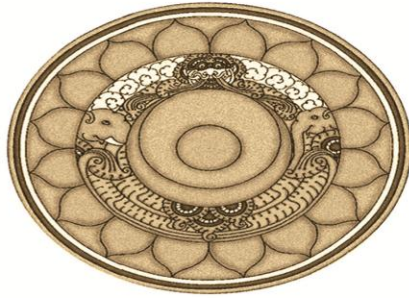


Ayurveda Suite

The Green Energy



Raheem ^{R&R}
Residency

The Heritage Hotel at Alleppey Beach

Beach Road, Alleppey - 688 012 Kerala, India.
Tel / Fax : 00-91-477-2239767, 2230767
Email : contact@raheemresidency.com
Website : www.raheemresidency.com

Ayurveda Suite

Ayurveda Suite Charges	Euro	INR
General Body Massage : Traditional Ayurvedic Massage using special oils made from Ayurvedic herbs for rejuvenation, general health, toning the skin, relaxing the body and improving circulation. 60 minutes.	18€	1400₹
Mukhalepanam (General Facial) : A herbal facial cleanser and toner which nourishes and revitalises the skin, improves the skin texture and can slow down the onset of wrinkles. 40 minutes.	10€	800₹
Head & Shoulder Massage : A Massage focusing on the head, shoulders and lower back to relieve muscular stiffness and mental tension. 30 minutes.	10€	800₹
Shirodhara : Oil (Thylum) or medicated milk poured on the forehead in a unique method. Good for insomnia, loss of memory, mental tension, stress and head ache. 1 hr. 15 minutes.	40€	3200₹
Kativasty : A special treatment for back pain using medicated oils. 60 minutes.	30€	2400₹

The Green Energy

Ayurveda Suite Charges	Euro	INR
Pizhichil : Special Ayurvedic oil bath where lukewarm herbal oil is applied in a rhythmic way. Good for arthritis, backache and nervous disorders. A truly luxurious Ayurvedic experience which also includes a 20 minutes full body massage. 60-90 minutes.	58€	4600₹
Elakizhi : Sweating the body with lukewarm boluses filled with herbal leaves cooked in Ayurvedic oils. Recommended for arthritis, joint pains and back ache. hr. 45 minutes.	30€	2400₹
Udvarthanam : A slimming treatment whereby herbal powder is applied to the body. Good for obesity, bad circulation and diabetes. 60 minutes.	25€	2000₹
Njavarakizhi : Sweating the body with lukewarm rice boluses. Good for pain in the joints, arthritis, traumatic disorders to the skeletal system. 1 hr. 45 minutes.	40€	3200₹
Yoga : The practice & theory of Yoga. Yoga for a one-to-one class 20€ euro (1600₹ INR)	10€ each	800₹ each

Government taxes extra. (24.86%)
Please allow 15 minutes for showering etc. after the treatment.
Doctor available for consultation by prior appointment.