



AYUBOWAN
may you have long life



Ayurveda

Treatments



Abhiyangam

60 Minutes ₹4,200 / 90 Minutes ₹5,880

Abhiyangam is a basic ayurvedic body massage therapy with warm herbal oil in a soothing gentle way to stimulate all the vital points with rhythmic movements in a Swedish technique.

It improves blood circulation, reduces fatigues, improves skin texture, promotes good sleep, helps in rejuvenation, eliminates toxins, reduces muscular aches, and pains and prevents ageing.

Shirodhara

60 Minutes ₹4,725 / 90 Minutes ₹6,825

Shirodhara is an ancient healing practice that involves the steady flow of medicated warm herbal oil or milk, or coconut water being used with a constant temperature on the forehead consistently which is in the position of the third eye chakra. It stimulates and relaxes the nervous system. It also helps in anxiety, insomnia, high blood pressure, extremely useful for diabetic cases, migraine, hair loss and hearing issues. It plays a very important role in Ayurveda

Ayurveda Facial

60 Minutes ₹6,300

The skincare therapy using with all natural organic products - the heated medicated red rice bundle with milk, honey and different types of fruits which is a perfect remedy for dull skin, anti-ageing, a great way to distress mentally and physically. It helps to relieve the anxiety, stress, migraine, insomnia, as well as a variety of mental and nervous disorders.

Chest Treatment

45 Minutes ₹4,200

This is a holistic therapy that works for those specially who is having respiratory issues for asthmatic patient also for stomach puffiness, indigestion related issues as we concentrate to the whole abdomen and chest area. The heated medicated oil and herbs is being used in a soothing way and treated the chest congested area to get a quick relief by massaging. The treatment addresses for the healing of chest-related illnesses on both levels – healing of the blocked energy channels and healing by way of cleansing the body of toxic build-up, stagnant fluids, and clearing up the lymphatic system.

Eye Refresher Therapy

45 Minutes ₹4,200

The eye therapy with a gentle lymphatic face and eye massage is one of the most effective natural ways to improve the eyesight. With increasing the age, normally it starts to deteriorate the eyesight, also working in a computer, reading books for long hours in a naked eye, long hours travellers, sleepless night effects our eyesight. So, this Akshi Tarpanam or Netra Tarpanam is an ayurveda treatment procedure which is an amazing remedy for refreshing eyes, to heal and strengthen your eyesight. To treat eye-related problems, Aschotanam medicated ghee or warm pure milk are used as eye drops and are retained in the eyes for a specific time to improve overall eye health.

Recommended for Myopia, hypermetropia, hypertension, eye itching, irritation and recommended for better vision, good for everyone.

Udwartanam (Weight Loss Treatment)

60 Minutes ₹4,725/ 90 Minutes ₹6,825

This treatment is recommended for weight loss in Ayurveda. In this process, massage is done with certain medicated dry powders from the foot level to upwards using some special techniques.



Njavarakizhi

60 Minutes ₹7,875/ 90 Minutes ₹10,500

Njavarakizhi is whole body massage using medicated milk porridge made into a bundle. It's an immune enhancing rejuvenation therapy for trauma, muscular wasting, arthritis, general weakness, paralysis, dystrophies etc.

Recommended for weight gaining, improving skin complexion, bride, and bridegroom.

Thakradhara

45 Minutes ₹4,725/ 60 Minutes ₹6,300

Pouring of medicated butter milk over the body & forehead. Useful in psoriatic skin & scalp, eczema, mental disorders etc.

Recommended for mental ill-ness. (With prior appointment only).

Knee and Leg Medicated Therapy

45 Minutes ₹4,725

Warm medicated oil is massaged over the knee and leg in a particular manner. It Improves pain over leg and knee joint due to muscle strain & certain ailments related to ligaments can be healed through this.

Pregnancy Therapy

60 Minutes ₹4,725 / 90 Minutes ₹6,300

Pregnancy massage is performed by well-trained hands. Such therapy can help to reduce their stress, decreasing arm and leg swelling, and relieving muscle and joint pain. Reducing labour pain during childbirth Lessening postoperative pain Reducing anxiety + stress improving mood and thus helps for hormone regulations.



Holistic Body Therapy



Santushti (Happy Hormones Therapy)

60 Minutes Standard ₹3,150 / Premium ₹3,675

90 Minutes Standard ₹4,200 / Premium ₹4,725

A calming, gentle and healing body massage treatment specially for the children, women and for all those who has delicate body. This kind of holistic body massage treatment is very much vital for young and old-age people. It helps to promote complete relaxation and release physical and mental stress by soothing the nervous system and blood circulation. Thus, helps to drive out tensions and improves the quality of sleep which makes the children more active, alert, and good for better growth and development physically and mentally. Swedish form of techniques that combines with Chinese acupressure, long gentle strokes with warm aroma relaxing oil which gives a perfect antidote to all kinds of stress of this modern life.

Recommended for: Recommend for children only.

Ayubo (Long life) – Deep Tissue Therapy

60 Minutes Standard ₹3,570 / Premium ₹4,200

90 Minutes Standard ₹5,250

The revitalizing Deep-tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscle and fascia in the body; and recommended by many doctors as a treatment option. By using deep finger pressure and slow, firm strokes with a warm calming revitalizing oil.

It is highly beneficial and ideal for all adults to release the stress, muscle cramp and heal the chronic muscle pain. The focus is on the deeper layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles, bones, and joints). It restores the circulatory system, improving blood flow throughout the body.

Ideal For: Every normal adult – sportsmen, athletes, long hours' travellers. (Mostly recommended by General Physicians).

Lymphatic Drainage – Anti water Retention

60 Minutes ₹4,200 / 90 Minutes ₹5,775

To address water-retention problems and tiredness- The whole rhythm is directed towards the lymph terminus, where light pumping pressures will allow releasing the lymph and reactive the whole circulation and stimulates drainage which helps to reduce excess fluid storage in tissues, also promotes to eliminate the toxins in our body that normally leads us to feeling of tiredness, heaviness and swelling specially during the summer by using warm detox oil. As a result, our body feels lighter and re-invigorated.

Ideal For: Person who has lack of exercise, seated for long hours / travellers.

Slimming on the Bed - (Firming and Reshaping Therapy)

60 Minutes ₹4,725 / 90 Minutes ₹6,300

Detox Slimming Treatment is based on the combination of Lymphatic body massage a gentle pressure and muscle manipulation, mostly concerned the cellulite and fatty deposits- arms, legs, stomach, and buttocks which concentrates on a saggy, fatty parts of the body for firming and reshaping.

It is based on preliminary evidence which is hypothesized to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart and anti-cellulite concern. This type of massage regenerates the tissues and cells also reduce swelling and detoxify the body. This brings tremendous physical healing and mental calmness to the body and soul. It is ideal specially for new moms, also for all who look for transformation physically



to look fit and strong. It is performed with almond detox oil to improve skin elasticity and effectively prevent the stretch marks.

Ideal For: New moms, all who have Fats and Heavy body.

Traditional Thai Yoga Massage Therapy
60 Minutes ₹4,200 / 90 Minutes ₹5,775

Traditional Thai Massage is very different which is a Sporty Yoga form of massage therapy that usually involves tissue manipulation. It is a dry massage therapy and does not use any oils or lotions. It is performed using deep compression, rhythmic pressing, and stretching actions by using different body parts such as palm, thumb, fingers, forearm, elbow or even feet. The acupressure combines with Ayurvedic principles used during massage to improve regional blood circulation, decreases the stress level, balance and increases energy and promotes over all circulation.

Ideal For: Every normal person.

Shiatsu Massage Therapy
60 Minutes ₹4,200 / 90 Minutes ₹5,775

Shiatsu Massage is an alternative technique that involves manual acupressure applied to specific points on the body to relieve tension, stiffed neck, and back pain. It helps to remove the blockages by realigning meridian points, which balances and eases the body and mind thus healing occurs in the body. The nervous and immune systems are both stimulated by applying finger pressure to the meridians, providing relief to the whole body. It is a deep relaxing experience and regular treatment can alleviate stress and illness and maintain health and well-being.

Ideal for: Every normal person.

Synchronized Four Hand Massage Therapy
60 Minutes ₹7,140

Synchronized massage is being performed by two masseurs in an amazing way with four hands together simultaneously with warm heated revitalizing blend mixing pure essential lavender oils. They expertly guide their four hands in perfect synchronization balancing the energy flow in a relaxing way with the western techniques mixed with Asian techniques. This kind of massage treatment is one of the most comprehensive relaxing massage and great way to release the stress and tension. The body will be instantly re-invigorated, and you will feel lighter.

Ideal for: Every normal person.



Favourite Signature Therapies



Royal Indulgence Treatment

1 Hours ₹10,500 / 2 Hours ₹16,800 / 3 Hours ₹21,000

Royal Hammam treatment were practiced by the kings and the queens since the olden days from the Egyptian civilization also embraced by the Turkish empires till today. This special kind of Royal treatment is a complete rejuvenation, exfoliation of the dead cells and relax every single cell in our body and known for the Royal Indulgence. It is like a Journey to Heaven pampering yourself Therapy from head to toes entering a castle of detoxification to body perfection.

Healthy organic fresh fruit drinks and fruits are served to boost the immune system, to detoxify the body and to make you smile.

Ideal for: Bride & Bridegroom to be, High lifestyle, exhausted Body, and mind.

Aroma Grace Signature - Anti-Toxin Therapy

Secret Healing Recipe

90 Minutes ₹8,925

Aroma Grace signature is specially curated detox therapy to boost your immune system and prevent you from seasonal infections. In Ancient Ayurveda, Banana leaves and Ginger had played a vital role in curing many diseases. We found banana leaves ginger combination still do wonders in healing and relaxing.

Ideal for: everyone who is looking for optimal health.

Naga Herbs Signature

60 Minutes ₹6,300 / 90 Minutes ₹7,875

This therapy is a complete rejuvenating unique body treatment for physical healing also psychological and emotional aspects of well-being. The heated NAGA (medicinal herbs) herbal compress is being used with the hot detox oils mixed with the herbal balm in a Swedish massage technique that relieves the body ache, reduces chronic stress and tension, swelling feet after long hours of travel, migraine and very effective for back pain also recommended for those under medication. It also provides instant relief from any sort of pain injury associated with fibromyalgia, arthritis, increases flexibility in joints, relieves body ache and tension created by strained and contracted muscles. The most recommended by the ancient physician and result oriented for instant healing and to start a fresh beginning.

Recommended for: Under medication, hormonal changes, back ache, muscle tenseness, stiff neck and shoulder, diabetes, joint pain, and sports man.

Bamboo Signature Therapy

90 Minutes ₹6,300

Bamboo massage therapy is an innovative way to provide Swedish or deep tissue using heated bamboo to roll and knead the tissue to create an extreme sensation of muscles relaxation and well-being. Bamboo massage is also used as a powerful preventive therapy against modern day stress and aid instant relief from many physical and emotional problems.

Himalayan Salt Signature Therapy (Halotherapy)

90 Minutes ₹9,450

May aid in the treatment of allergies, anxiety, depression COPD, migraines, inflammation, asthma, snoring, cystic fibrosis, acne, sleep disorders, eczema/psoriasis, sinusitis/bronchitis and weakened immune systems.



Apsaravi Delight Signature

90 Minutes ₹7,350

The most comprehensive for relaxing and delightful therapy for skin glow, de-stress the body, refreshing the mind, body, and soul. Balinese massage technique is applied here with a gentle soothing hand to relax the tired muscles and to release the tension, toxins and followed by body polishing to remove the dead cells from our body.

Jacuzzi bath and organic fresh fruit drinks and healthy fruits are served to boost the immune system and to detoxify the body. Great incredible result experienced by many.

Ideal for: Travelers, pre-bridal groom/bride and for every normal person.

Hot Stone Heated Signature

90 Minutes ₹7,875

Synchronised Hot Stone Heated Signature

60 Minutes ₹7,875

The hot stone therapy is another effective way to re-energies our body, mind, and soul. The stones used are typically river rocks or other very smooth-surfaced stones made of basalt. These stones are heated in sanitizing water before use. Hot stone massages are beneficial on both physical and psychological aspects. This melts away the tension, eases muscle stiffness and increases circulation and metabolism. The hot stones also expand the blood vessels, which encourages better blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress, and promote deep relaxation.

Ideal for: Every normal person adult (not for diabetes, sensitive)

Aroma Premium Signature

120 Minutes ₹10,500

A Complete Rejuvenating and re-energising head to toe therapy. A classic heated body treatment with customised package to soothe the tense muscles and exhausted body with acupressure ring followed by a soothing face massage with anti-aging serum that gives an awesome movement by renewing the skin texture followed by warm welcoming Jacuzzi or steam bath.

Ideal for: Travelers, sleepless nights, every normal person.



Signature Bath

Therapies



Beheth Oruwa (Herbal Boat)

30 Minutes ₹4,200

The Beheth Oruwa (herbal boat) is an ancient healing therapy that is used for curing many ailments. We bring traditional Sri Lankan herbal recipes which is being practiced still in Sinhala Ayurvedic treatments. This is beneficial for your optimal health to get rid of the fatigue, gives you relief, relieves the stress and boosts the mood and it has many benefits for your skin.

Mud Bath

30 Minutes ₹5,250

Mud bath enthusiasts believe mud can be therapeutic for the skin, muscles, joints, and mind. Mud baths have been around since ancient times. It is believed that mud baths have spiritual properties, relieve stress, joint pain, rheumatoid arthritis, and certain skin ailments. Draw out impurities from skin, exfoliate dead skin cells, relax sore muscles and joints, improve skin conditions, like eczema and psoriasis. Relieve pain from rheumatoid arthritis. Some people use mud baths simply to unwind and relax.

Salt Bath

30 Minutes ₹3,150

Since saltwater therapy has been used for centuries around the world, including ancient Greece, there is strong anecdotal evidence that it works wonders on the skin. A handful of studies have found that saltwater bathing is particularly effective for troublesome skin conditions, like psoriasis. Salt water is said to benefit your skin in the following eleven ways: Closes open pores, soaks up excess oil, Balances oil production, kills acne-causing bacteria, diminishes scars, heals scrapes and cuts, exfoliates dead skin cells, restores skin's natural pH, improves skin barrier function, enhances hydration, and Reduces inflammation.



Foot Care Therapy



Aroma Ceylon Signature Foot Therapy

60 Minutes ₹4,200

A unique foot reflexology technique mixed with heated herbal compress with an herbal balm. Very advantageous for pregnant women: Feet of the pregnant woman tend to swell because of poor blood supply; therefore, it alleviates symptoms of menopause, improves feelings like depression, loss of sleep, fatigue, constant headaches, lessen feeling of stress, anxiety, relief from joint pains, arthritis, lowering blood pressure. This foot therapy brings immense result during such difficult times can of great help to balance the depression symptoms.

Recommended for: Under medication, Pregnant woman, Muscle tension and cramp

Foot Reflexology

45 Minutes ₹2,100

Foot reflexology is vital for everyone in our day-to-day lives which has multiple benefits for vision, sinus, asthma, arthritis, diabetes and for the those who are working under pressure and are stressed out physically and mentally. Helping children for their overall growth and development of brain and body. By applying acupressure to each meridian points with warm aromatic oils and cream to deeply moisturize, relax the foot.

It also helps in preventing foot and ankle injuries, muscle cramp and tension, also boost immune system for vision care, respiratory issues, and heart care, helps for headaches and migraines and lowers blood pressure. Foot Reflexology plays vital role to improve our healthy lifestyle. It improves greatly the blood circulation in the feet and throughout the body. Regular reflexology sessions to your lifestyle can help reduce the risk of heart disease.

Ideal For: Every normal person – 6yrs and above

Stick Foot Reflexology

45 Minutes ₹2,100

The stick/stone foot reflexology is an excellent therapy for overall body wellness as the different techniques used focus pressure on those impulse points to improve the self-healing abilities of the body and is effective in relieving aches and pains: helps to release tension in the lower and upper back, the neck, and headaches, as pressure is applied to various reflex points of the foot to relief in joint pains and in different ways.

Ideal For: Every normal person (for all adults).



Body Care Treatments



EXPRESS AREA FOCUSED MASSAGE THERAPY

Herbal Back, Neck, and Shoulder therapy

45 Minutes ₹4,725

Focus area concerned therapy to relive stiff neck and shoulder. Naga medicinal herbs give you instant relief and eases your pain in neck, back and shoulder even in one session.

Back Massage Therapy

30 Minutes ₹2,100

This is a quick relief mini treatment dry massage concentrating for back ache, stiff neck, and shoulder. It can be done with herbal balm on the shoulder and for stiffed neck if necessary else it is a short mini dry massage.

Head Massage

30 Minutes ₹1,260 / With oil ₹1,575

Head massage therapy is a treatment which can be done with dry or with warm oil applying in the scalp and massage to relieve the stress also nourishes the hair too. Head massage is good natural remedy for insomnia, fatigue, instant relief from headaches, sinus, and migraines.

Full Leg Revitalize Therapy

45 Minutes ₹3,150 / 60 Minutes ₹3,675

Full Leg massage therapy is a mini treatment to improve postural misalignment, improve circulatory system and reduce resulting chronic pain, muscles strains or cramp and reduce the swelling caused by the water retention due to lack of exercise, long hours of traveling etc.



Skin Care Treatments



Coffee Scrub

45 Minutes ₹4,200

Coffee scrub has several benefits that include exfoliating and anti-inflammatory properties, temporary reduction of cellulite, improved circulation, and smooth skin. The caffeine found in coffee scrubs typically increases blood flow and helps to reduce the appearance of cellulite and give your skin a more even tone, shine, moisturize and for all skin types.

Chocolate Scrub

45 Minutes ₹4,200

The chocolate scrub helps to stimulates the circulation and improves blood flow. This in turn improves and invigorates skin cells, decreases the aging process, and increases firmness of the skin, acts as an antioxidant also help increase the level of collagen and elastin in the skin and thereby reduce the effects of aging. Fine lines and wrinkles can be treated with regular chocolate treatments as antioxidants lessen the damage caused by free radicals in the body also smoothen, moisturized the skin incredibly and for normal to dry skin types.

Coconut Sugar Scrub

45 Minutes ₹4,200

Coconut Sugar scrubs are the incredible natural way to soften, exfoliate and to freshen up the skin with Jojoba (Nut) Oil. Jojoba oil has been fast becoming a key natural ingredient in skincare. It moisturizes the skin, get rid of dead skin cells, reveal smoother skin and for dry to normal skin types.

Organic Rice Flour Scrub

45 Minutes ₹4,200

Rice powder has been used for centuries as one of the most effective natural beauty aids. It's natural anti-ageing and oil-absorbing properties, makes them good for oily or acne-prone and dull mature skin. It's also a good anti-inflammatory and skin whitening agent that soothes sunburned skin and makes skin smooth, fairer naturally and for normal to oily skin type.

Organic Fruits Body Mask

45 Minutes ₹4,200

Organic fruits of a body masked is very much beneficial for skin firming, moisturizer, anti-ageing agent, reduces acne, healing properties for skin blemishes nourishing the Body and is commonly used to make for all skin types to add glow. And the best season is Springtime and summer which gives a cooling effect and calming our body and renew the cells.

Express Facial Massage

30 Minutes ₹3,150

Quick deep cleansing and exfoliation to decongest the skin pores, stressed free, to eliminate the oils and dirt's, rejuvenated and moisture the skin.

Vitamin-E Whitening Facial

60 Minutes ₹4,725

The result-oriented Vitamin E serum oil brightened the dull skin and renews the skin texture in an amazing way. It prevents, enhances, and repairs free radical damage.

Anti-Ageing Skin Renewal Facial

60 Minutes ₹4,725

The organic herbal facial therapy pampers your skin in an effective manner. It boosts collagen formation and offers quick skin forming and deeply moisturises with the anti-ageing serum,



which is highly active concentrate that hydrated, protects and visibly transparent glow, provides firmness, detoxifying, toning, and leaving the Skin a vibrant look.

Premium Skin Care Therapy
60 Minutes ₹6,300

Dermatologists tested premium skin care products are used and recommended specially for very sensitive skin to boost collagen formation and offers effective skin cells renewal, firming and corrects skins discolouring with special serum oil Vitamin-C that gives a tremendous result and gives new life to the skin cells.

Face Massage
20 Minutes ₹1,575

Terms & Conditions

Reservation

We appreciate prior bookings and show up at least before 10 minutes of the scheduled appointment time to serve you with our hospitality.

Cancellation policy

We require 24 hours' notice to make any change or cancel the booking.

Time will be shortened of the treatment if you arrive late for the scheduled appointment.

Attire

Guests are requested to wear given disposable panties. Sleepers.

For optimal relaxation

Let our therapist to spray pillow mist and cover your eyes with eye pillow.

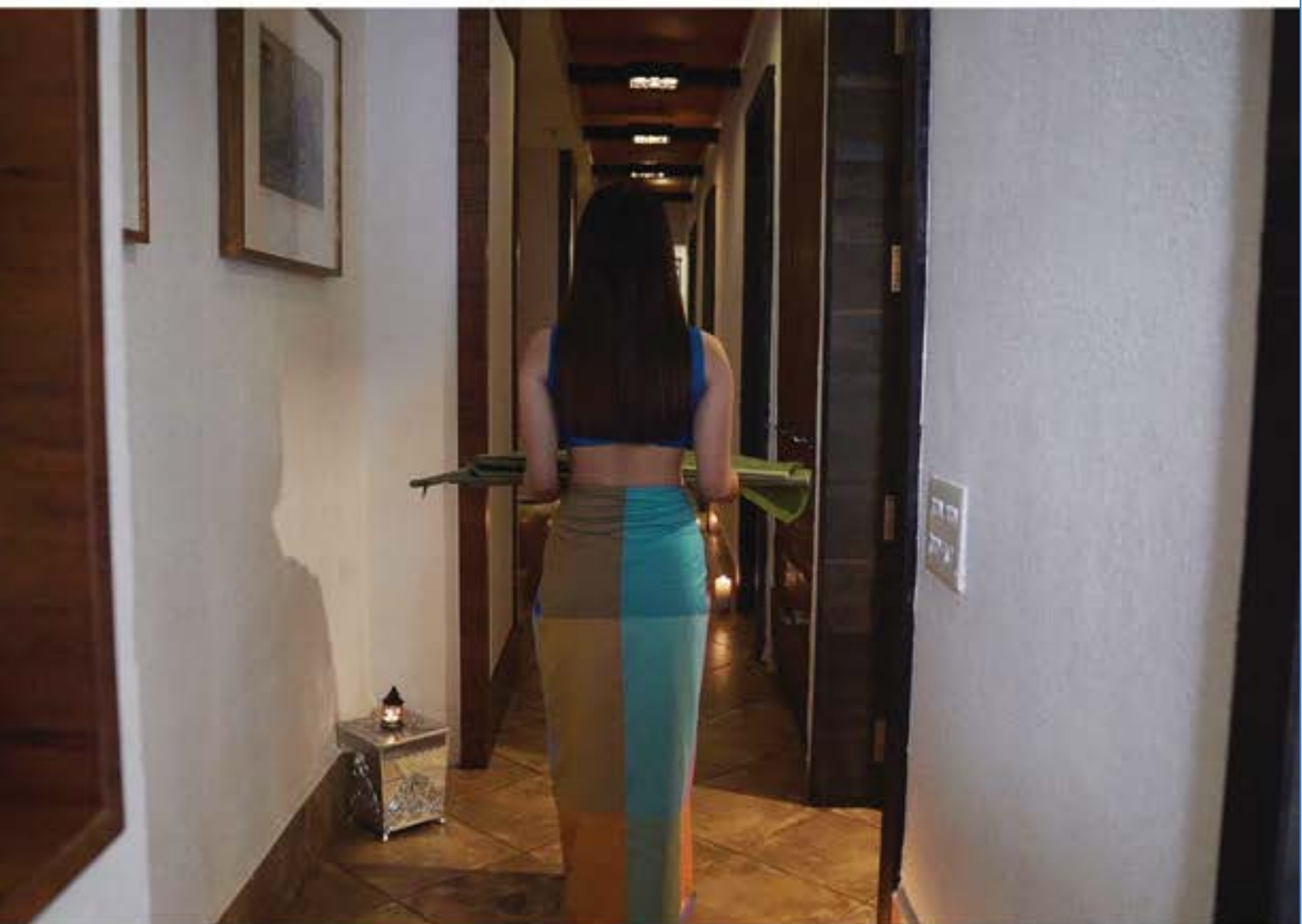
Membership amounts are not refunded.

For first time guest should fill and sign the customer consultation form.

Enjoy our detox and herbal drinks and let go of your all tensions and stress with our healing hands.

Rates are inclusive of 5% GST.





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