



MUKTAA<sup>®</sup>  
WELLNESS





सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु । मा कश्चित् दुःखं भाग्भवेत् ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

Aum, may all be happy, may all be free from illness.  
may all see what is auspicious, may no one suffer.  
Aum peace, peace, peace.



The sacred syllable AUM symbolizes the boundless Brahmand (ultimate reality)  
and the entirety of the universe:

- 'A' represents creation
- 'U' signifies preservation
- 'M' denotes destruction or dissolution

In India, we believe that 'Prayer is the first breath of God'. The royal concept was formulated by our revered Rishi-Munis (Holy saints) through potent shlokas and mantras. These sacred utterances instil positive energy and divine power into all seekers of health before commencing any treatment.



## 1st Triangle

The 1st Triangle symbolizes harmony among the three primary doshas: Vata, Pitta and Kapha, foundational in human constitution.

## The Lotus Flower

The open lotus flower represents enlightenment and new beginnings.

The beautiful lotus blooms on the surface of stagnant muddy water and its roots strengthen deep as it's growing.

This also symbolizes our ability to transform great hurdles and negativity into positive energy.

## 2nd Triangle

The 2nd Triangle symbolizes the seat of intuition, inner wisdom. It is associated with heightened spiritual growth and the fulfilment of each person's potential.





The name Muktaa originates from India, with its roots in Sanskrit where "Mukt" (मुक्त) signifies freedom or release. As the name suggests we aim to liberate you from stress and discomfort, allowing you to rejuvenate, refresh, and recharge regularly.

As a renowned luxurious wellness brand in India, we offer enriched experiences by prioritizing quality and uniqueness above anything else. Our team of experts is dedicated to address the needs of urban and semi-urban lifestyles through specially tailored Naturoveda treatments. With flexible scheduling, we ensure convenience for our guests.

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## Why Us

Guided by the principles of "Health, Harmony, and Healing," our approach aims towards addressing all ailments, restoring balance to your Panchamahabhutas, Panchakoshas, and Doshas through a Naturopathic and Ayurvedic-based system rooted in the universe's principles. Nature, being the ultimate healer, harnesses the power of the Five Elements to facilitate healing.

As a luxury wellness brand based in India, we provide world-class wellness services under one roof. Our commitment to excellence is evident in the global experience we offer, supported by the finest quality products and expertly trained aestheticians. Our comprehensive range of medical treatments encompasses Naturopathy, Yoga, Ayurveda, Holistic practices, Acupressure, Acupuncture, Chiropractic Care, Osteopathy, Neurotherapy, Physiotherapy, Psychology, Herbology, Healing Practices, Hydrotherapy, General Cosmetology, Sound therapy, and more.



# Muktaa Wellness Takes Pride In Being



1. India's first World Health Organization (W.H.O.) certified wellness brand
2. The TripAdvisor Traveller's Choice Award winner consecutively for 2022, 2023, 2024 and 2025.
3. Recognized as one of the top 50 wellness brands worldwide for two consecutive years, 2018 and 2019.
4. Recognized by the Ministry of Ayush and Maharashtra Tourism.
5. Honoured as the Iconic Wellness Brand of 2023 in Mumbai by Mid-day, solidifying our reputation in the industry.
6. Being involved in the green environment initiative and following sustainable practices by ensuring zero non-recyclable plastic across all the centres.



# Naturopedaa

शरीरेन्द्रियस्त्वात्मसंयोगो धारि जीवितम् । नित्यगश्चानुबन्धश्च पर्यायौशयुरुच्यते ॥

The body when combined with the sense organs, mind and soul, becomes life. The term "प्रकृती" translates to nature, while "चिकित्सा" signifies pathy. At Muktaa, we deeply embrace the principles of Naturopathy for fostering good health, enabling individuals to truly understand the essence of this non-medicinal approach and its significance in our lives. As inhabitants of nature, we believe in harnessing the healing powers of nature, which align with the elemental and cosmic principles encapsulated in the Panchamahabhutas.



तस्माद्वा एस्तामादात्मना आकाश, सम्भूतः आकाशद्व्यूह वायोरग्निह अग्निरापाह।  
अध्दभयाह प्रथवी प्रथ्वीयम औषधयाः, बुधभ्योआसनम अनन्तपुरुषाहः ॥

Ancient wisdom teaches that life arises from the Atman and the five elements - space, air, fire, water, and earth. Our bodies are made of these, and Naturopathy restores balance to promote health and well-being.





स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं च ।

Objective of Ayurveda is to prolong life, promote perfect health and to completely eradicate the disease and dysfunction of the body.

In a world increasingly enamoured with quick fixes and synthetic solutions, there stands an ancient system of healing that offers a sanctuary of balance, harmony, and holistic well-being.

The Sanskrit term, Ayurveda, meaning “knowledge of life,” transcends mere treatment; it embodies a profound philosophy of living. Rooted in the Vedic traditions of India, Ayurveda is not just a medicinal practice but a comprehensive approach to life that harmonizes body, mind, and spirit. Imagine a world where your well-being is not just an absence of illness, but a vibrant state of physical vitality, mental clarity, and spiritual peace. Ayurveda offers this possibility through a tapestry of time-honoured practices like personalized nutrition, herbal medicine, detoxification rituals, yoga, meditation, and mindful living. Each aspect is tailored to align with your unique constitution, empowering you to take charge of your health.

Naturoveda unites Ayurveda’s ancient healing wisdom with Naturopathy’s natural self-healing principles, offering a holistic, drug-free approach to wellness that restores balance and vitality.

At Muktaa, ancient wisdom meets contemporary living as we offer a sanctuary of balance, harmony, and holistic well-being. We recognize that the urban lifestyle demands flexibility and convenience. We at Muktaa Wellness remain steadfast in our commitment to the core principles of this ancient science.





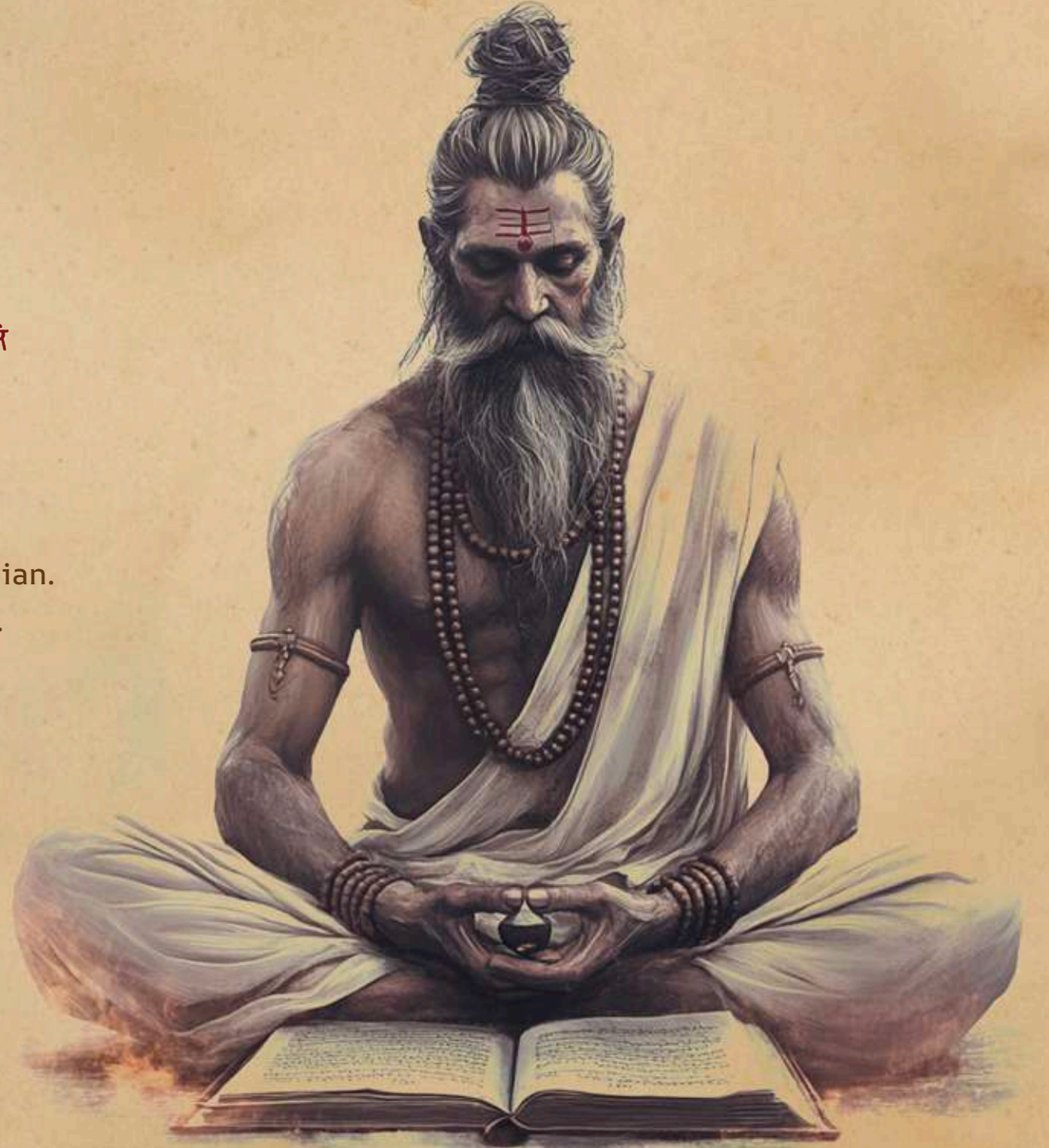
योगेन चित्तस्य पदेन वाचां, मलं शरीरस्य च वैदकेन ।  
योउपा करोत्तं प्रवरं मुनीनां, पतंजलि प्रांजलिरानतोस्मि

By yoga, the mind is spoken in steps.

The dirt of the body is also treated by the physician.

He removed the best of the best of the sages.

I bow down to Patanjali with folded hands.





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# Tailam Chikitsaa

तैलम चिकित्सा  
(Oil Therapy)





## Abhyangam अभ्यंगम

Abhyangam involves applying warm, herb-infused oils tailored to individual's doshas and conditions to stimulate the body. This therapy is beneficial for relaxation and helps cure conditions like body pain and improve nervous system.

🕒	60 mins	90 mins	120 mins
₹	7,999/-	11,299/-	14,899/-

## Kalari कलारी

Kalari Treatment is an ancient Ayurvedic system that incorporates specialized kalaripayattu techniques using hands and legs. This full-body treatment, rooted in Kerala Ayurveda, offers relaxation and rejuvenation.

🕒	60 mins	90 mins	120 mins
₹	8,499/-	12,299/-	19,199/-

## Pizhichil पिझीचील

Pizhichil is a blend of Snehana (oleation) and Swedana (sudation). In this therapy, lukewarm medicated oil is continuously poured over the entire body while soothing therapies are performed, enhancing relaxation and healing. With benefits rejuvenating the mind and soul, this therapy is helpful to improve immunity.

🕒	90 mins	120 mins
₹	11,699/-	15,399/-

## Hathaa Manipulative हठा परिवर्तक

Hathaa therapy is an ancient technique utilized by Sadhu and Saints. It treats musculoskeletal pain, headaches and thoracic pain. The therapy also known as Hathaa Yoga.

🕒	60 mins	90 mins	120 mins
₹	9,399/-	13,899/-	18,399/-



## Santushti संतुष्टी

This is an energising and relaxing therapy with mild pressure, which makes you feel stress free and recharged instantly. It helps in calming the nervous system and releases physical and mental tension. This therapy treats conditions like muscle stiffness and body tiredness.

🕒	60 mins	90 mins	120 mins
₹	8,199/-	12,199/-	15,999/-

## Bal Kruti बाल कृती

This therapy is a harmonious blend of acupressure, gentle stretching, and reflexology techniques, applied with medium pressure. The treatment soothes damaged tissues, repairs muscle damage, treats chronic back pain, muscular pain and osteoarthritis.

🕒	60 mins	90 mins	120 mins
₹	8,499/-	12,599/-	16,399/-

## Purnaa Trupti पूर्ण तृप्ती

This treatment targets muscular pain and relieves muscle tension with arm and elbow pressure. It is very useful for sports players as it heals conditions like sports injuries, fibromyalgia, plantar fasciitis, sciatica and tennis elbow.

🕒	60 mins	90 mins	120 mins
₹	8,999/-	13,199/-	17,399/-

## Sfurti स्फूर्ती

This long signature stroke therapy focuses on relieving muscle stiffness and enhancing circulation, effectively aiding in the relaxation of blood clots. Tailored for the urban lifestyle, it is a customized treatment suitable for all individuals.

🕒	60 mins	90 mins	120 mins
₹	9,399/-	13,699/-	18,199/-





# Shushk Chikitsaa

शुष्क चिकित्सा  
(Dry Therapy)





## Nirjalaa Padhhati निर्जला पद्धती

This oil-less therapy is a process of technical stretching and focuses on pain-relieving points to ease muscles and boost flexibility. The therapy is beneficial for body stiffness, muscular pain and also relieves stress.

🕒	60 mins	90 mins	120 mins
₹	8,399/-	12,299/-	16,599/-

## Udwarthanam उद्धर्तनम्

Udwarthanam is a unique therapy, using herbal powders also called 'choornams' aimed at weight and inch loss. The treatment breaks down the cellulite and helps in reducing the accumulated fat cells. It also reduces body weight and controls Diabetes.

🕒	60 mins	90 mins	120 mins
₹	7,999/-	11,699/-	15,399/-

## Bhasmaa Vrutti भस्म वृत्ति

Bhasmaa, meaning medicated ash, is an ancient property used by rishi munis (holy saints) to maintain healthy skin for years. It acts as an anti-ageing treatment, which purifies skin to give a youthful appearance.

🕒	60 mins	90 mins	120 mins
₹	8,599/-	12,599/-	16,599/-

## Spandanaa स्पन्दन

Spandanaa, also known as vibro therapy, involves the use of mechanical vibration to stimulate the body. It is very beneficial in boosting metabolism, weight and inch loss. The treatment also promotes skin tightening and cures obesity.

🕒	60 mins	90 mins	120 mins
₹	8,399/-	12,299/-	16,599/-

## Gharshanaa घर्षणा

The term "Gharshanaa" comes from the Sanskrit word for "rubbing" or "friction." It uses a variety of gloves for gentle exfoliation and improved blood circulation. The process helps detoxify the body, reducing cellulite, and promoting overall vitality and skin health

🕒	60 mins	90 mins	120 mins
₹	8,899/-	12,899/-	16,799/-



## Shiaatsu शियात्सू

This is a form of Japanese bodywork, which follows the concept of Qi (energy) flowing through meridians in the body. It improves nervous, lymphatic and hormonal systems. The treatment heals chronic pain, emotional imbalances to name a few.

🕒	60 mins	90 mins	120 mins
₹	8,899/-	12,599/-	16,599/-

## Pankh Sparsh पंख स्पर्श

This therapy involves light touch or techniques that mimic the sensation of feathers, which can soothe the nervous system and provide a calming effect. It helps to improve circulation, emotional balance, and increase mindfulness.

🕒	60 mins	90 mins	120 mins
₹	8,399/-	12,299/-	16,599/-

## Neuro Manipulative Therapy न्यूरो मॅनिपुलेटिव थेरेपी

Neuro Manipulative therapy targets nervous system disorders, activating reflexes for swift recovery. It treats ailments like sciatica, neuralgia, neuritis and tendinitis, and is helpful in joint mobilization and soft tissue manipulation.

🕒	60 mins	90 mins	120 mins
₹	8,999/-	13,299/-	17,199/-





# Dharaa

धारा





## Sukh Dharaa सुख धारा

Medicated warm Ayurvedic oil is poured over the forehead, to activate Ajna chakraa (third eye), which deeply relaxes and balances the effects on the nervous system. The treatment heals mental stress, insomnia, and anxiety.

🕒	60 mins	90 mins	120 mins
₹	7,999/-	11,999/-	15,299/-

## Gangaa Dharaa गंगा धारा

This treatment uses the holy Himalayan river, Ganga's water to be poured on the third eye, offering spiritual rejuvenation. It gives mental clarity and purifies the soul in the most divine manner.

🕒	60 mins	90 mins	120 mins
₹	7,399/-	10,299/-	13,999/-

## Dughdaa Dharaa दुग्ध धारा

Warm-medicated cow milk infused with herbs is flown over the scalp to nourish it. This balances vata and pitta doshas, improves hair follicles and calms the nervous system.

🕒	60 mins	90 mins	120 mins
₹	7,499/-	10,599/-	13,999/-

## Takraa Dharaa तक्र धारा

Herbal decoction made with Takraa (buttermilk) is effective for balancing pitta dosha and calms the mind. Its cooling property also reduces aggression and excess heat from the body, thus treating Hyperhidrosis (excessive sweating).

🕒	60 mins	90 mins	120 mins
₹	7,799/-	10,999/-	14,199/-





## Ghrit Dharaa घृत धारा

Medicated ghrit or ghee (clarified butter), streaming over the scalp activates the brain tissues, thus sharpening memory, improving concentration and overall vitality. This is a good treatment for working professionals and students.

🕒	60 mins	90 mins	120 mins
₹	7,999/-	11,199/-	14,599/-

## Kalpaa Dharaa कल्प धारा

Fresh coconut water, known for its hydrating, cooling and nourishing properties helps treat sleep disorders and soothes the scalp. It also reduces internal inflammation.

🕒	60 mins	90 mins	120 mins
₹	7,799/-	10,999/-	14,199/-

## Panchamrut Dharaa पंचामृत धारा

Panch (five) and Amrut (nectar of Gods) combined known as 'Panchamrut' is a holy mixture made of milk, curd, ghrit (clarified butter), honey and crystal sugar. Its holistic properties bring in positive energies in your mind, body and soul.

🕒	60 mins	90 mins	120 mins
₹	7,999/-	11,199/-	14,599/-

## Sarvang Dharaa सर्वांग धारा

Along with Abyhangam therapy procedures, Sarvang Dharaa involves a continuous flow of warm medicated oil or herbal decoction poured over the entire body or specific areas in a rhythmic manner along with the therapeutic steps of Abhyangaam. This treatment offers profound relaxation, nourishes the body and alleviates pain.

🕒	90 mins	120 mins	150 mins
₹	14,499/-	18,999/-	21,999/-





# Vasti

## वस्ती

This Ayurvedic therapy applies warm medicated oils or decoctions to targeted areas of the body through a concentrated flow, contained within a dough ring. It treats multiple dosha disorders, degenerative disorders, neurological ailments and rheumatic complaints and promotes blood circulation to the joints thereby restoring their strength.





## Shiro Vasti शिरो वस्ती

Performed on the head, this treatment treats neurological conditions like facial paralysis, insomnia, headache, migraine, and much more. It is highly recommended for senior citizens. It helps in reducing mental stress, promoting deep relaxation, and improving sleep quality.

🕒 30 mins

₹ 3,999/-

## Netra Vasti नेत्र वस्ती

Also known as Netra or Akshi Tarpana, this is a traditional Ayurvedic therapy focused on the eyes. It is designed to nourish and rejuvenate the eyes, improving vision and addressing various eye-related conditions. The treatment is primarily used to treat eye strain, dryness or irritation and is also beneficial for improving vision, reducing dark circles, and relieving tension in the eyes.

🕒 30 mins

₹ 3,499/-

## Greeva Vasti ग्रीवा वस्ती

This treatment focuses on the neck and is highly recommended for conditions such as cervical spondylosis, stiff neck, neck and shoulder pain. It also helps in reducing inflammation, relieving pain, and improving the flexibility and strength of the neck muscles and vertebrae.

🕒 30 mins

₹ 3,999/-

## Hridya Vasti हृदय वस्ती

This treatment focuses on the heart region (Hridaya). This therapy is designed to nourish and strengthen the heart, both physically and emotionally, and is particularly beneficial for addressing various heart-related conditions and emotional stress.

🕒 30 mins

₹ 3,999/-

## Uttara Vasti उत्तरा वस्ती

Uttara Vasti is an Ayurvedic therapy where medicated ghee, oil, or decoction is introduced into the genital tract to treat reproductive health issues in both men and women. This treatment aims to balance doshas, improve fertility, and enhance sexual functionality.

🕒 30 mins

₹ 4,499/-

**Disclaimer:** This therapy is session-based, with benefits achieved over multiple sessions.



## Nabhi Vasti नाभी वस्ती

It is an Ayurvedic treatment focusing on the navel area (nabhi) and the surrounding abdominal region. This therapy is particularly beneficial for digestive health and issues related to the abdomen.

🕒 30 mins

₹ 3,499/-

## Pristhaa Vasti पृष्ठा वस्ती

The word Pristha refers to the back or spine. Pristhaa Vasti focuses on treating conditions related to the spine and back. This treatment aims to alleviate pain and stiffness in the spine, improve flexibility, and address various back-related issues like sciatica, slipped disc, and spondylitis.

🕒 30 mins

₹ 3,499/-

## Kati Vasti कटी वस्ती

This is performed on the lower back where the healing herbal oils deeply penetrate into the vertebrae, and strengthen the muscles, back bones and tendons. It is highly recommended for post caesarean section.

🕒 30 mins

₹ 4,499/-

## Janu Vasti जानू वस्ती

This involves holding warm herbal oil or medicated ghee on the knee joint. It relieves pain and stiffness and is useful for conditions like osteoarthritis, rheumatoid arthritis, and knee joint injuries. It aids in reducing inflammation and swelling in the knee, strengthens the muscles and ligaments around the joint, and improves blood circulation in the area.

🕒 30 mins

₹ 3,499/-

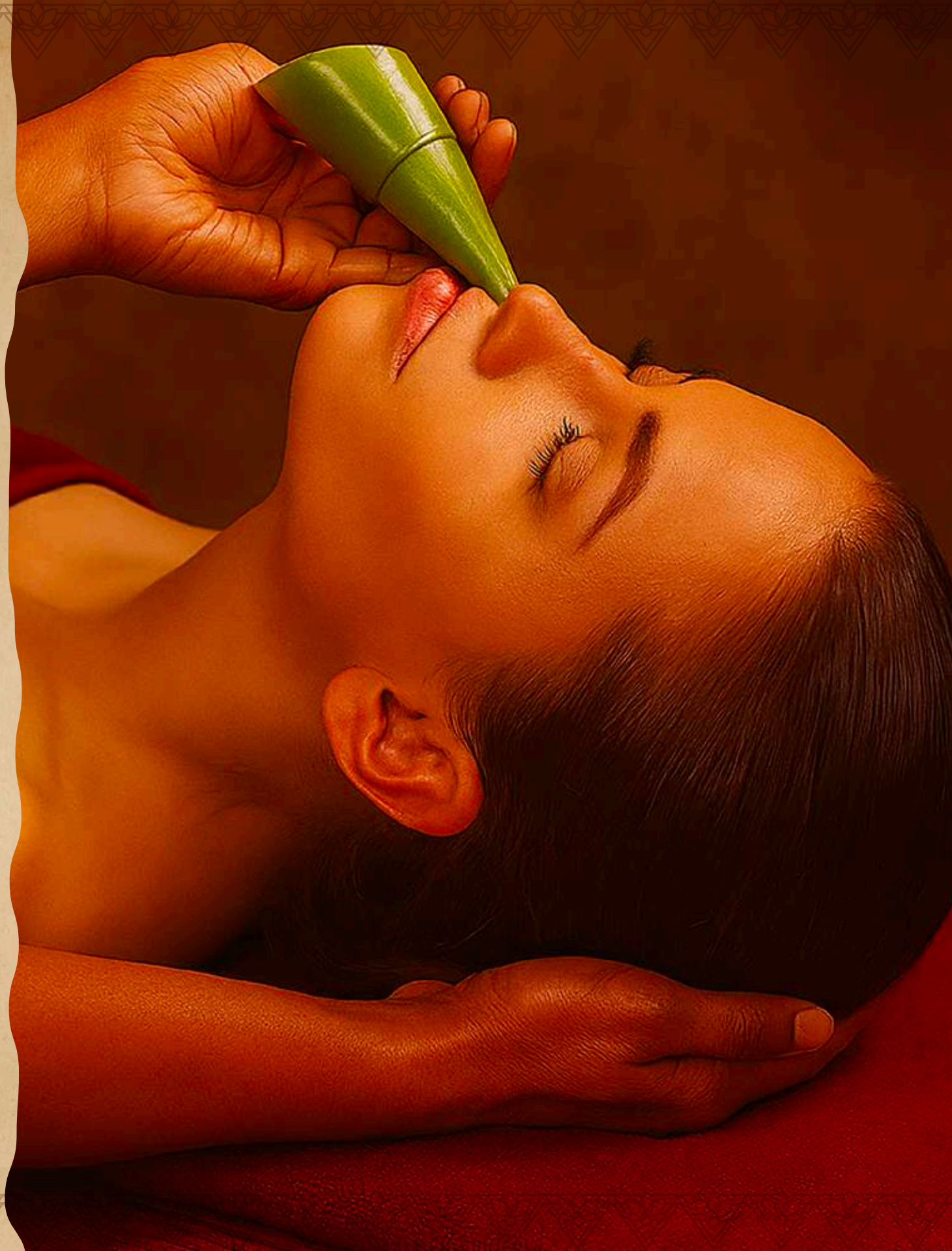




# Panchakarma पंचकर्म

Pancha (Five) karmaa (Procedures) is the key procedure in Ayurveda. It consists of five treatments: Vamana (vomiting), Virechanaa (purgation), Basti (enema), Nasyaa (nasal therapy), and Raktamokshanaa (blood cleansing). It aims to cleanse toxins, balance negative energies (doshas), and improve overall health by enhancing digestion, immunity, and mental clarity. It is recommended to take this treatment every 2-3 months for the contemporary urban lifestyle.

🕒	90 mins	120 mins	150 mins
₹	9,999/-	12,999/-	15,999/-





## Vamanaa वमना

In Vamanaa controlled vomiting is induced to expel excess toxins from the upper digestive tract. This treatment aims to balance Kapha dosha and improve digestion.

## Virechanaa विरेचना

Virechanaa uses therapeutic purgation to remove Pitta dosha through the lower gastrointestinal tract. It helps in improving digestion and cleansing the liver.

## Basti बस्ती

Basti involves the administration of medicated enemas to cleanse the colon. This procedure balances the Vata dosha, relieves constipation and promotes detoxification.

# Panchakarmaa पंचकर्मा

## Nasyaa नस्या

Nasyaa involves the administration of herbal oils, and extracts through the nasal passage. It enhances breathing and improves conditions such as headaches, migraines, asthma, sinusitis, and neurological disorders.

## Raktamokshanaa रक्तमोक्षणा

Raktamokshanaa is the controlled removal of small quantities of blood to eliminate toxins that have accumulated in the blood. It is used to treat skin disorders, hypertension, and issues related to the circulatory system.

**Disclaimer: This therapy is session-based, with benefits achieved over multiple sessions.**



Anshik  
Chikitsaa  
आंशिक चिकित्सा  
(*Partial Therapy*)





## Shirsh Vishraanti शीर्ष विश्रांती

This therapy uses Ayurvedic oil poured over the head, relieving migraine, headache, stress and anxiety. The treatment focuses majorly on head while stimulating the cranial nerves.

🕒	30 mins	60 mins
₹	2,799/-	5,499/-

## Paad Shaithilyaa पाद शैथिल्य

Paad Shaithilyaa, where 'paad' means feet and 'shaithilya' means relaxation, is a treatment that relieves feet stress. It includes acupressure techniques for a triggering effect. Try this therapy if you suffer from varicose veins, calf myalgia, leg pain or fatigue.

🕒	30 mins	60 mins
₹	3,199/-	5,699/-

## Ardhaa Trupti अर्ध तृप्ती

Ardhaa Trupti provides an upper body rubdown, with options for dry or oil application. It helps in relieving pain and discomfort in the upper back by relaxing muscles and reducing tension and tightness. The treatment increases blood circulation; and treats frozen shoulder, cervical, stiffness and pain.

🕒	30 mins	60 mins
₹	3,799/-	7,199/-

## Talaa Podhichil तला पोथीचील

Tala Podhichil or Shirolepam is a unique Ayurvedic treatment involving the application of a specially prepared herbal paste to the scalp. The treatment helps improve blood circulation in the scalp thus repairing the cells. It also controls greying of hair, hair fall, dandruff and Alopecia.

🕒	60 mins	90 mins	120 mins
₹	7,599/-	11,099/-	14,499/-

## Udar Abhyangam उदर अभ्यंगम

A traditional Ayurvedic practice that focuses on the abdomen, helping to relieve tension, support digestion, remove toxins, and restore harmony in the body. Its gentle, rhythmic techniques promote deep relaxation and overall well-being.

🕒	30 mins	60 mins
₹	3,199/-	5,699/-





# Ushnaa Chikitsaa

उष्ण चिकित्सा  
(Heat Therapy)





## Agni Reeti | अग्नि रीती

The candlelight warmth and natural ingredients like argan and moroccan oils in this therapy revitalize your body and moisturize dry skin, whereas the aroma of the oils enhances overall mood. The treatment is beneficial especially during monsoon and winter season.

🕒	60 mins	90 mins	120 mins
₹	10,199/-	14,599/-	17,399/-

## Ushnaa Anubhuti | उष्ण अनुभुति

This treatment soothes muscles, relieves stress, and heals back ache with specially designed basalt stones heated at 50 to 60 degrees Celsius. Basalt rock is a volcanic rock which retains heat.

🕒	90 mins	120 mins
₹	12,399/-	15,699/-

## Kashth Tapti | काष्ठ तप्ती

Warmed Bamboo canes are used as tools for this treatment. Bamboo has anti-bacterial and detox properties, it retains heat naturally and also absorbs moisture. This treatment helps in decreasing muscle spasms and increases blood circulation. It helps aid conditions like back pain, chronic aching to name a few.

🕒	90 mins	120 mins
₹	12,499/-	16,199/-



# Acupuncture Treatment

एक्युपंचर ट्रीटमेंट





## Lips Reshaping लिप्स रिशेपिंग

The treatment is very much like micro needling on scientific points. It corrects lip alignment to enhance facial appearance and achieve better symmetry. It works on the superficial signs of premature ageing.

🕒 60 mins

₹ 4,999/-

## Nose Reshaping नोस रिशेपिंग

Acupuncture aligns and reshapes the nose for non-surgical rhinoplasty, offering miraculous effects. The treatment reduces nasal congestion and relieves pain or pressure in the sinuses.

🕒 60 mins

₹ 4,999/-

## Laser Acupuncture लेज़र एक्युपंचर

This ultra-modern painless adaptation of traditional acupuncture uses non-thermal laser irradiation and is effective for treating various types of pain.

🕒 60 mins

₹ 4,999/-

## Facial Enhancement फेशियल एन्हांसमेंट

This treatment uses fine needles on face acu-points, offering a natural anti-ageing alternative to Botox. It improves blood supply to the face skin and fights neurogenic disorders, giving one a natural facial glow.

🕒 60 mins

₹ 5,499/-

## Smile Enhancing स्माईल एन्हांसिंग

One of the most popular treatment amongst celebrities, this beautifies one's smile and makes the face prominently attractive in a non-surgical way.

🕒 60 mins

₹ 6,499/-

## Electro Acupuncture इलेक्ट्रो एक्युपंचर

Can be known as modern version of traditional acupuncture, this treatment uses electrodes, attached to needles, on a particular frequency. It is highly effective for relieving chronic pain, and giving deep muscle stimulation.

🕒 60 mins

₹ 6,499/-

## Traditional Acupuncture ट्रेडिशनल एक्युपंचर

This key component of traditional Chinese medicine (T.C.M.) involves the insertion of sterile micro needles in the skin. Research has proven that it relieves pain and treats various other issues, including chronic systemic disorders.

🕒 60 mins

₹ 5,499/-

**Disclaimer: Acupuncture treatment requires multiple sessions for optimal and long-lasting results.**



# Acupressure Treatment

एक्युप्रेसर ट्रीटमेंट





## Sujok Therapy सुजोक थेरेपी

"Su" stands for hand, while "jok" means feet. In this therapy, the hand and feet represent all the organs and meridians in the body. This holistic treatment involves stimulating points on hands and feet, corresponding the entire body.

🕒	30 mins	60 mins
₹	3,699/-	6,499/-

## Auriculo Therapy ऑरिब्युलो थेरेपी

Auriculo therapy is a healthcare modality where the external surface of the ear, known as the auricle, is stimulated. This helps in dealing with addictions, and relieving pain and anxiety.

🕒	30 mins	60 mins
₹	3,199/-	5,499/-

## ACU Manipulative Therapy ए सी यू मॅनिप्युलेटिव्ह थेरेपी

This combination of acupressure and manual manipulation aids in addressing various physical issues which balance and heal the body. The treatment is particularly effective for musculoskeletal pain and stress-related issues.

🕒	30 mins	60 mins	90 mins
₹	5,999/-	7,999/-	10,999/-

## ACU Yoga Manipulative Therapy ए सी यू योगा मॅनिप्युलेटिव्ह थेरेपी

This synchronized practice of acupressure and sequential yoga postures aids in balancing one's posture, alleviating body aches, and achieving perfect body symmetry. It helps with back pain, neck pain, flexibility and promote physical and mental well-being.

🕒	30 mins	60 mins	90 mins
₹	5,999/-	7,999/-	10,999/-

## Marmaa Therapy मर्मा थेरेपी

Marma therapy, an ancient healing Ayurvedic practise aims to stimulate various body organs and systems, removes blockages, focusing on energizing the body to alleviate occupational illnesses and stress-related diseases and involves 108 Marmaa points. The treatment improves consciousness, provides enlightenment and self-awareness.

🕒	60 mins	90 mins	120 mins
₹	5,499/-	7,799/-	9,999/-



# Shhatkarma षट्कर्मा

In naturopathy, "shatkarma" (also spelled as "shatkriya") refers to six cleansing techniques used for detoxifying and purifying the body. These practices are believed to help maintain balance and promote overall health and enhance spiritual growth. It is recommended to take this treatment every 2-3 months for the modern urban living.

🕒	90 mins	120 mins	150 mins
₹	9,999/-	12,999/-	15,999/-





## Neti Kriya नेती क्रिया

Neti Kriya involves nasal cavity cleansing and uses saline solution to rinse nasal passages. The treatment clears sinuses, eases headaches, tones optic nerves, and boosts eyesight. It is also beneficial in treating cold, sinusitis and flu.

## Nauli Kriya नौली क्रिया

Nauli stimulates digestive organs, especially the small intestine, through therapeutic abdominal movements. It helps improve digestion and removes toxins.

## Dhauti Kriya धौती क्रिया

The primary purpose of this technique is to cleanse the entire digestive tract thoroughly. This gut cleansing treatment is very beneficial for patients suffering from hyper-acidity.

# Shhatkarma षट्कर्मा

## Kapal Bhati कपाल भाती

Also known as the "Breath of Fire," the term "kapalabhati" originated from Sanskrit, combining "kapal" for 'skull' and "bhati" for 'illuminating'. This technique improves the functioning of the respiratory system and helps treat Dyspnoea.

## Basti Kriya बस्ती क्रिया

Basti Kriya involves colon cleansing, which helps cure around 80% of bacterial diseases. It also treats issues like constipation, gastric trouble, and bloating, and improves the digestive system and eliminate toxins.

## Trataka Karma त्राटका कर्मा

This is a yogic purification cum tantric meditation which involves concentrated gazing, usually at a fixed point or candle flame. The technique cleanses eyes, improves cognitive function, soothes dry eyes, and improves memory and concentration power.

**Disclaimer: This therapy is session-based, with benefits achieved over multiple sessions.**



# Dhoomraa Chikitsaa

धूम्र चिकित्सा  
(Smoke Therapy)





## Dhooma Panaa धूमा पाना

(Smoke Inhalation)

Dhoomapana, smoking medicinal Ayurvedic herbs, is a therapeutic practice in Ayurveda. Inhaling the smoke from burning medicinal plants like Dhoomravati benefits respiratory health and relieves autoimmune disorders.

🕒	30 mins	60 mins
₹	3,499/-	6,499/-

## Dhoomra Tailam धूम्र तैलम

(Smoke Oil Therapy)

Special oil, prepared with a powerful combination of 20+ potent Ayurvedic herbs is applied on all body parts. The therapy helps remove toxins present in the body and aids weight loss, and inch loss, reduces body fat and tightens the skin.

🕒	60 mins	90 mins	120 mins
₹	9,999/-	12,999/-	15,999/-

## Angaar Vrutti अंगार वृत्ती

(Moxibustion)

Moxibustion involves burning dried plant, mugwort known as 'moxa' on the skin to invigorate Qi flow and heal backache. This heat-based technique improves circulation, reduces discomfort, and promotes overall wellness.

🕒	60 mins	90 mins	120 mins
₹	6,499/-	9,699/-	11,999/-

## Sui Angaar Vrutti सुई अंगार वृत्ती

(Moxibustion with Needle)

Moxibustion involves burning dried moxa over acupuncture needles on specific points of the body. This stimulates the acupuncture points, alleviates pain and is helpful in posture correction.

🕒	60 mins	90 mins	120 mins
₹	6,499/-	9,699/-	11,999/-



# Podikizhi

## पोडीकिझी

*(Potli Therapy)*





## Njavarkizhi नजवरकिझी

Originating from Kerala, the therapy includes Njavara rice, which has multiple benefits like bone and skin health, and muscle and nerve functioning.

🕒	90 mins	120 mins
₹	11,599/-	15,499/-

## Akshat Potli अक्षत पोटली

Filled with brown rice and herbs, warmed in milk, the potli provides nourishment to the skin. It hydrates and detoxifies the skin, leaving it feeling soft and supple.

🕒	90 mins	120 mins
₹	11,299/-	14,899/-

## Elakizhi एलाकिझी

Elakizhi, or Patrapotala Sweda uses heated herb-filled boluses to induce sweating. The therapy is beneficial for curing Paralysis, Arthritis, sore muscles and joints and stimulates blood circulation.

🕒	90 mins	120 mins
₹	11,299/-	14,899/-

## Valukaa Potli वालुका पोटली

A soft muslin cloth filled with river sand is heated and used to be applied on pressure points. The sand's heat-sustaining property provides a magical effect on swelling, helps to cure bone injuries and is very beneficial for post-natal recovery.

🕒	90 mins	120 mins
₹	11,299/-	14,899/-

## Aayur Potli आयुर पोटली

Aayur Potli is an ancient process using steam-heated herbal pouches (poultices) pressed in a particular motion on the whole body. This provides relief from joint, back, and muscle pain.

🕒	90 mins	120 mins
₹	12,399/-	15,999/-

## Shilaa Kshaar Potli शिला क्षार पोटली

The poultices are filled with heated rock salt which benefits in curing asthma and bronchitis. It also helps in reducing body pain and muscle stiffness.

🕒	90 mins	120 mins
₹	11,299/-	14,899/-



# Lepam

लेपम





## Mrudaa Lepam मृदा लेपम

For centuries, the heat-absorbing property of mud has been used in treating ailments like body heat, indigestion and skin conditions. This therapy is also useful for treating jaundice.

🕒	30 mins	60 mins
₹	4,299/-	7,999/-

## Herbal Lepam हर्बल लेपम

Ingredients like Neem, Tulsi, Aloe Vera, Rosemary, Calendula, and Chamomile are formed into a paste, providing anti-inflammatory benefits. It helps in preventing infections, eczema and dermatitis.

🕒	30 mins	60 mins
₹	4,699/-	8,499/-

## Multani Lepam मुलतानी लेपम

This involves the application of Multani mud (fuller's earth) all over the body in the form of a smooth paste for cleansing and exfoliating. It also helps in removing blemishes, skin tightening and leaves the skin bright and glowing.

🕒	30 mins	60 mins
₹	4,499/-	8,299/-

## Saundaryaa Lepam सौंदर्य लेपम

This treatment infuses Brown Rice, Turmeric, Aloe Vera, Gram flour, Rose water, which contains antioxidant properties, and delivers a radiant and lustrous glow to the skin.

🕒	30 mins	60 mins
₹	4,899/-	8,699/-

## Kumkumadi Lepam कुमकुमादी लेपम

Kumkumadi Lepam as the name suggests includes Saffron oil, enhances skin complexion and gives a glamorous glow. Its anti-aging properties effectively treat dark spots, wrinkles, dark circles and hyperpigmentation.

🕒	30 mins	60 mins
₹	5,099/-	8,899/-





# Vilepam

विलेपम





## Akshat Vilepam अक्षत विलेपम

This therapy uses brown rice, which is renowned for its medicinal properties and its ability to address various ailments and bodily imbalances. It helps to detox and cleanse the body.

🕒	30 mins	60 mins
₹	4,299/-	7,999/-

## Saundaryaa Vilepam सौन्दर्य विलेपम

The practice of applying a mixture of rose, honey and milk, dates back thousands of years, harnessing blended concepts to rejuvenate the skin and enhance appearance. It provides nourishment to the skin, giving it a natural glow.

🕒	30 mins	60 mins
₹	4,499/-	8,299/-

## Coco Vilepam कोको विलेपम

Coco Shea is nature's most nourishing combination. Vitamin-packed Cocoa butter, and rich, moisturizing Shea butter, form an ultimate skin-loving formula, which leaves your skin feeling moisturized and hydrated.

🕒	30 mins	60 mins
₹	4,699/-	8,499/-

## Samudraa Satvaa समुद्र सत्व

This therapy uses Dead Sea salt, rich in zinc and bromide and has powerful anti-inflammatory properties. It soothes the skin and improves circulation for healthier skin cells.

🕒	30 mins	60 mins
₹	4,899/-	8,699/-

## Ubtanam उबटनम

This is an ancient process followed on special occasions. It involves the application of a golden aromatic paste made of rich ingredients like Sandalwood, Almond, Walnut, Apricot oil and Honey, which helps to de-tan, detoxify, and promote a fair complexion.

🕒	30 mins	60 mins
₹	5,099/-	8,899/-





# Aavaran

आवरण





## Prithvi Aavaran पृथ्वी आवरण

Brown Mud effectively absorbs toxins from the body, aiding in their elimination. It is beneficial for constipation, stress-induced headaches, high blood pressure, and skin diseases.

🕒	60 mins	90 mins
₹	7,999/-	9,999/-

## Agni Aavaran अग्नि आवरण

Entire body is wrapped in heated paraffin wax to give a rejuvenated and refreshed feel to the skin.

🕒	60 mins	90 mins
₹	8,299/-	10,299/-

## Jal Aavaran जल आवरण

In this treatment, the skin is revitalized with the natural essence of aloe vera and cucumber.

🕒	60 mins	90 mins
₹	8,499/-	10,499/-

## Vaayu Aavaran वायु आवरण

This is an Almond extract de-tan treatment, which effectively removes tan from the face and body. This process helps cleanse the skin, exfoliate dead skin cells, and eliminate tanned cells.

🕒	60 mins	90 mins
₹	8,699/-	10,699/-

## Ambar Aavaran अंबर आवरण

Topically applied chlorophyll acts as an antibacterial and anti-inflammatory, speeding up wound healing and promoting clearer skin, making it effective for treating acne.

🕒	60 mins	90 mins
₹	8,899/-	10,899/-





# Nivaaran

निवारण





## Prithvi Nivaaran पृथ्वी निवारण

Revitalize your skin with premium-quality products featuring a natural mud base, with this treatment. It gives a cooling effect and reduces body sweating.

🕒	60 mins	90 mins
₹	8,599/-	9,999/-

## Agni Nivaaran अग्नि निवारण

Agni Nivaaran therapy utilizes candle-heated scrubs to exfoliate dead skin and open pores, leaving your skin refreshed and rejuvenated.

🕒	60 mins	90 mins
₹	8,299/-	10,299/-

## Jal Nivaaran जल निवारण

For years, Aloe Vera, Cucumber, and Papaya extract have been utilized to cleanse the skin and promote a glowing complexion.

🕒	60 mins	90 mins
₹	8,499/-	10,499/-

## Vaayu Nivaaran वायु निवारण

Vaayu Nivaaran employs ancient Ayurvedic methods, harnessing Almond and Walnut extracts for skin detoxification.

🕒	60 mins	90 mins
₹	8,699/-	10,699/-

## Ambar Nivaaran अंबर निवारण (Banana Leaf Therapy)

This treatment includes the use of Banana leaves filled with herbal preparations gently applied to the body. Enriched with chlorophyll to brighten skin tone, enhance circulation, soothe with a cooling effect, and supports complete skin rejuvenation.

🕒	60 mins	90 mins
₹	8,899/-	10,899/-






Shaahi  
Paddhati  
शाही पद्धती  
(Royal Treatment)





## Dev Shaahi Nidraa देवशाही निद्रा


Dev (Divine) Shaahi (royal) Nidraa (Sleep) is a distinctive combination of three therapies. It takes place in a luxurious, royal setting of our ambience and is completely customized, catering to the guest's lifestyle. It's the best way to pamper yourself or gift your loved one a royal experience.

 150 mins

₹ 20,299/-

## Yugal Reeti युगल रीती

Yugal (couple) Reeti (therapy) rekindles your love on your special days and helps you rejuvenate with your companion. This personalized therapy enhances your bond and creates a divine union, nourishing your relationship.

 90 mins

₹ 16,899/-

120 mins

₹ 38,999/-

## Purnaa Nivrutti पूर्ण निवृत्ती

Purnaa (complete) Nivrutti (relaxation) is our best-seller signature blend of dry and oil therapies tailored for your well-being. Designed to alleviate muscle stiffness and improve blood circulation, it offers a comprehensive rejuvenation experience.

 90 mins

₹ 12,399/-

120 mins

₹ 14,199/-

## Chaturhasti चतुर्हस्ति

Chatur (four) hasti (hand) is a synchronized time-efficient therapy performed by two aestheticians, working in rhythm. This unique approach delivers a profound sense of relaxation and balance, ensuring a harmonizing experience for your well-being.

 60 mins

₹ 12,999/-

90 mins


₹ 19,199/-

120 mins

₹ 25,499/-

## Triveni Sangam त्रिवेणी संगम

This is a luxurious lifetime experience combining three therapies, performed by 2-3 aestheticians. Nirjala Paddhati employs traditional stretching and pressure points to alleviate stiffness and improve flexibility. Foam Therapy involves the use of warm organic foam along with synchronized techniques to cleanse and rejuvenate the body. Meanwhile, Moisturizing Therapy focuses on nourishing the skin, leaving it with a radiant, glowing shine.

 120 mins

₹ 29,999/-

150 mins

₹ 32,499/-





# Swarnaa Chikitsaa

## स्वर्ण चिकित्सा

Swarna, which signifies gold, is renowned for being one of the richest minerals. For centuries, gold has symbolized prosperity, purity, and wealth. Its antioxidant properties help combat free radicals and protect the skin from oxidative damage. Additionally, Swarna is often metaphorically used to describe exceptional beauty.





## Swarnaa Lepam स्वर्ण लेपम

This lepam utilizes a paste consisting of gold ash and herbal components applied to the skin for nourishment. It is believed to have anti-ageing properties, helpful in promoting skin health and skin radiance.

 60 mins

₹ 9,999/-

## Swarnaa Villepam स्वर्ण विलेपम

This process which includes the rich gold extracts acts as a royal exfoliator for your skin, stimulating blood flow, and giving a healthy glow. The gold particles give a luminous appearance, making this an indulgent experience.

 60 mins

₹ 9,999/-

## Swarnaa Padhhati स्वर्ण पद्धती

Swarnaa Padhhati involves gold-based preparations on the skin along with a rejuvenating therapy. It enhances skin brightness, promotes youthfulness, hydrates the skin and contributes to overall skin health.

 60 mins

₹ 9,999/-

## Swarnaa Anubhuti स्वर्ण अनुभुती

The combination of Swarnaa Padhtati, Swarnaa Lepam and Swarnaa Villepam offers a comprehensive and luxurious skincare experience. It reveals a more youthful version of your skin and delivers an overall rejuvenating effect.

 150 mins

₹ 20,999/-





# Rajat Chikitsaa

## रजत चिकित्सा

Rajat means silver, and is often associated with the moon, purity and auspiciousness. It denotes something precious, shining and valuable and is used in rituals and ceremonies as a symbol of divine connection.





## Rajat Lepam रजत लेपम

Rajat (silver) Lepam includes a paste consisting of silver granules, useful in firming and toning the skin, thus reducing early ageing. Silver has been used for centuries for its healing properties. It is useful in treating conditions like eczema, dermatitis, and psoriasis. It purifies the skin, giving a calming and cool sensation.

🕒 60 mins

₹ 7,999/-

## Rajat Villepam रजत विलेपम

This process acts as a royal exfoliator for your skin, stimulating blood flow, giving a healthy glow. The gold particles give a luminous appearance, making this an indulgent experience.

🕒 60 mins

₹ 7,999/-

## Rajat Paddhati रजत पद्धती

Rajat Paddhati helps in balancing skin complexion, improves the skin texture and stimulates cell regeneration. It provides a soothing sensation, offering relief for inflamed or irritated skin.

🕒 60 mins

₹ 7,999/-

## Rajat Anubhuti रजत अनुभुती

The combination of Rajat Padhtati, Rajat Lepam and Rajat Villepam offers a comprehensive and luxurious skincare experience. It gives a cooling effect to your body and brings in calmness.

🕒 150 mins

₹ 18,999/-





# Chocoh Chikitsaa

## चॉको चिकित्सा

*(Chocolate Therapy)*

Choco Therapy involves the application of chocolate-based treatments on the skin, providing a luxurious and indulgent experience with numerous benefits. Chocolate is abundant in antioxidants, particularly flavonoids, which protect the skin and enhance youthfulness. The therapy involves:





## Chocoh Lepam चॉको लेपम

Applying chocolate lepam can release endorphins and serotonin, boosting mood and creating a sense of well-being. It helps alleviate stress, making the therapeutic experience more enriching.

🕒 60 mins

₹ 6,999/-

## Chocoh Villepam चॉको विलेपम

The delightful aroma of chocolate exerts a soothing effect, fostering profound relaxation. Chocolate stimulates collagen production, which is crucial for maintaining the skin's elasticity and firmness. It helps in balancing sebum production.

🕒 60 mins

₹ 6,999/-

## Chocoh Paddhati चॉको पद्धती

This treatment improving skin texture and enhances youthfulness. It also helps in balancing skin complexion and provides a rich sensation, offering a luxurious feel for your skin.

🕒 60 mins

₹ 6,999/-

## Chocoh Anubhuti चॉको अनुभूती

Chocoh Anubhuti is a combination of all the therapies including Chocoh Lepam, Chocoh Villepam and Chocoh Paddhati. It offers a comprehensive and luxurious indulgent experience providing soothing effect to your senses. Chocolate boosts collagen production which enhances skin elasticity and firmness.

🕒 150 mins

₹ 14,999/-

## Chocoh Snaan चॉको स्नान

Indulge in a luxurious bath where you immerse yourself in raw chocolate. Renowned for its potent antioxidants and nourishing properties, this decadent treatment rejuvenates the skin, promotes deep relaxation and elevates your spirits.

🕒 60 mins

₹ 9,999/-



# Shaahi Snaan

## शाही स्नान

Shaahi Snaan represents a ceremonial royal-style bath associated with regal practices. This treatment includes a bathing ritual with herbal decoctions, aromatic oils, and floral water. It promotes purification, relaxation, and rejuvenation of the body, mind and spiritual well-being.





## Sugandhi Snaan सुगंधी स्नान

This treatment involves infusing bathwater with aromatic herbs, essential oils, and flower petals. This sensory-rich experience cleanses the body while promoting relaxation, rejuvenation, and emotional well-being through the inhalation of soothing fragrances.

(Single)	🕒 30 mins	60 mins	(Couple)	🕒 30 mins	60 mins
₹	3,999/-	5,999/-	₹	4,999/-	6,999/-

## Dugdh Snaan दुग्ध स्नान

A milk bath involves immersing oneself in warm milk induced with botanical ingredients. This luxurious ritual hydrates the skin, soothes irritation, and promotes relaxation and rejuvenation.

(Single)	🕒 30 mins	60 mins	(Couple)	🕒 30 mins	60 mins
₹	5,999/-	6,999/-	₹	7,999/-	9,999/-

## Panchamrit Snaan पंचामृत स्नान

This is a sacred bathing ritual, where the body is bathed with a mixture of five sacred ingredients: milk, yoghurt, honey, ghee (clarified butter) and crystal sugar. This is believed to purify the body, mind, and spirit.

(Single)	🕒 30 mins	60 mins	(Couple)	🕒 30 mins	60 mins
₹	6,999/-	7,999/-	₹	8,999/-	10,999/-

## Madya Snaan मद्य स्नान

Madya Snaan is a traditional bathing practice that involves immersing oneself in non- alcoholic wine made from fruit extracts. This ritual is believed to promote relaxation, revitalize skin, and enhance detoxification, while also offering a luxurious and indulgent experience for the senses.

(Single)	🕒 30 mins	60 mins	(Couple)	🕒 30 mins	60 mins
₹	7,999/-	9,999/-	₹	9,999/-	11,999/-

## Him Snaan हिम स्नान (Cryo Bath)

Ice Bath Therapy consists of submerging the body in ice-cold water for a designated time. This method is widely utilized for therapeutic benefits. It helps alleviate sore muscles and enhance recovery following intense workouts. It also reduces body temperature, regulates hormonal imbalances and boosts metabolism. It is recommended for athletes, gym enthusiasts and sports professionals.

🕒 30 mins
₹ 9,999/-

## Chocoh Snaan चॉको स्नान

Indulge in a luxurious bath where you immerse yourself in raw chocolate. Renowned for its potent antioxidants and nourishing properties, this decadent treatment rejuvenates the skin, promotes deep relaxation and elevates your spirits.

(Single)	🕒 30 mins	60 mins	(Couple)	🕒 30 mins	60 mins
₹	7,999/-	9,999/-	₹	9,999/-	11,999/-



# Mukh Chikitsaa

मुख चिकित्सा  
(Face Treatment)





## Ojus ओजस

### (Brightening Treatment)

Also known as Facial Detan Therapy, this uses natural ingredients like Aloe Vera, Lemon, Turmeric, Cucumber and Multani mitti, along with exfoliating agents such as glycolic acid. This blend helps reduce tan, soothe skin, remove impurities, and restore a brighter, even-toned complexion while nourishing the skin.

🕒	45 mins	60 mins	90 mins
₹	9,399/-	13,899/-	18,399/-

## Aabhaa Anubhuti आभा अनुभूती

### (Reshaping Treatment)

This is designed to suit various skin types, whether oily, dry, combination, or sensitive. It involves gentle cleansing, exfoliation, and hydration using mild, natural ingredients like Aloe Vera and antioxidants to maintain balance, remove impurities, and promote a healthy, glowing complexion.

🕒	45 mins	60 mins	90 mins
₹	9,399/-	13,899/-	18,399/-

## Vibha Kaanti विभा कान्ती

### (Hydra Treatment)

This treatment focuses on deep hydration and nourishment to restore moisture balance. It harnesses the power of natural ingredients like Aloe Vera, Honey, Avocado, Oatmeal, Coconut oil to provide deep nourishment and give radiance.

🕒	45 mins	60 mins	90 mins
₹	9,399/-	13,899/-	18,399/-

## Roop Nikhar रूप निखार

### (Radince Treatment)

This treatment uses natural ingredients like Tea tree oil, Neem, Aloe Vera, Honey, and fullers earth (Multani Mitti) to cleanse and soothe the skin. These ingredients help reduce bacteria, control oil, calm inflammation, and unclog pores, promoting a balanced, clear, and healthy complexion.

🕒	45 mins	60 mins	90 mins
₹	9,399/-	13,899/-	18,399/-

## Ardra आर्द्रा

### (Anti Aging Treatment)

This is a multi-step treatment that deeply cleanses, exfoliates, and hydrates the skin using advanced technology. A vacuum tool is used to extract impurities from the pores, and the skin is infused with hydrating serums containing antioxidants. This therapy suits all skin types, providing intense hydration, reducing fine lines, and enhancing skin texture. It leaves your complexion glowing and refreshed, while boosting collagen and elastin production.

🕒	45 mins	60 mins	90 mins
₹	9,399/-	13,899/-	18,399/-







# Rajya Abhishekam

## राज्याभिषेकम्

Rajya Abhishekam signifies the sacred ritual of blessing and consecrating the body. Every king from India has undergone the Rajya Abhishekam ceremony once in their lifetime. Even years after the kings' reign, and coronation ceremony, the Rajyabhishek remains royal. Experience the same royalty in our treatment which involves a series of therapeutic rituals, including herbal scrubbing, divine baths, body packs and steam inhaling treatments and is believed to promote vitality, longevity, and well-being, aligning with the traditional practices of kingship and royal rejuvenation.

This treatment helps in fulfilling your wish or helps you achieve higher life goals. As royal as it gets, the treatment uses water from the seven holy rivers, viz. Ganga, Brahmaputra, Godavari, Yamuna, Kaveri, Narmada and Sindhu; Himalayan salt, bhasma (ash); gold, silver, and diamond extracts. Ancient herbs and precious flowers' powders are also used. The guest is made to sit on a royal throne made of Teakwood for this luxurious ritual, The ritual consists of 18 ancient procedures. It's a holy process which is performed at 3.45 am (the Brahma Muhurta) when our soul and body is aligned with the universe.

Exclusively for elite personalities, from top business magnates to distinguished leaders, celebrities and bureaucracy.



300 mins



₹ 4,99,999/-



# Nirvaat Chikitsaa

## निर्वात चिकित्सा (Cupping Treatment)

Cupping therapy involves placing cups on the skin to create suction, promote blood flow, relieve muscle tension, and relieve pain. This unique treatment reduces muscle stiffness and induces healing.

### Shushka Nirvaat शुष्क निर्वात (Dry Cupping)

Involves placing cups on the skin and creating suction without any additional techniques.

🕒	30 mins	45 mins	60 mins
₹	4,599/-	6,999/-	9,999/-

### Ardra Nirvaat आर्द्र निर्वात (Wet Cupping)

This involves creating small incisions on the skin before applying the cups to draw out a small amount of blood. It is believed to remove toxins and improve circulation.

🕒	30 mins	45 mins	60 mins
₹	4,899/-	7,299/-	10,299/-

### Agni Nirvaat अग्नि निर्वात (Fire Cupping)

Fire cupping involves placing heated cups on the skin to stimulate blood flow to affected areas. This process expands blood vessels, promoting circulation and aiding in the healing of damaged tissues.

🕒	30 mins	45 mins	60 mins
₹	5,199/-	7,599/-	10,599/-





# Jal Chikitsaa

## जल चिकित्सा (Hydro Therapy)

This therapy also known as hydrotherapy involves the use of water for pain relief and treatment of various health conditions. It uses either hot or cold water, with the water pressure and flow varying among treatments.

This therapy includes warm and cold baths. The water temperature depends on the ailments of the guest. It treats various health conditions like joint stiffness, arthritis and sore muscles; stimulates blood flow, opens pores and helps cleanse the skin.

## Kati Snaan कटी स्नान (Sitz bath)

A sitz bath also known as hip bath involves soaking the pelvic area in warm water. It's commonly used to relieve discomfort from haemorrhoids, postpartum healing, post-surgical recovery, and alleviation of anal fissures.

🕒 60 mins

₹ 5,999/-

## Ushna Sheetal Paak

### उष्ण शीतल पाक (Hot and cold fomentation)

This involves the application of hot and cold compresses or packs interchangeably to the body. It helps relax tight or strained muscles, increases blood flow to the affected area, improves flexibility and reduces joint stiffness.

🕒 60 mins

₹ 5,999/-





# Dhwani Chikitsaa ध्वनी चिकित्सा (Sound Therapy)

Sound therapy, or sound healing, utilizes sound vibrations to promote relaxation, reduce stress, and restore balance to the mind, body, and spirit. The treatment promotes mental relaxation, improves concentration and alleviates depression, heals sleeping disorders, reduces anxiety and gives mental clarity.

🕒	30 mins	60 mins
₹	4,999/-	6,999/-





# Laghu Shankha Prakshalana

लघु शंख प्रक्षालन (LSP)

Derived from the words Shankh (conch) and Prakshalana (to wash or clean), Shankh Prakshalana is a cleansing technique that flushes the entire gastrointestinal tract, from the oral to anal, by orally administering saline water. The practice involves performing a series of specific yoga asanas to help move the water through the digestive tract. These asanas include:

**Tadasana** ताडासन  
(Mountain pose)

**Tiryaka Tadasana** तिर्यक ताडासन  
(Mountain pose with arm and side body stretch)

**Katichakrasana** कटिचक्रासन  
(Mountain pose twisting stretch)

**Tiryaka Bhujangasana** तिर्यक भुजंगासन  
(Twisting stretch from the upward-facing canine position)

**Udarakarshanasana** उदरकर्षणासन  
(Twisting stretch on tip-toes)

**Shavasana** शवासन  
(Sleeping pose)

Laghu Shankha Prakshalana (LSP) is a yogic cleansing technique that addresses gastrointestinal issues like constipation, flatulence, acidity, and indigestion. It also aids in weight loss, lowers cholesterol, and boosts hemoglobin levels. By purifying the digestive tract, LSP promotes overall health. Incorporating oil therapies, such as Abhyanga, during this three-day treatment can enhance detoxification and rejuvenation.

🕒 Per Session

₹ 9,999/-

**Disclaimer :** LSP is a yogic cleansing technique that can be performed in 3 to 5 sessions to achieve optimal results.

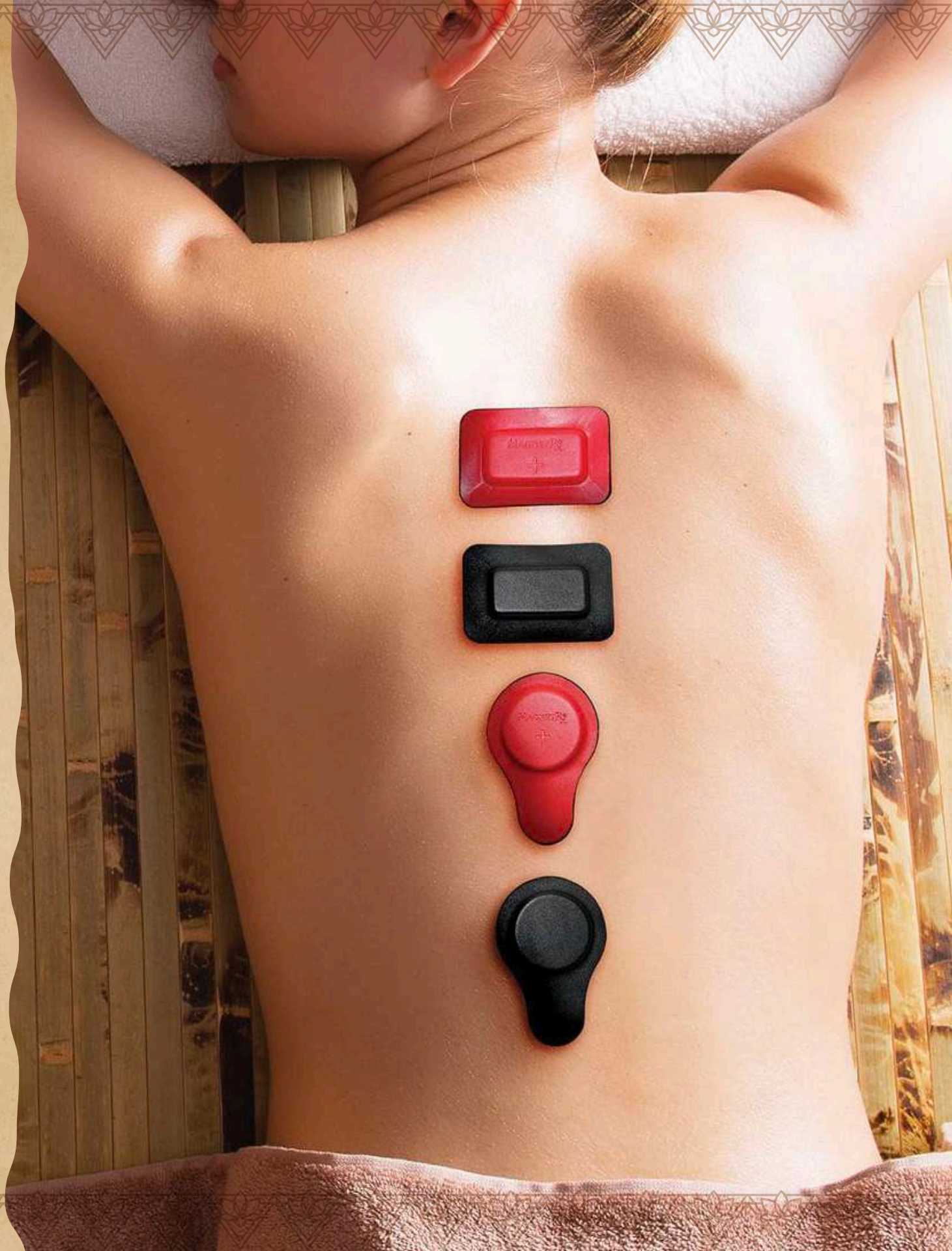




# Akarshan Chikitsaa आकर्षण चिकित्सा (*Magneto Therapy*)

Akarshan means attraction, magnet possesses power of attraction. Magneto Therapy is an alternative treatment that utilizes static magnets or electromagnetic fields to facilitate healing. It offers pain relief for chronic conditions, decreases inflammation, and aids in healing. It enhances blood circulation and improves sleep quality.

⌚	30 mins	60 mins
₹	4,999/-	6,999/-






# Varnaa Chikitsaa

## वर्ण चिकित्सा (Colour Therapy)

Colour therapy, or chromotherapy, is a holistic practice using colours to influence physical and emotional well-being. Colour Therapy is a holistic ancient practice that originated 4,000 years ago. Each chakra is linked to a specific colour and body part:

-  Violet signifies Sahasrara Chakra (Top of head)
-  Indigo represents Ajna Chakra (Forehead)
-  Blue stands for Vishuddha Chakra (Throat)
-  Green signifies Anahata Chakra (Chest)
-  Yellow stands for Manipura Chakra (Stomach)
-  Orange represents Swadhisthana Chakra (Lower abdomen)
-  Red represents Muladhara Chakra (Base of spine)

This therapy helps boost mood and energy levels and also induces relaxation and tranquillity.

	30 mins	60 mins
₹	4,999/-	6,999/-





# Yoga and Meditation

## योगा अँड मेडिटेशन

### Power Yoga | पाँवर योगा

Power Yoga is a vigorous and dynamic form of yoga that focuses on building strength, flexibility, and stamina through challenging postures and continuous movement. It combines traditional yoga principles with fitness elements, emphasizing physical conditioning and endurance while promoting mental clarity and mindfulness. Our expert doctors and trainers provide guidance and care under close observation to ensure optimal results.

🕒	30 mins	60 mins
₹	2,499/-	3,499/-

### Yoga Nidraa | योगा निद्रा

Yoga Nidra (also known as Yogic Sleep) is a powerful guided meditation and relaxation therapy that allows deep physical, emotional, and mental relaxation. It's a systematic method of inducing complete physical, mental, and emotional relaxation while maintaining awareness.

🕒	30 mins	60 mins
₹	2,999/-	3,999/-





# Ozone Therapy

## ઓઝોન થેરેપી (O3)

Ozone therapy introduces ozone gas into the body to boost healing, enhance oxygen supply, and reduce oxidative stress. It improves circulation, modulates the immune system, and has antimicrobial effects, making it beneficial for treating infections, managing chronic pain, reducing inflammation, supporting detoxification, and promoting wound healing.

Ozone therapy can involve ozonated water or oils for topical wound care, injections for pain relief, autohemotherapy (ozone-treated blood reintroduced into the body), ozone insufflation into body cavities, or ozone saunas for skin absorption, offering various applications to enhance healing and reduce inflammation.

The therapy is often considered for those with chronic infections, autoimmune and cardiovascular diseases, skin disorders (Eczema, Psoriasis, acne), pain conditions (Arthritis, Back pain), slow-healing wounds (Diabetic Ulcers), chronic fatigue, and Fibromyalgia.


It is not recommended for certain individuals, including those who are pregnant, have severe Anaemia, G6PD deficiency, hyperthyroidism, bleeding disorders, or have recently experienced a heart attack, as it may worsen these conditions or pose additional risks.





## Facial Vacuum with Ozone


This technique combines facial vacuum therapy and ozone to cleanse, detoxify, and rejuvenate the skin. The vacuum removes impurities, while ozone offers antimicrobial benefits, aiding in acne treatment, skin infections, and enhancing overall skin texture.

 Per Session

₹ 2,399/-

## Scalp Bagging


Similar to limb bagging, a bag is placed over the scalp and ozone gas is introduced. This method is used to treat scalp infections, hair loss, and conditions like dandruff, promoting a healthier scalp and improving hair growth.

 Per Session

₹ 2,399/-

## Boto (Botox with Ozone)


This treatment combines Botox with ozone therapy, enhancing Botox effects by reducing inflammation and oxidative stress, improving skin texture and appearance.

 Per Session

₹ 1,999/-

## Ear Insufflation


Ozone gas is applied to the ear canal with a specialized device to treat ear infections, sinus issues, allergies, and upper respiratory problems, helping improve immune response by reaching the lymphatic system.

 Per Session

₹ 1,999/-

## Rectal Insufflation


This treatment uses natural ingredients like Tea tree oil, Neem, Aloe Vera, Honey, and fullers earth (Multani Mitti) to cleanse and soothe the skin. These ingredients help reduce bacteria, control oil, calm inflammation, and unclog pores, promoting a balanced, clear, and healthy complexion.

 Per Session

₹ 1,999/-

## Vaginal Insufflation

Vaginal ozone therapy treats infections, enhances tissue health, and balances flora, commonly used for yeast infections, bacterial vaginitis, and chronic pelvic inflammatory disease.


 Per Session

₹ 1,999/-



## Limb Bagging


Limb bagging encloses a limb in a bag filled with ozone gas to aid wound healing, treat ulcers, and manage infections, especially in diabetic patients, by disinfecting and promoting tissue regeneration.

 Per Session

₹ 2,399/-

## Ozone Full Body Bagging


Whole-body ozone bagging encloses the body in ozone gas to treat skin conditions, enhance circulation, and support detoxification. This non-invasive method benefits those with chronic skin disorders, infections, or circulation issues.

 Per Session

₹ 9,999/-

## Intramuscular (IM) Ozone Injections


Intramuscular ozone injections target localized pain or inflammation, such as in arthritis or muscle injuries, offering an alternative to cortisone shots with fewer side effects.

 Per Session

₹ 2,499/-

## Medical Ozone - Peri-Articular Injections


Medical-grade intramuscular ozone injections target both systemic and localized conditions, treating pain, inflammation, and infections effectively.

 Per Session

₹ 7,999/-

## Intra-Articular (In) Injection


Joint ozone injections deliver ozone directly into the joint to treat arthritis, inflammation, or injuries, reducing pain and swelling and promoting tissue regeneration with anti-inflammatory effects.

 Per Session

₹ 2,499/-

## Prolozone

Prolozone therapy combines ozone with prolo-therapy, injecting ozone and healing nutrients into joints or tissues to treat chronic pain, arthritis, tendon injuries, and back pain by regenerating damaged tissues.

 Per Session


₹ 3,999/-



## Ozone Steam


This involves sitting in an ozone steam sauna where ozone is absorbed through the skin. It is used for detoxification, improving circulation, and skin health. It helps the body eliminate toxins and improves oxygenation in tissues.


 20 min

 799/-

## MAHT (Minor)


Minor Autohemotherapy involves drawing a small blood sample, ozonating it, and re-injecting it intramuscularly to boost immunity and support wellness, often used for mild fatigue, infections, or immune issues.


 Per Session

 3,499/-

## MAHT (Small Major)


A smaller version of Major Autohemotherapy (MAHT) where a lesser amount of blood is drawn, treated with ozone, and reintroduced into the body. It is typically used for less severe conditions or for maintenance therapy.


 Per Session

 1,999/-

## Ozone Saline


Ozone saline is a form of saline water infused with ozone, which helps recharge and boost the body by combating fatigue and neutralizing free radicals that cause oxidative stress.


 Per Session

 1,999/-

## MAHT (Big Major)

Major Autohemotherapy (MAHT) involves mixing a patient's blood with ozone and re-infusing it to treat chronic infections, autoimmune diseases, and boost immunity.

 Per Session

 4,499/-

## Ozonated Water

Ozonated water, infused with ozone gas, is used for oral hygiene, wound care, and gastrointestinal health. Drinking it may aid detoxification, hydration, and oxygenation.

 1000 ml

 599/-



## Ozonated Oil

Ozone is bubbled into natural oils (like olive or coconut oil) to produce ozonated oils that can be applied topically. This is used for wound healing, infections, acne, eczema, and other skin conditions due to its antimicrobial and regenerative properties.

🕒 500 ml

₹ 799/-

## Myer's Cocktail

The Myer's Cocktail is a nutrient-rich IV therapy with vitamins like B-complex, Vitamin C, and Magnesium to boost energy, improve immunity, and address deficiencies. It can be combined with ozone for enhanced benefits.

🕒 Per Session

₹ 7,499/-

## IV Nutrition - Myers Cocktail

A direct IV form of the Myers Cocktail delivers vitamins and minerals for higher absorption, bypassing digestion. Combined with ozone, it enhances detoxification and immune support.

🕒 Per Session

₹ 7,499/-

## Glutathione Drip

It is a form of IV nutrition for the detoxification of liver and at the same time, it helps to boost your liver health, as the outcome of the liver detoxification, it helps in whitening of skin too.

🕒 Per Session

₹ 5999/-

## Medical Vampire Facial

This facial treatment uses plasma, rich in growth factors, drawn from the patient's blood and applied with micro-needling. Adding ozone boosts healing, collagen production, and tissue regeneration, promoting younger, healthier skin.

🕒 Per Session

₹ 7,999/-

## Medical PRP (Face)

Platelet-rich plasma (PRP) therapy for the face involves drawing blood, separating the plasma rich in growth factors, and applying it to the face, often via micro-needling. When combined with ozone, the regenerative effects are enhanced, improving skin texture, reducing wrinkles, and stimulating collagen production.

🕒 Per Session

₹ 7,499/-





## Contact Us

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