



### PRICE ADVISORY

#### **ABHYANGAM (Massage with medicated oil)**

Improves blood circulation, muscle tone, eliminates impurities from the body through the pores, leaving skin soft, smooth and rejuvenated. Induces sound sleep.

60 mins	\$450.00/10
\$60	Treatments

#### **ABHYANGAM & PODIKIZHI (Massage & fomentation with herbal powder tied in a muslin cloth)**

Relieves joint and muscular pain, stiffness, numbness, disc problems, arthritis and different paralytic conditions. Improves blood circulation

60 mins	\$450.00/10
\$60	Treatments

#### **ABHYANGAM & JANUVASTI (Retain warm, medicated oil on knee joint)**

Helps in degenerative conditions of knee joint and arthritis.

60 mins	\$450.00/10
\$60	Treatments

#### **ABHYANGAM & KATIVASTI (Retain warm, medicated oil over low, back area)**

Excellent treatment for lower back problems, prolapsed disc, osteoporosis, sciatica, irritable bowel syndrome, endometriosis, urinary tract and menstrual disorders.

60 mins	\$450.00/10
\$60	Treatments

#### **ABHYANGAM & NJAVARAKIZHI (Massage with medicated navara rice tied in a muslin cloth)**

Nourishes the skin, improves muscle tone, mobility, blood circulation and immensely beneficial for rheumatism and arthritis.

60 mins	\$450.00/10
\$60	Treatments

#### **ABHYANGAM & NETRATHARPANAM (Keeping medicated ghee around the eyes)**

Reduces darkened eye circles, dry, watery and painful sensations in the eyes. Relieves eye strain and improves eye sight.

60 mins	\$450.00/10
\$60	Treatments

#### **ABHYANGAM & TAKRADHARA (Pouring continuous stream of medicated buttermilk on the forehead)**

Relaxes the mind, reduces mental stress, relieves body heat and maintains psychological well-being. Helpful in treating sleeping disorder, stress, chronic skin diseases like psoriasis, headache, depression, hair fall, dandruff problem and maintains healthy vision.

60 mins	\$450.00/10
\$60	Treatments

- 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. Payment mode CASH/NETS/VISA/MASTER in Singapore Dollars only.
- 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.

## **ABHYANGAM & THALAM (Apply herbal paste on crown of head)**

Localized treatment for the relief of ailments like migraine, insomnia, body heat and problems relating to ear, nose and throat.

60 mins	\$450.00/10
\$60	Treatments

## **ABHYANGAM & THALAPOTHICHIL (Application of herbal paste on head and cover with banana leaf)**

Relieves stress, reduces body heat, promotes sound sleep, induces mental peace and useful in psoriasis management, alopecia and hair fall. Treats insomnia, depression, headache, burning sensation of eyes and dandruff.

60 mins	\$450.00/10
\$60	Treatments

## **ABHYANGAM & UDWARTHANAM (Massage with medicated herbal powder)**

Good for diseases such as diabetic neuropathy, paralysis, obesity, skin care, sciatica, indigestion and sclerosis of blood vessels. Removes cellulite, improves blood circulation, breaks the fatty deposits in the body leading to weight loss. Tones the skin and muscles.

60 mins	\$450.00/10
\$60	Treatments

## **Elakizhi (Massage and fomentation with herbal leaves tied in a muslin cloth)**

Fomentation of the body with elakizhi relieves pain for any localised trauma and disorder.

60 mins	\$450.00/10
\$60	Treatments

## **ABHYANGAM & LEPANAM (Application of medicated, herbal paste on the affected part of the body)**

Useful for various kinds of inflammatory conditions, arthritis, gout, skin diseases and eczema.

60 mins	\$450.00/10
\$60	Treatments

## **ABHYANGAM & NASYAM (Nasal cleansing with medicated oil)**

A nasal cleansing treatment which stimulates the nerves. It helps to relieve chronic headaches, migraines, insomnia, sinusitis, voice constraints and allergies by clearing the congestion in head, nose and throat. Cures cervical spondylosis.

60 mins	\$450.00/10
\$60	Treatments

## **PIZHICHIL (Pouring of medicated warm oil all over the body)**

Tones the skin, prevents scales and wrinkles from appearing. Relieves body pain & muscle spasms, promotes blood circulation & development of muscles. Relieves nervous disorders, osteoarthritis, cervical and lumbar spondylosis, disc problems, joint pains, paralytic conditions and muscle weakness.

60 mins	\$600.00/10
\$80	Treatments

## **PREGNANCY MASSAGE (For pre and post natal women)**

Reduces low back pain, muscle and joint pain, stress and anxiety, improves circulation and sleep.

60 mins	\$450.00/10
\$60	Treatments

## **SHIROABHYANGAM (Massage over the head and neck)**

This hair and scalp treatment with medicated, herbal oil nourish the hair, relax the mind and release tension in the head, neck and upper back area. It promotes hair growth, relieves headache, cooling to eyes, improves eyesight, memory, prevents pre-mature greying of hair, hair loss and induces sound sleep. Nourishes all sense organs.

60 mins	\$450.00/10
\$60	Treatments

## **SHIRODHARA (Pouring continuous stream of medicated oil on forehead)**

Strengthens nervous system, sense organs, reduces stress, relieves headache, migraine, fear, depression and offers sound sleep. It is an effective remedy for mental diseases, nervous disorders, insomnia, blood pressure and diseases of organs above neck.

60 mins	\$600.00/10
\$80	Treatments

- 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. Payment mode CASH/NETS/VISA/MASTER in Singapore Dollars only.
- 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.