

Ayurveda Physician on site
Nutrition & Lifestyle Advice
Massage and Treatments
Panchakarma
Kerala Kalari Massage
Packages
Shower on site
Cards, UPI accepted

Make time for yourself!

Working hours: Mo - Sun from 8am - 6pm
Consultation with Dr. Karthik AS is available by prior appointment.



Book your treatment now by Call or WhatsApp:
 **+91 96339 22075, + 91 94469 82075**
email: **mail@prakruthiayurveda.com**
For more information please visit:
www.prakruthiayurveda.com
Cherai Beach Road, Left at T-Junction
Cherai, Kerala, 683514, India



**Prakruthi Ayurveda
Spa and Treatment Centre**

ABHYANGAM

₹ 1400

50 min light, full body massage & 10 min steam bath means 'oiling with loving hands', and that it is...

AYURVEDA RELAXATION MASSAGE

₹ 1800

60 min full body massage & 10 min steam bath
If jet lag still haunts you, and you feel tired and exhausted then this is just what you need right now

AYURVEDA REJUVENATION MASSAGE

₹ 2200

70 min full body massage & 10 min steam bath
soothing and invigorating strokes
with firm pressure

KERALA KALARI MASSAGE

₹ 3500

60 min full body massage & 10 min steam bath
deep tissue massage done by
feet of a male masseur
Kerala speciality 'Chavitti thirumal'

HEAD, FACE, SHOULDER & BACK MASSAGE

₹ 1000

40 min oil massage
reliefs all tension in the upper part of the body

FOOT MASSAGE

₹ 700

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.

ABHYANGAM FOR KIDS

₹ 800

40 min full body massage

AYURVEDIC BODY SCRUB

₹ 3600

45 min full body massage,
40 min body scrub &
10 min steam bath

SHIRODHARA

₹ 3200

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

ELAKKIZHI

₹ 3500

40 min full body massage &
30 - 45 min Elakkizhi, 10 min steam bath
special massage with warmed, herb-filled bags
tones nerves, muscles, relieves chronic back pain

NJAVARAKIZHI

₹ 3600

40 min full body massage & 30 - 45 min Njavarakizhi
treatment with warm bags filled with rice
and herbal decoction dipped in milk,
strengthening and nourishing

UDVARTHANAM

₹ 2500

40 min massage with dry medicated powder
indicated for weight loss, skin diseases, paralysis

NASYA

₹ 400

nasal application of some drops of herbal
juice/oil followed by medicated steam
indicated with headaches, sinusitis,
neck problems