

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 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:
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Cherai Beach Road, Left at T-Junction
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**PRAKRUTHI
AYURVEDA**



ABHYANGA

₹ 1800

50 min full body massage & 10 min steam bath means 'oiling with loving hands' that's what it is. If jet lag still haunts you, and you feel tired and exhausted then this is just what you need right now.

AYURVEDA REJUVENATION MASSAGE

₹ 2400

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

KERALA KALARI MASSAGE

₹ 3800

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

₹ 1200

40 min oil massage relieves 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

₹ 3500

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.

ELAKIZHI

₹ 3800

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

₹ 3800

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.