



SUKHDA A
The Wellness Clinic

www.sukhdaa.com



OUR PRAYERS FOR GOOD HEALTH



ॐ

सर्वे भवंतु सुखिनः, सर्वे संतु निरामयाः।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभाग्भवेत्।
ॐ शान्तिः शान्तिः शान्तिः॥

Aum, may all be happy, may all be free from illness.

may all see what is auspicious, may no one suffer.

Aum peace, peace, peace.

In India we believe “Prayer is a first breath of God”, which created by our Rishi-Muni (Holy saint) with very powerful shlokas & mantras, that gives positive vibes and divine power to all health seekers before beginning of any treatment.

Sanskrit believes that the sound of the word never gets ruined and that it has an everlasting value. Words in Sanskrit open out from their seed (beej) form. The root or seed create a word, yet the word will vibrate to its best, By sound and form.

AUM symbolizes the infinite Brahman (ultimate reality) and the entire universe.

A - stands for Creation

U - stands for Preservation

M - stands for Destruction or Dissolution

ॐ शान्तिः

ॐ शान्तिः

ॐ शान्तिः



“योगेन चित्तस्य पदेन वाचां, मलं शरीरस्य च वैदकेन ।
योडपा करोत्तं प्रवरं मुनीनां, पतंजलि प्रांजलिरानतोस्मि”



SUKHDAA THE WELLNESS CLINIC



The essence of well-being is having your body, mind & soul aligned. Such a state of wellbeing is called Sukhdaa.

In Devnagari lipi Sukh (सुख) means Happiness and daa-(दा) means Giving, So We are to giving happiness and make you stress free from all.

Sukhdaa, The Wellness Clinic is a luxury experience. It is India's first of its kind cultural themed Wellness Center which comes to offer wellness solutions that will leave you rejuvenated and nourished. It is just not about the interior set-up, but the versatile experiences that we are offering under one roof. At Sukhdaa, we have not only brought to experience Indian practices, but some global lifestyles like - Arabic, Italian, Hawaiian, Roman and Turkish.

Come find solace in our specialized therapies and holistic wellness plans. Our flexible timings give you an opportunity to avail our services (24/7) round the clock.

Proud to introduce ourselves as **India's 1st W.H.O. (World health organization) certified** wellness brand, TripAdvisor **Traveller's Choice Award** winner & as **Best 50 spa in The World** for Two years in a row succeeded.





WHY US ?



With the principles of understanding “Health, Harmony and Healing”, That cures your all the diseases, ailments and balance your Panchamahabhutas, Panchakoshas and your Doshas. By Naturopathic & Ayurvedic based system of universe and it's principles, because only Nature alone heal itself, and Nature is the greatest healer of all time, as we made up with Five Elements.o

- We are a luxury wellness brand based in Mumbai, India offering world class wellness services under one roof. What we bring to service is a global experience and for creating this, we have the finest and the best quality products & well trained aesthetician available.
- Our services are tuned to offer you a global standard cure and therefore there is no compromise in the quality of Service & Products used.
- Our techniques are derived to cater elite clients from urban and semi-urban lifestyles.
- It is not just the services, or ambience we provide, we are selective in choosing our accessories too to bring you an un-parallel experience.
- Our versatile work timings ensure you have a greater bandwidth to take our service well beyond your work hours too.
- We are the first ever Cultural wellness center in India bringing to you an un-parallel experience.
- All our treatments are customized and blended with holistic approach to cure all type of suffering and illness.
- Complete amalgamation of Medical Treatments like Naturopathy, Yoga, Ayurveda, Holistic, Acupressure, Acupuncture, Chiropractic, Osteopathy, Neurotherapy, Physiotherapy, Psychology, Herbology, Healing, Hydrotherapy, General Cosmetology, Kinesiology, Soundtherapy ..etc.



NATUROPATHY (प्राकृतीक चिकित्सा)

प्रकृती means nature and चिकित्सा means treatment, in SUKHDAA the understanding of Naturopathy principles for good health, we allow all individuals to experience the true value of Naturopathy system of non-medicine and how and why. That is part of our life because we are living in nature and Naturopathy offers all tatvas and pancha mahabhutas in form of treatment where health seeker has equilibrium between body mind and functions so that the main reason we offer realisation of value of treatment before giving any application of treatment for our respected guest. Naturopathy follow natural treatment modalities in which we use panchamahabhutas.

So these great elements originate from our tantras and that's the main advanced part of our treatment that the nature alone able to heal our body completely and that's why we offer **“ILLNESS TO WELLNESS”** program called a complete health solution for all age group & types of people around the world, we focus on quality healthcare services with our ancient Indian concept.

तस्मादवा एस्तामादात्मना आकाश, सम्भूतः आकाशद्व्यूह वायोराग्निह अग्निरापाह ।

अद्भभयाह प्रथवी प्रथ्वीयम औषधयाः, षुधभ्योआसनम अनन्तपुरुषाहः ।।

From that Atman (supreme soul) space come into being, from space wind, from wind fire, from fire water, from earth plant, from plant food, from food man (come into being)

that declared that our body is made up with these Panchamahabhutas and these mahabhutas imbalances give you sufferings (problems) so Naturopathy treatment balances these five elements and give you perfect healthy life with happiness.





Presented to



SukhdAA - The Wellness Clinic & Cultural Spa is India's first of its kind cultural themed spa which comes to offer wellness solutions that will leave you rejuvenated and nourished. It is just not about the interior set-up, but the versatile spa experiences that they are offering under one roof. They have not only brought to experience Indian spa practices, but some global lifestyles like - Arabic, Italian, Hawaiian, Roman & Turkish...



Dr. R. L. Bhatia

Dr. R. L. Bhatia
Founder World CSR Day &
World Sustainability

Conferred by



14th February 2019
Taj Lands End
Mumbai



Powered by



Endorsed by



2019



World Health
Organization

HEALTH
EMERGENCIES
programme

Record of Achievement

**Emerging respiratory viruses, including
COVID-19: methods for detection, prevention,
response and control**

SUKHDAA THE WELLNESS CLINIC

July 24, 2020



Tripadvisor



**Travelers'
Choice
Award
2022**



SUKHDAA[®]
The Wellness Clinic & Cultural Spa





अभ्यंगम् - ABHYANGAM

Abhyangam' is a Sanskrit word which means oil application. It is commonly known as Ayurvedic Oil Massage. Abhyanga is a form of Ayurvedic medicine that involves stimulation of the body with dosha-specific warm herb infused oils. The oil is usually pre-mixed with herbs for specific conditions.



90 mins	11,299
120 mins	14,899

पिञ्जिचिल - PIZHICHIL

Pizhichil (Herbal Oil Bath Therapy) This therapy is a beautiful combination of two classical Ayurvedic treatments, Snehana (oleation) and Swedana (sudation). The whole body is bathed in streams of lukewarm medicated oil with simultaneous soft massage. Three therapists attend to the client, focusing on their particular needs. More than three liters of relaxing, medicated oil is used in this therapy. Pizhichil protects the body from illnesses and builds up immunity for a healthy life.

90 mins	11,699
120 mins	15,399

तला पोथिचिल - TALA PODHICHIL

Tala podhichil or sirolepam is a special ayurvedic treatment procedure in which selected combination of herbal extracts are made into a paste and applied on persons scalp. Then its covered with banana leaves or lotus leaves. The effects of the medicines allow the person to relax and relieves all sorts of tension.

90 mins	11,099
120 mins	14,499



उद्वर्धनम् - **UDWARTHANAM**

Udwarthanam treatment is used for weight loss/Inch loss. It is a unique deep tissue therapy using herbal powders. In this procedure, the body coated with herbal oils, and then herbal powders called Choornams are rubbed forcibly on the body in the upward direction.



₹

90 mins	11,699
120 mins	15,399

काइराली - **KAIRALI**

This relaxing and refreshing full body treatment is a masterpiece of Kerala Ayurveda. It is done with medicated herbal oils by two therapists in a synchronized manner by hands and legs. its very good for pain management.

90 mins	11,899
120 mins	15,899

कलरी - **KALARI**

Kalari Treatment is an ancient system of Ayurveda treatments in which special kalaripayattu techniques used by hands and legs, specially for Kalaripayattu practitioners for pain management.

90 mins	12,299
120 mins	16,199



नजवरकिझी - NJAVARKIZHI

Njavarkizhi therapy involves a generous amount of medicated oil being applied to the whole body. The body is then stimulated with small cotton cloth boluses filled with cooked Njavara rice. Njavara in Malayalam stands for the rice; Kizhi stands for bolus.



90 mins	11,599
120 mins	15,499

एलाकिझी - ELAKIZHI

Elakizhi or Patrapotala Sweda is a sudation practice in Ayurveda treatments. It is a highly rejuvenating treatment similar to Navarkizhi, except herbs are used in place of rice. The massage with heated boluses induces profuse sudation, which helps in the fomentation process.

90 mins	11,299
120 mins	14,899

स्नेहनाम् - SNEHNAM

Snehana is hot oil application, Treatment done by two therapist, and known for its relaxing effects, because stress and toxins are released after this treatment. Snehana means "nurture".

90 mins	12,299
120 mins	16,399

हठा मैनीपुलेटिव थैरेपा - HATHA MANIPULATIVE THERAPY

Hatha therapy is an ancient therapy, used by Rishish in Munis with heavy pressure to improve physical stamina and relaxation of muscles.

60 mins	9,399
90 mins	13,899
120 mins	18,399



अग्नि रीति - AGNI REETI

A unique therapy to restore and refuel your body by heat of the candle light which includes all natural products.



₹

60 mins	10,199
90 mins	14,599
120 mins	17,399

उष्ण अनुभूति - USHNA ANUBHUTI

Help you to get rid of your muscle stiffness and stress with 50-54 degree water heated natural stones (prior reservation only)

90 mins	12,399
120 mins	15,699

काष्ठ तप्ती - KASHTH TAPTI

Specifically designed hollow bamboo canes are used as a massage tool, either warmed or at room temperature.

90 mins	12,499
120 mins	16,199

सुगंधिता - SUGANDHITA

A very light and soft pressure therapy to feel your relax with sense of aroma.

60 mins	7,799
90 mins	11,499
120 mins	15,399



संतुष्टि - **SANTUSHTI**

Energising relaxing therapy with mild pressure which makes you feel stress free and recharged instantly



₹

60 mins	8,199
90 mins	12,199
120 mins	15,999

बाल कृती - **BAL KRUTI**

combination of acupressure, gentle stretching and reflexology with medium pressure. this stimulates the flow of energy, Oxygen and blood in your body. it also brings a sense of well being and relaxation

60 mins	8,499
90 mins	12,599
120 mins	16,399

पुर्ण तृप्ति - **PURNA TRUPTI**

Also called sports therapy, and energising deep muscular treatment to relieve you from body stroke and painful stress by using arm and elbow pressure

60 mins	8,999
90 mins	13,199
120 mins	17,399

स्फूर्ती - **SFURTI**

A Traditional Technical Treatment From Hawaiian Country's To Recharge You With Flowing Arms On Whole Body , It's Long Stroke Therapy Which Removes Stiffness From The Body And Increases Blood Circulation Level.

60 mins	9,399
90 mins	13,699
120 mins	18,199



शिरो अभ्यंगम् - SHIRO ABHYNGAM

Shiro Abhyanga is a most popular ayurvedic indian head massage for stress relief. A soothing therapy of the head, neck and shoulder, commonly used in conditions like frozen shoulder, servical spondylosis and whiplash injuries.



₹

45 mins

4,549

60 mins

5,999

शीर्ष विश्रान्ती - SHIRSH VISHRANTI

Traditionally known as “Indian Champi” this therapy eliminates all mental stress and restores you to lead an active lifestyle.

30 mins

2,799

60 mins

5,499

अर्ध तृप्ती - ARDHTRUPTI

Ardha Trupti is a deep muscular rubdown therapy for your upper body. This can be performed in dry or oil alternatives. This therapy is useful for relieving muscular stress.

30 mins

3,799

60 mins

7,199

पाद शैथिल्य - PAAD SHAITHILYA

Paad Shaithilya ensures you relieve all the stress and pain through your body by working on the lower part of your body and feet. This therapy uses acupressure techniques and rubdowns for creating the calming effect.

30 mins

3,199

60 mins

5,699



षट्कर्मा - SHATKARMAA

In Naturopathic Treatment, we use five elements to cure all the body ailments in form of Treatments. Naturopathy medicine employs an array of pseudoscientific practices branded as "natural", "non-invasive", or promoting "self-healing".

नेति - NETI

The technique of nasal cleansing, known as Neti Kriya. It cleans the sinuses, eases the headache, tones up the optic nerves and thus improves eye sight.

बस्ति - BASTI

Basti is one of the six Hatha Yoga cleansing techniques for digestive system.

कपालभाति - KAPAL BHATI

Also called breath of fire, The word kapalabhati is made of two Sanskrit words: kapal meaning 'skull', and bhati meaning 'shining, illuminating'.

धौती - DHAUTI

It is intended mainly to the cleaning of the digestive tract in its full length.

नौली - NAULI

Nauli is specially performed to purify digestive organs, small intestine- and is based on a massage of the internal belly organs by a circular movement of the abdominal muscles.

त्राटका - TRATAKA

Trataka is a yogic purification (a shatkarma) and a tantric method of meditation that involves staring at a single point such as a small object, black dot or candle flame.

⌚ 90 - 180 mins. ₹ 15,599 - 39,899



निर्जला पद्धती- **NIRJALA PADDHTI**

Oil less therapy also called Nuat Thai yoga Massage which combined very technical stretching and concentrating on pressure points to relieve you from particular pain and make your body flexible.



₹

60 mins	8,399
90 mins	12,299
120 mins	16,599

शियात्सू - **SHIATSHU**

shiatsu claims to free blockages to the Ki flow and restore energy to areas where it is low. A shiatsu specialist does this by pressing on or stretching points on your body that lie along the lines of energy called meridian channels.

60 mins	8,899
90 mins	12,599
120 mins	16,599

गरशाना - **GARSHANA**

Garshana is a Sanskrit word meaning, “dry brushing”, which for us refers to a treatment where raw silk gloves are used to perform a dry skin brushing with light, vigorous strokes. Garshana exfoliates dead skin, enhances circulation of blood

60 mins	8,899
90 mins	12,899
120 mins	16,799

वाइब्रो थैरेपी - **VIBRO THERAPY**

Vibration therapy is a form of therapy that uses whole-body-vibration to enhance physical health and well-being, to increase their muscle strength and instant relaxation.

60 mins	9,299
90 mins	13,299
120 mins	13,299



DRY THERAPY

भष्म वृत्ति - BHASMA VRITI (MEDICATED ASH)

Bhasma (residue after incineration–calcined preparation) and pishti (powdered gem or metal) are used with herbs for the treatment of critical ailments as a medicinal preparation.



₹

60 mins	8,599
90 mins	12,599
120 mins	16,599

ड्राय पावडर थैरेपी - DRY POWDER THERAPY

In This therapy we use dry Udwarthanam powder for therapeutic purpose. This therapy involves a strong vibrator head which gives friction and vibration with herbal powder.

60 mins	8,999
90 mins	12,899
120 mins	16,799

होलिस्टिक थैरेपी - HOLISTIC THERAPY

Holistic therapy is a well-known treatment that focusses on tense muscles as a physical result of stress, and takes into emotional and spiritual wellbeing. Holistic therapy treats the whole body ailments and balances Panchamahbhutas.

90 mins	12,999
120 mins	16,999

न्यूरो मेनीपुल्टीव थैरेपी - NEURO MANIPULATIVE THERAPY

Neur Manipulative therapy is specially designed for nervous functions disorders, in which we use special technique to activate reflex system that results quick recovery for health seekers.

90 mins	13,299
120 mins	17,199



गंगा धारा - GANGA DHARA

Special Himalayan holy river Ganga water is used in this treatment. procedure similar as Shirodhara (pouring the decoction over the head). because of alkaline Property it's used for insomnia, headaches, migraine, and anxiety etc.



90 mins	10,299
120 mins	13,999
180 mins	20,399

दुग्ध धारा - DUGDH DHARA

in this treatment warm milk, continuously poured over the forehead and then allowed to flow slowly over the scalp from a specific height for specific time for achieving physical and mental well-being.

90 mins	10,599
120 mins	13,999
180 mins	20,699

तक्र धारा - TAKRA DHARA

Takradhara is a sudation therapy with medicated butter milk in Ayurveda. It has to be done as Shirodhara (pouring the decoction over the head) or the dhara over the entire body. This treatment is effective in insomnia, chronic headaches like migraine, ear-nose diseases, neuropathy and spondylitis.

90 mins	10,999
120 mins	14,199
180 mins	20,799

घृत धारा - GHRIT DHARA

The word is made by two words "Ghrita," means Ghee, and "dhara," means flow. in which medicated ghrita poured in forehead for achieving physical, emotional balances.

90 mins	11,199
120 mins	14,599
180 mins	21,199



धारा DHARA

कल्प धारा - KALPA DHARA

Kalpa vriksha represents coconut tree.so in this treatment coconut water is poured in forehead for specific time,(like SHIORODHARA).this is highly beneficial for mental disorders insomnia, headaches,migraine,and anxiety etc.



₹

90 mins	14,499
120 mins	14,799
180 mins	21,399

पंचामृत-धारा - PANCHAMRUT DHARA

In this treatment Medicated water is poured over forehead for specific time, (like SHIORODHARA). This is highly beneficial for mental disorders insomnia, headaches, migraine, and anxiety etc.

90 mins	11,699
120 mins	15,199
180 mins	21,599

सुखो धारा - SUKH DHARA (SHIRODHARA)

The word shirodhara is made by two words“shiro,” means head, and “dhara,” means flow.in which medicated oil poured in forehead for achieving physical, emotional balance by rejuvenating the spirit and preserving health.

90 mins	11,999
120 mins	15,299
180 mins	21,999



लिप्स रिशेपिंग - LIPS RESHAPING

Specifically points is selected to correct lips alignment as compare to face.this treatment is specially performed for getting better facial appearance.



60 mins

₹

5,999

फेसियल एक्युपंचर - FACIAL ACUPUNCTURE

Facial acupuncture (cosmetic acupuncture), involves placing ultra-fine needles at specific acu-points on the face.and it's holistic alternative to Botox, and called natural botox.Because it has meraculous anti ageing effects.

60 mins

6,499

नोस रिशेपिंग - NOSE RESHAPING

Acupuncture has meraculous effects,and in this form of Treatments specific points is selected to align and reshape symmetry of nose in proper shape,it's another alternative form called Non surgical rhinoplasty.

60 mins

7,199

डिंपल क्रिएशन - DIMPLE CREATION

In Acupuncture need to select Acupuncture point in the face both the sides,then need to insert the needle and removal in very quickly,then giving a specific pressure over the point for a while.this treatment completed in various sitings.

60 mins

8,599



इलेक्ट्रो एक्युपंक्चर - **ELECTRO ACUPUNCTURE**

Electroacupuncture is a form of acupuncture where a small electric current is passed between pairs of acupuncture needles. According to some acupuncturists, this practice augments the use of regular acupuncture, restore health and well-being, and is particularly good for treating pain.



60 mins



6,499

नीडिल एक्युपंक्चर - **NEEDLE ACUPUNCTURE**

Acupuncture is a form of treatment that involves inserting very thin needles through a person's skin at specific points on the body, to various depths. Research suggests that it can help relieve pain, and it is used for a wide range of other complaints.

60 mins

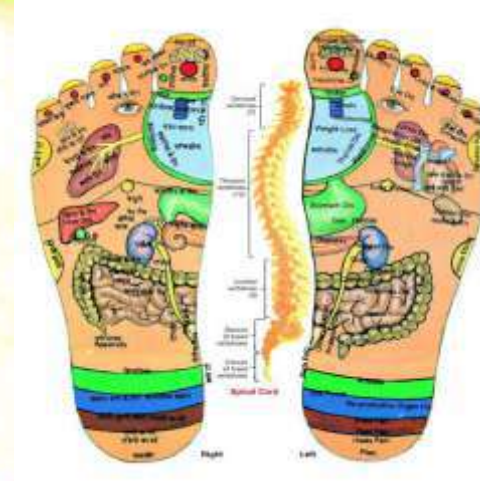
7,299

लेजर एक्युपंक्चर - **LASER ACUPUNCTURE**

Laser acupuncture is defined as the stimulation of acupuncture points with low-intensity, non-thermal laser irradiation. for treating any type of pain.

60 mins

8,499



सुजोक थैरेपी - **SUJOK THERAPY**

In Sujok therapy, palm and foot represent all the organs/meridians in the body. Su means hand while jok means palm.



60 mins

₹

8,199

औरिक्लो थैरेपी - **AURICULO THERAPY (EAR POINTS)**

Auriculotherapy is a health care modality whereby the external surface of the ear, or auricle, is stimulated to alleviate pathological conditions in other parts of the body.

60 mins

8,499

एक्यु एम.टी. - **ACU M.T.**

The combination of acupressure, a therapeutic massage and acupuncture helps to balance and heal your body. This treatment is particularly good for musculoskeletal pain and stress-related problems.

60 mins

11,199

90 mins

16,399

120 mins

21,999

एक्यु योगा एम.टी. - **ACU YOGA M.T.**

The combination of acupressure and yoga postures sequential used in rhythmic form.its helps to balance your posture,bodyache and align your body in perfect symetry.

60 mins

11,499

90 mins

16,699

120 mins

23,199

मर्म थैरेपी - **MARMA THERAPY**

The purpose of Marma therapy is to stimulate the various body organs and systems. Marma therapy focuses on energizing the body to relieve occupational illness and stress related diseases.

60 mins

11,699

90 mins

16,999

120 mins

22,499



धूमा पाना - DHOOMA PANA

Dhumapana means smoking medicinal Ayurvedic herbs. It is an Ayurvedic therapeutic procedure which includes burning of the part of medicinal plant in the form of Dhumavarti and inhalation of smoke. It is highly beneficial for respiratory



60 mins	9,799
90 mins	14,399

अंगार वृत्ति - ANGAR VRUTTI

Moxibustion is a form of heat therapy in which dried plant materials called "moxa" are burned on or very near the surface of the skin. The intention is to warm and invigorate the flow of Qi in the body and dispel certain pathogenic influences.

90 mins	14,299
120 mins	18,599

मोक्सिबसन विथ निडल - MOXIBUSTION WITH NEEDLE

Moxibustion consists of burning dried mugwort (moxa) on particular points on the body over top of the needle, when the needle gets hot, so it stimulates Acupuncture point and sends signals in the brain to treat any kind of pain.

90 mins	16,899
120 mins	21,299

स्मोक ऑइल थेरेपी - SMOKE OIL THERAPY

Especially prepared oil used in skin and all over the body parts to treat whole body ailments and made specially for pain management, because this oil has great pain killer Property.

90 mins	17,599
120 mins	22,099



वान पोटली - **VAAN POTLI**

Potli therapy is done using heated herbal pouches also known as potlis (or poultice) that are used to rejuvenate, relax and nourish the affected area. When these potlis are placed on the body, they have a therapeutic effect.



₹

90 mins	11,999
120 mins	15,799

आयुर पोटली - **AAYUR POTLI**

Aayur Potli treatment ensures relief from pain in joints, back and muscles. It is a very ancient technique where heated herbal pouches (poultices) are used to relieve pain.

90 mins	12,399
120 mins	15,999

सेन्ड पोटली - **SAND POTLI**

Soft muslin cloth dipped in hot Ayurvedic oil, herbal powder or sand are used to give therapy on the pressure points. This generates a therapeutic effect by nourishing, rejuvenating and relaxing the body.

90 mins	12,599
120 mins	16,399

राइस पोटली - **RICE POTLI**

Potli is a therapeutic technique that uses a small poultice filled with various herbs or specially prepared rice which is warmed in milk or medicated oils. These are used to therapy and provide heat to the whole body or specific areas like the low back, neck and joints

90 mins	12,999
120 mins	16,699



मृदा लेपम् - MRUDA LEPAM

Through centuries this therapy has been used for making the skin glow, detox and rejuvenate treat your skin in our luxurious ambience



₹

60 mins

8,599

90 mins

12,599

मुलतानी लेपम् - MULTANI LEPAM

Multani lepam is the result of decomposed volcanic ash. The name, Fuller's earth, comes from this clay's use in the early English wool industry. and highly beneficial for any skin type.

60 mins

8,599

90 mins

12,599

हर्बल लेपम् - HERBAL LEPAM

In Panchakarma where a broad herbal paste spread on the body and allowed to dry, which gives for sure results.

60 mins

9,099

90 mins

13,199

सौंदर्य लेपम् - SAUNDRYA LEPAM

Rice Turmeric lepam contains antioxidants and anti-inflammatory and anti bacterial properties. These characteristics provide glow and luster to the skin.

60 mins

9,299

90 mins

13,299

कुमकुमादी लेपम् - KUMKUMADI LEPAM

Kumkumadi Lepam is an ayurvedic formulation used for improving the skin complexion and glow on the face. It is beneficial for the treatment of blemishes, dark spots, wrinkles, dark circles and hyperpigmentation.

60 mins

9,599

90 mins

13,699



ओजस - OJUS

Brown rice is highly medicinal and is known to help cure various ailments and bodily imbalances.



₹

60 mins	8,599
90 mins	12,499

आभा अनुभूति - AABHA ANUBHUTI

Rose honey Milk has been practicing since thousands of years ago, these blended concept are used to rejuvenate skin and Appearance .

60 mins	8,899
90 mins	12,799

विभा कान्ति- VIBHA KANTI

Coco Shea blends two of nature's most nourishing ingredients - vitamin-packed cocoa butter + rich, moisturizing shea butter - for the ultimate collection of skin-loving formulas.

60 mins	9,099
90 mins	13,199

रूप निखार- ROOP NIKHAAR

This amazing body scrub is a delicious dessert for your skin. It has the refreshing fragrance of tropical mango and makes your skin softer right from the first use.

60 mins	9,299
90 mins	13,399

समुद्र सत्व - SAMUDRA SATVA

Dead Sea salt is rich in zinc and bromide as well. Both are rich anti-inflammatory agents. These properties help reduce inflammation and itching and soothe skin. Dead Sea salt is also said to improve blood circulation, resulting in healthier skin cells and a lower number of skin scales.

60 mins	9,699
90 mins	13,599



पृथ्वी आवरण - PRUTHVI AAVARAN

Brown Mud dilutes and absorbs the toxic substances of body and ultimately eliminates them, helpful in constipation, headache due to stress, high blood pressure, skin diseases etc.

अग्नि आवरण - AGNI AAVARAN

Cover your whole body with heated parafin wax to make your skin as good as new.

जल आवरण - JAL AAVARAN

Recharge your skin with natural essence of aloe vera.

वायु आवरण - VAAYU AAVARAN

De tan helps to remove tan on the face. De tan or tan pack, removal will be a right and good solution as it helps clean the skin and exfoliates the dead skin and the tanned cells.

अंबर आवरण - AMBAR AAVARAN

Chlorophyll When applied topically, chlorophyll works as an antibacterial as well as an anti-inflammatory. It's even been scientifically proven to increase the rate of healing wounds, and since acne lesions are essentially wounds, chlorophyll would then help speed up cell turnover and clear skin faster.



60 mins	8,599
90 mins	12,599

60 mins	8,899
90 mins	12,799

60 mins	9,099
90 mins	13,199

60 mins	9,399
90 mins	13,299

60 mins	9,599
90 mins	13,699



पृथ्वी निवारण – PRUTHVI NIVAARAN

Refresh your skin with high quality products with natural mud base



₹

60 mins	8,599
90 mins	12,499

अग्नि निवारण - AGNI NIVAARAN

Agni Nivaaran therapy uses candle heated scrubs to exfoliate dead skin and open pores. Recommended for a refreshed and rejuvenated skin.

60 mins	8,899
90 mins	12,899

जल निवारण - JAL NIVAARAN

From the years Extract of Papaya is used for clean the skin & make skin glowing.

60 mins	9,099
90 mins	13,199

वायु निवारण - VAAYU NIVAARAN

Vaayu Nivaaran uses extracts of almonds through the ancient Ayurveda methods for skin detoxification.

60 mins	9,399
90 mins	13,299

अंबर निवारण - AMBAR NIVAARAN

Detoxify your skin with the essence of nature. Bring to affect a glowing & radiant skin that appears refreshed with aromatic oils.

60 mins	9,599
90 mins	13,699



देवशाही निद्रा - DEVSHAHI NINDRA

Dev Shahi Nidra is one of the most sought and specialised therapy we offer. It is a combination of therapies like aroma and pressure in the perfect setting of a luxurious ambience.

⌚	₹
150 mins	20,299

पूर्ण निवृत्ति - PURNA NIVRUTTI

Purna Nivrati is a signature combination of three therapies. The three therapies are selected based on your body and its requirements. This therapy is essentially taken to remove the stiffness and tiredness from the body.

⌚	₹
90 mins	12,399
120 mins	14,199

युगल रीती - YUGAL REETI

Come as a couple to rejuvenate together. Pamper your body to a choice of therapies and ensure holistic wellness. Customised around your choice of therapies, make the most of your time by healing together.

⌚	₹
60 -150 mins	16,899 - 38,999

चतुर्हस्ति - CHATURHASTI

Chaturhasti is a rubdown therapy that is conducted in a synchronised pattern by two therapists. This brings a sense of deep relaxation and balance.

⌚	₹
60 mins	12,999
90 mins	19,199
120 mins	25,499



त्रिवेणी संगम - TRIVENI SANGAM

Foam Therapy is a royal treatment that is a combination of three different therapies. These includes rubdown and then soaking in the special herbal foam. Cleanse your body deeply by immersing in the hot herbal foam bath, later gives you moisturizing therapy to nourish your body.

⌚ ₹
150 mins 32,499

रेकी पद्धति - REIKI PADDHATI

Reiki Vidhaa is a holistic treatment for healing mental & physical ailments through channelized universal energy. Our expert therapist heals you from within through the universal life force energy. This is a perfect method for balancing and relaxing.

⌚ ₹
60 -90 mins 14,299 - 19,399

आध्यात्मिक रीती - ADHYATMIK REETI

Healing is the process of the restoration of health from an unbalanced, diseased, damaged or unvitalized organism. The result of healing can be to cure the cause of a health challenge, but one can grow without being cured or heal without "a cure".

⌚ ₹
90 -150 mins 16,873 - 28,599

दीर्घ ध्यान - DIRGH DHYAAN

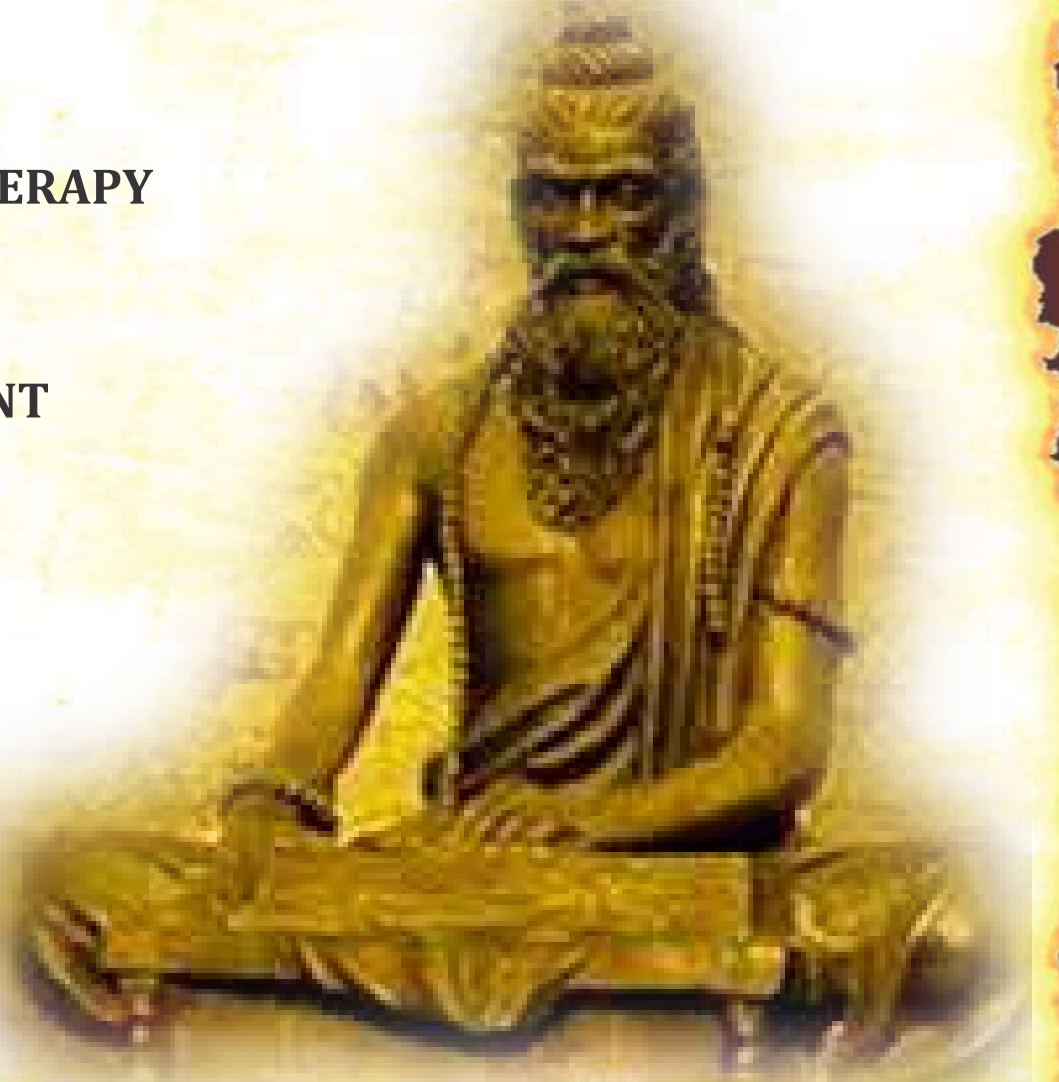
Ekagra Dhyey is an intense method of calming the mind to focus on the essential – oneself. This method of meditation helps you be at peace, generating positive energy that works as a quick antidote to anxiety, stress & worry.

⌚ ₹
90 -150 mins 19,399 - 31,199





- ☯ PANCHKARMA TREATMENTS
- ☯ HYDROTHERAPY
- ☯ HERBOLOGY
- ☯ YOGA THERAPY
- ☯ CUPPING TREATMENTS
- ☯ SHANKHA PRAKSHALANA
- ☯ SLIMMING TREATMENT
- ☯ NUTRITION COUNSELING
- ☯ DIETETICS COUNSELING
- ☯ PSYCHOLOGY COUNSELING
- ☯ NATUROPATHIC CLEANSING THERAPY
- ☯ UBTANAM
- ☯ ROYAL BATHS
- ☯ VASTHI PAIN RELIEF TREATMENT
- ☯ BANANA LEAF TREATMENT
- ☯ HEIGHT GROWTH TREATMENT
- ☯ MEGNATO THERAPY
- ☯ CRYO THERAPY
- ☯ CHIROPRACTIC TREATMENTS
- ☯ HOLISTIC NEUROTHERAPY
- ☯ HOLISTIC OSTEOPATHY
- ☯ HOLISTIC PHYSIOTHERAPY
- ☯ SOUND THERAPY





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106, 1st flr, ram nimi bldg, above sbi bank, mandlik rd, behind The Taj Mahal Palace Hotel, Mumbai- 01, India.
☎ 022 66 661 401 📞 +91 8268 319 319
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