mixture herbal powders together with full body massage therapy, is effective in treating shoulder stiffness, back pain, joint pains, arthritis.

60 mins
\$60

\$450/10
Treatments



Nasayam

Nasayam is excellent natural cure for sinusitis, migraine, headaches, asthma and other respiratory illnesses. Medicated oil is administered through the nose, thereby removing all toxins.

60 mins
\$60

\$450/10
Treatments



Shiroabhyanga

Improves memory and eyesight, relieves tension, relaxes the mind and enhances good concentration and hair luster.

30 mins
\$30

\$300/10
Treatments

**Genuine & Traditional
Ayurvedic Treatments**



**Contact
6445 0072**