



**AYURnest**  
AYURVEDIC TREATMENT CENTRE

***Your Gateway to Better  
Health***

**Services Brochure**

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# *Panchakarma Treatments*

## **Kerala Style Ayurveda**

### **SHIRODHARA**

This serene ritual of pouring warm oil on the forehead is renowned for alleviating stress and anxiety while enhancing mental clarity and restful sleep.

*CURES:*

*DURATION: CHARGES:*



### **AKSHI TARPAN**

A soothing therapy designed to rejuvenate your vision and hydrate dry, itching eyes.

*CURES: Dry & Irritated eyes*

*DURATION: 45 mins CHARGES: ₹1100/-*



### **ABHYANGAM**

A full-body herbed oil massage that promotes circulation, nourishes the skin & detoxifies the body. It leaves you in a sense of deep relaxation and renewed vitality.



### **NAVARAKIZHI**

It is a nourishing Ayurvedic therapy using warm herbal rice potlis. Used to treat neurological disorders, lower back pain, arthritis & others.



# *Panchakarma Treatments*

## **Kerala Style Ayurveda**

### **JANU VASTI**

This involves soaking “marma” points in medicated oil over the knee to increase fluids, prevent joint degeneration & strengthen ligaments.



### **KATI VASTI**

It targets lower back pain by using warm herbal oils to alleviate discomfort and promote spinal health.

### **UDWARTHANAM**

This is a revitalizing powder massage that opens skin pores & cleanses it. It promotes weight loss, improves fat metabolism & reduces cellulite.



### **NASYA**

It is administering of herbal oils through nasal passages. It helps to clear congestion, improve mental clarity, relieve headaches, and promote respiratory health.