



Shivohum

FAITH♥HOPE♥LIFE

Tariff Card

THERAPIES

ABHYANGAM W/STEAM

*Full Body Massage Including Shiro
Abhyangam Using Warm Herbal Oils*

3500/-

60 Mins

PADA ABHYANGAM

Foot Massage Using Warm Medicated Oil

1000/-

30 Mins

SHIROABHYANGAM

Head Massage Using Herbal Oil

2000/-

40 Mins

SHIRODHARA

*(Taila/Takra/Ksheer/Mastudhara) Ayurvedic
Therapy That Involves The Continuous Pouring of Warm,
Medicated Liquid Like Oil Milk, Buttermilk Or Herbal
Decoctions Onto Forehead Speifcally Targeting The Ajna Chakra*

3800/-

60 Mins

THERAPIES

EKANG DHARA

Application of Warm Medicated Oil/Liquid Over Affected Areas or The Entire Body Using Specific Techniques

2500/-

60 Mins

PIZHICHIL

*(Herbal Oil Bath, Luxury Treatment)
Combination of Oil and Heat Therapy
Procedure Involves Pouring Warm Medicated Oil Over The Entire Body In A Rhythmic And Continuous Steam Simultaneously Performing A Gentle Massage*

4000/-

60 Mins

ELAKIZHI

(Herbal Leaf Polti Massage) Treatment Involving The Use of Herbal Leaves To Prepare Warm Polti

2400/-

60 Mins



THERAPIES

PODI KIZHI

*(Churna Pinda Sweda Massage) Treatment
Using Warm Potli Made of Dry Herbal Powders*

2200/-

60 Mins

PRISHTA VASTI

*Treatment involving retention of medicated oil using
barrier of dough made from wheat or black gram flour
shaped into ring applied from cervical to lumbar region*

800/-

30 Mins

ANNA LEPANAM

*Application of a warm medicated rice paste to nourish
and rejuvenate the body*

2000/-

45 Mins

UPPANAHA

*Application of warm herbal paste used to reduce pain,
inflammation and stiffness in joints and muscles*

1200/-

30 Mins

THERAPIES

PICHU

Application of cloth or cotton pad soaked in warm medicated oil addressing vata dosha imbalances causing dryness and pain

1000/-

30 Mins

NADI SWEDA

Steam therapy to relieve stiffness and swelling from specific body parts. It also eliminates toxins and improves circulation

1200/-

20 Mins

NETRA TARPANAE

ye treatment involving pouring of warm medicated ghee over eyes using ring of dough made from black gram or wheat flour

800/-

30 Mins

KARAN PURANA

Ear treatment involves administering warm medicated oil into the ears

500/-

30 Mins

NASYA (NASAL ADMINISTRATION)

Nasal treatment involves administration warm medicated oil, herbal extracts or nasal drops into the nostrils to treat sinus related conditions

800/-

30 Mins



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Unit of Prakash Ayurveda Foundation

Ayurveda With Difference

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