

PACKAGES FOR SLEEP - BP - STRESS DISORDERS



**Therapies
Yoga
Pranayaama
&
Meditation**

OPTION 1

Abhyanga
Paada Abhyanga
ShiroAbhyanga
Shirodhaara
Steam Bath
(120min)

INR
4000

OPTION 2

Abhyanga
Paada Abhyanga
ShiroAbhyanga
Nasya
Steam Bath
(100min)

INR
3500

OPTION 3

Abhyanga
Steam Bath
Thala pothichil
(100min)

INR
2800

OPTION 4

Abhyanga
Shirodhaara
Steam Bath
(90min)

INR
3000

OPTION 5

Abhyanga
Takra Dhaara
Steam Bath
(90min)

INR
2500

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