



PRAKRUTHI AYURVEDA SPA & TREATMENT CENTRE

at the Le Cafe Premises - Cherai Beach,
Vypin Island, Kochi
Kerala, India -683514
+91 9446982075
mail@prakruthi-ayurveda.com
www.prakruthi-ayurveda.com



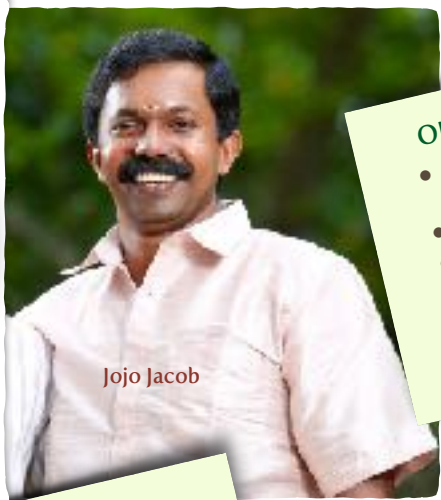
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Time for YOU



PULSE-DIAGNOSIS | BODY MESSAGES
PANCHAKARMA | MEDICINES | SHOP



Jojo Jacob

WELCOME

All of us from the **Prakruthi Ayurveda** team are very happy that you are interested in our traditional art of healing.

It is our utmost desire to help you to find your tranquility of mind and body through our 'Science of Life', which is Ayurveda. Our aim is to restore the **Prakruthi** (your normal body-constitution), to avoid or remove the



OUR SERVICE

- Packages according to your **real needs**
- Advise on nutrition and lifestyle
- Pristine medicines of our trusted source
- English-speaking physician and therapist

ABOUT US

Prakruthi Ayurveda was founded in 2012 by:

Jojo P. Jacob

Jojo Jacob started to learn about ayurvedic massage already in 1998, originally only just out of curiosity. After developing a real passion for it, he continued to train as a therapist, later also for traditional Kerala massage.



MASSAGES

ABHYANGAM

40 min light, full body massage & 10 min steam bath

- means 'oiling with loving hands', and that it is...

Price: ₹ 1000

AYURVEDA RELAXATION MASSAGE

60 min full body massage & 10 min steam bath

If jet lag still haunts you, and you feel tired and exhausted than this is just what you need right now.

Price: ₹ 1400

AYURVEDA REJUVENATION MASSAGE

70 min full body massage & 10 min steam bath

- soothing and invigorating strokes with firm pressure
- rejuvenates nervous and muscular system

Revive - and experience your softened and toned skin!

Price: ₹ 1600

KERALA KALARI FOOT MASSAGE

60 min full body massage & 10 min steam bath

- deep tissue massage done mainly by feet of a male masseur - a Kerala speciality 'Chavitti Uzhichil'
 - deep, lasting effect on the skeletal / muscular system
- This most amazing massage will leave you completely relaxed and refreshed for a long time.

Price: ₹ 2300

HEAD, FACE, SHOULDER & BACK MASSAGE

40 min oil massage

- relieves all tension in the upper part of the body

Price: ₹ 800

FOOT MASSAGE

30 min intensive massage of your feet

Not only will your feet be absolutely pampered, but also your entire body and nervous system will love it.

Price: ₹ 500

TREATMENTS

ELAKKIZHI

40 min full body massage & 30 - 45 min Elakkizhi

- special massage with warmed, herb-filled bags
- tones nerves, muscles, relieves chronic back pain

Price: ₹ 2700

NJAVARAKIZHI

40 min full body massage & 30 - 45 min Njavarakizhi

- treatment with warm bags filled with rice and herbal decoction dipped in milk
- strengthens muscles and nerves, nourishes tissue

Price: ₹ 3000

SHIRODHARA

40 min full body massage & 30-45 min Shirodhara

- scalp and forehead are massaged with thin stream of medicated, lukewarm oil
- deeply calming and relaxing

If you are mentally exhausted, suffer from headaches or insomnia this is the right choice for you. Every existing tension in your head will be gone afterwards.

Price: ₹ 2400

UDVARTHANAM

40 min massage with dry medicated powder

- indicated for weight loss, skin diseases, paralysis
- detoxes, cleanses, relieves mental/physical blockages

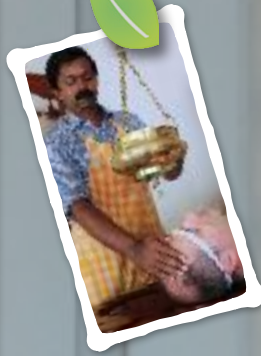
Price ₹ 2000

NASYA

- some drops of herbal juice/oil are applied in the nose, followed by medicated steam for few sec.

- indicated with headaches, sinusitis, allergies, facial paralysis, neck problems

Price: ₹ 400



PANCHAKARMA



PANCHAKARMA

Many people think Ayurveda is synonymous for Panchakarma. While the classic Panchakarma treatment focuses on removal of inner toxins through long time preparation and cleansing therapies as well as diet, the Keralan (and also the Sri Lankan) way of achieving the same result is a little different one. Our way is rather focused on the outside having an effect on the inside. This results in less physical stress for the patient undergoing such a cleansing.



NADI PAREEKSHA

Pulse diagnosis

Consult with our Vaidya (physician) before you start any treatment.

By feeling your pulse he can detect reliably any physical and emotional imbalances as well as diseases - and most of all - the root cause of them. He will advise you how to optimize your nutrition and life style and suggest a treatment program according to your needs. For better diagnostic results pulse diagnosis is done on an **empty stomach, or at least three hours after food.**

Price: ₹500 / 30 min

Return to the purity of a child!

Phone: +91 9446982075