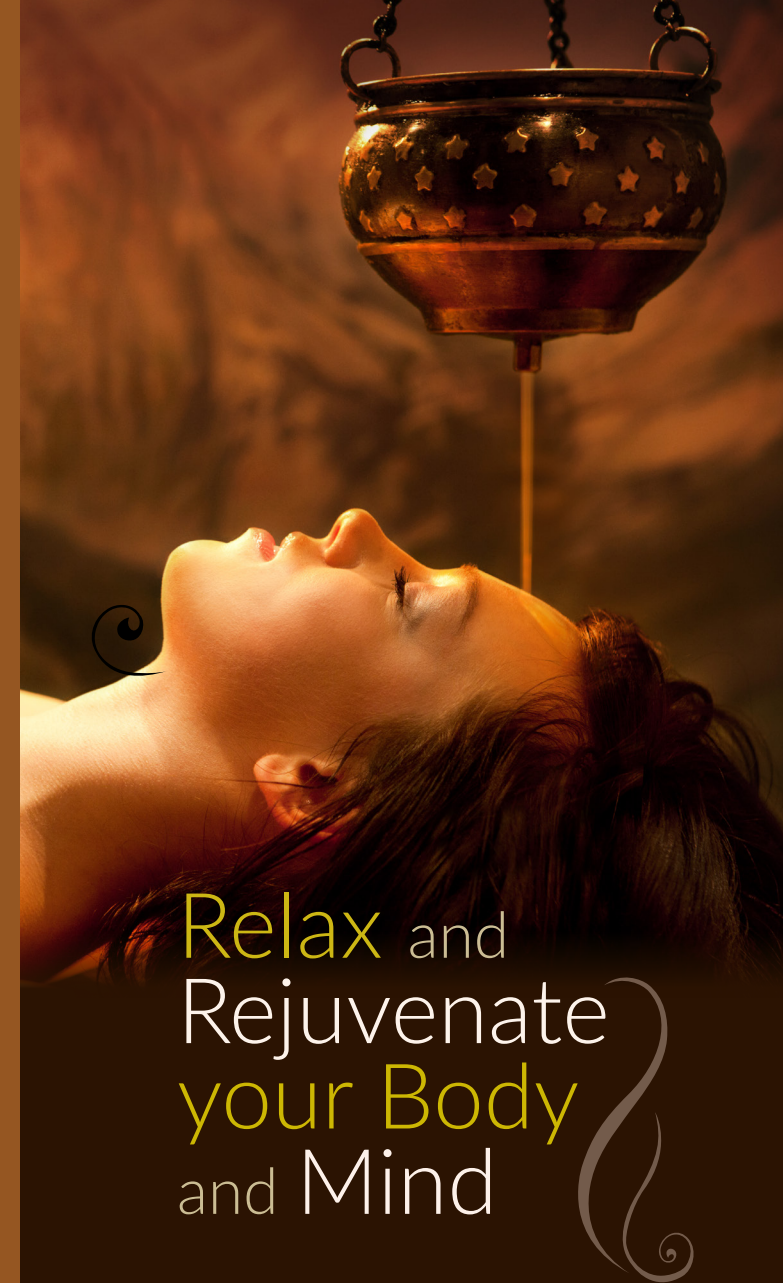


KPM AYUR BEAUTY CARE

AYURVEDIC FACIAL	Rs. 1000
GOLD FACIAL	Rs.1500
DIAMOND FACIAL	Rs.1300
PEARL FACIAL	Rs. 1200
FRUITS FACIAL	Rs. 1000
WINE FACIAL	Rs. 1200
WHITENING & POLISHING FACIAL	Rs. 1700
SKIN TIGHTENING FACIAL	Rs. 1500
GOLD BLEACH	Rs. 700
FRUITS BLEACH	Rs. 500
NATURAL BLEACH	Rs. 550
OXY BLEACH	Rs. 400
PEDICURE	Rs. 1300
MANICURE	Rs. 1000
HENNA	Rs. 1000
HAIR COLORING	Rs. 800



Relax and
Rejuvenate
your Body
and Mind

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E-mail: ayurspa1989@gmail.com

Web: www.kpmhotels.com



AYUR SPA



Elakkizhi (Patrapotala Sweda) is one of the major sedation process using herbal leaves, practiced by Vaidya (physicians) in Kerala. It is highly effective in ailments affecting bones, joints and nervous.

Kadivathi Special massage therapy using Ayurvedic oils for relieving pain, swelling & stiffness of the lower back & spinal region. Effective therapy for providing relief for spine-related disorders. Stiffness, strain & pain in the lower back region is removed by making a dam of herbal dough on the afflicted area which is then filled with warm medicated oil. This relieves localized pain, tension or swelling & nourishes the bone tissue & stimulates the nerve endings. It is useful in chronic & acute backaches, muscle spasms, prolapsed disc, lumbar spondylosis, osteoporosis, sciatica & other spinal

Udwartan Anti-Obesity, fat/Cellulite removal, full body massage, using ayurvedic powders. Aids circulation & digestion, has exfoliating effects thus giving full body toning. The loose fat & toxins under the skin are mobilized by the application & deep massage of herbal paste/ powders all over the body. The herbal steam then helps remove the liquid fat & clears the blocked channels. Effective therapy for removing cellulite. Controlling weight. Reducing cholesterol, removing drowsiness, anorexia, bad body odor & regaining body shape after childbirth.



Abhyanga is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying Body, Mind, and Spirit. This ayurvedic detox and stress reduction therapy is performed by herbal oils.

Shirodhara Therapy for removal of Stress, Nervousness & Depression from the central nervous system. It helps against eye/ear diseases, prevents sinusitis, allergic rhinitis, her loss. Neurological disorders. Memory loss. Vertigo, Anxiety, Depression, headache, Migraine, Hypertension, Insomnia, Schizophrenia, Mental retardation & Stress.

Shiro Vasti Neuro-pacification, depression & anxiety removal therapy on the head region, for serious headaches & nervous system disorders. It is also useful against migraines, memory loss, insomnia, headaches, premature greying, facial palsy, ENT problems, depression, anxiety, neurological disorders, and panic conditions.

Nasya Cleansing & decongest therapy for head, sinus & ENT region with nerve stimulation of the central nervous system for improving the functions of all organs. Its regular use is good for the para-nasal sinus zone, eyes, nose & ears, prevents hair loss. Alleviates diseases like cervical spondylitis, headache, facial paralysis. Frozen shoulder, coryza, sinusitis, mental disorders, male ejaculatory disorder, skin complaints & parkinsonism.

Relax And Rejuvenate Your Body & Mind



INTERNATIONAL MASSAGE

DESCRIPTION	DURATION	RATE
▶ Aroma Therapy	1 Hour	Rs. 3000
▶ Swedish Massage	1 Hour	Rs.2500
▶ Fruits Cream Massage	1 Hour	Rs. 3000.00
▶ Body Scrub Massage	1 Hour	Rs. 3500.00
▶ Relax Massage	1 Hour	Rs. 3000.00
▶ Olive oil Massage	1Hour	Rs. 3000.00

AYURVEDIC MASSAGE

DESCRIPTION	DURATION	RATE
▶ Full Body Massage	1 Hour	Rs. 3000.00
▶ Head & Neck Massage	30 Minutes	Rs.1250.00
▶ Shirodhara (one day)	45 Minutes	Rs.2000.00
▶ Shirodhara Special package (3 days/5 days/7 days)		
▶ Udhwarthanam	45 Minutes	Rs. 2500.00
▶ Nasyam	30 Minutes	Rs. 1000.00
▶ Ela kizhi with Massage	40 Minutes	Rs. 2000 00
▶ Njavara kizhi	45 Minutes	Rs. 2000.00
▶ Kadivasthi (special for back pain)	45 Minutes	Rs. 1500.00

Reservation for massage should be made in advance Ladies and Gents separate massage room Lady Therapist available for ladies