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| **Massage Type** | **Duration** |
| Full Body Rejuvenation Massage with Steam | 60 min £60  90 min £105 |
| Deep Tissue with Herbal Steam Bath | 60 min £65  90 min £110 |
| De-Stress Massage | 60 min £95 |
| Lymphatic Drainage Ayurveda Massage | 60 min £95 with team  60 min £145 with Dr Majosh / Dr Swapna Jolly |
| Lymphatic Drainage for Sculpting and Shaping | 60 min £165 with Dr Majosh / Dr Swapna Jolly |
| Indian Head Massage | 25min £35 45 min £60 |
| Back Massage | 25min £35 45 min £60 |
| Leg & Foot Massage | 25 min £35 45 min £60 |
| Abdominal Massage (Nabhi Marma and Gut Health) | 45 min £60 with team  45 min £95 with Dr Majosh / Dr Swapna Jolly |
| Abs Sculpting Massage | 45 min £105 with Team  45 min £165 with Dr Majosh / Dr Swapna Jolly |
| Face Lift Massage | 30 min £60 with Team  30 min £105 with Dr Majosh / Dr Swapna Jolly |
| Lymphatic Drainage Facial Sculpt | 45 min £125 with Dr Majosh / Dr Swapna Jolly |
| Sinus Massage | 45 min £65 |
| Ayurvedic Pregnancy Massage | 60 min £85 |
| Post Natal Massage | 60 min £85 |
| Herbal Powder Slimming Massage | 60 min £90 |
| Anti Cellulite Ayurveda Massage | 60 min £125 |
| Ayurvedic Baby Massage | 30 min £65 |
| Oncology Massage | 60 min £90 with team  60 min £120 With Dr Majosh / Dr Swapna Jolly |
| Four Hands Massage (Chathushkara Abhyanga) | 60 min £150 |

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| **Therapy Name** | **Duration /Price** |
| Shirodhara (Third Eye Therapy) | 60 min £120 |
| Herbal Potali Ritual (Kizhi) | 25 min £50 (Half body)  60 min £95 (Full body) |
| Kati Basti (Lower Back Therapy) With Therapeutic Back Massage | 40 min £75 |
| Janu Basti (Knee Therapy) With Therapeutic Gentle Knee Massage | 40 min £75 |
| Greeva Basti (Neck Therapy) | 40 min £75 |
| Nabhi/Chakra Basthi (Gut Health& Emotional Release) | 40 min £80 |
| Netra Tarpana (Eye Therapy) | 30 min £80 |
| Nasya (Nasal Detoxification) With Face and Sinus Massage | 45 min £70 |
| Karna Purnam (Ear Therapy) | 30 min £65 |
| Njavara Kizhi (Nourishing Potli Massage) | 60 min £105 |
| Basthi (Detox Enema Therapy) | 50 min £105 |
| Takradhara (Buttermilk Therapy) | 60 min £120 |
| Pizhichil (Oil Bath Therapy) | 60 min £150 |
| Herbal Steam Bath | 20 min £35 |

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| **Speciality Treatment** | **Duration/ Price** |
| Kundalini Awakening | 60 min £115 with team  60 min £175 with Dr Majosh / Dr Swapna Jolly |
| Chakra Balancing | 60 min £105 with team  60 min £165 with Dr Majosh / Dr Swapna Jolly |
| De-Stress Therapy | 120 min £215 |
| Chakra Hot Stone | 60 min £95 |
| Foot Reflexology with Marma Foot Massage | 25 min £35 with team  45 min £75 with team  **45 min £105 with Dr Majosh / Dr Swapna Jolly** |
| Bespoke Spine Care Package (Spine Therapy) | 90 min £150 |
| Aphrodisiac Therapy | 60 min £110 with Team  **60 min £175 with Dr Majosh Jolly** |
| Massage With Feet | 60 min £150 |
| Four Hands Massage | 60 min £150 |
| Marma Massage Full Body | 60 min £95 with team  **60 min £155 with Dr Majosh / Dr Swapna Jolly** |
| Marma Facial Massage | 30 min£45 with team  45 min £65 with team  **30 min £85 / 45 min £105 with Dr Majosh / Dr Swapna Jolly** |

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| **Facials:** | **Duration/Price** |
| Golden Facial (Anti-Ageing) | 90 min £110 |
| Pearl Facial (Detox) | 60 min £95 |
| Nourishing Facial | 60 min £90 |
| Deluxe Facial | 60 min £90 |
| Herbal Facial | 45 min £80 |
| Gentlemen’s Facial | 45 min £80 |

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| **Body Scrubs:** | **Duration/Price** |
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| Ayurvedic Hammam | 120 min £175 |
| Coconut Sesame | 60 min £90 |
| Coffee Masala | 60 min £95 |
| Herbal | 45 min £80 |

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| **Skin Care Packages** | **Duration/Price** |
| Forever Young | 120 min £135 |
| Inner Youth | 135 min £175 |
| Jewel of India | 90 min £125 |

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| **Couples Packages:** | **Duration/Price** |
| King & Queen | 90 min £99/person |
| Romantic Getaway | 80 min £95/person |
| Heart ‘n’ Soul | 75 min £99/person |

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| Dad & son massage **(Son- min 6years old)** | 60 min £75/dad  60 min (6-12 yrs old) £40  60 min (13 -17yrs old) £60  60 min (18 yrs and above) £75 |
| Mom and daughter massage  **(Daughter - min 6years old)** | 60 min £75/mum  60 min (6-12 yrs old) £40  60 min (13 -17yrs old) £60  60 min (18 yrs and above) £75 |

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| **Bridal Packages:** | **Duration/Price** |
| Queen | 165 min £200 |
| Princess | 120 min £175 |
| Deluxe | 135 min £185 |
| Grooms | 120 min £165 |

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| Mother-to-Be Package: | **Duration/Price** |
| Mother-to-Be | 120 min £145 |

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| Hand & Foot Care: | **Duration/Price** |
| Luxury Hand Care | 50 min £75 |
| Luxury Foot Care | 60 min £85 |

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| **Day Spa** | **Duration/price (Excluding Accommodation)** |
| Rasayana (True Indulgence) | 120 min £150 (Half Day) |
| Nirvana  (De-Stress Spa Escape) | 2.30hrs £ 190 (Half Day) |
| Puthiya Thudakkam  (New Beginning) | 10am -3pm £170 (Full Day) |
| Vedic Essence  (Signature Spa Ritual) | 10am-4pm £210 (Full Day) |

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| **Ayurveda /Yoga Retreat** | **Duration/price (Excluding Accommodation)** |
| Yoga Retreat | £210/ day |
| Jee Vanthi (Rejuvenation Retreat) | 2 days/£550 |
| Sukha Nidra (Sound Sleep) | 3days/£890 |
| Mana Shanti (Peace Of Mind) | 5 days/£1350 |