

# AYURMANDALA PRICE LIST



S.NO	TREATMENTS	DESCRIPTION	DURATION	RATES
1	Doctor's Consultation	Medical appointment between a patient and licensed Ayurvedic healthcare professional	30 Min	AED 150
2	Abhyangam	Traditional Ayurvedic Full body hot herbal oil massage to promote relaxation and overall well-being	60 Min	AED 250
3	Royal Abhyangam	Traditional Ayurvedic Full body hot herbal oil massage with 4 hands to promote relaxation and overall well-being	60 Min	AED 400
4	Marma Therapy	Traditional Ayurvedic massage for manipulation of vital energy points in the body to promote physical, mental, and emotional balance and healing	90 Min	AED 390
5	Podikizhi	Ayurvedic therapy that involves massaging the body with bundles of herbal powders	90 Min	AED 390
6	Elakizhi	Ayurvedic therapy that involves massaging the body with bundles of fresh or dried medicinal leaves	90 Min	AED 390
7	Njavarakizhi	Abhyangam with Ayurvedic therapy that involves the application of a special type of poultice made from cooked Njavara rice, milk, and herbal decoctions.	90 Min	AED 450
8	Ekanga Kizhi	Ayurvedic therapy that involves the application of compresses filled with herbal ingredients, rice, or other medicinal substances to specific parts of the body	30 Min	AED 250
9	Avikizhi	Ayurvedic treatment where the body is massaged with small linen bags filled with a specific herbal medicated steamed powders.	90 Min	AED 390
10	Sirodhara	Ayurvedic therapy that involves Abhyangam and gently pouring a continuous stream of warm medicated oil onto the forehead in a rhythmic manner	90 Min	AED 550
11	Pizhichil	Ayurvedic therapy that involves gently pouring lukewarm medicated oil over a person's body while simultaneously massaging them with soft, cotton cloth pieces soaked in oil	90 Min	AED 600
12	Kashaya Dhara	Ayurvedic therapy that involves Abhyangam and continuous pouring of a warm herbal infusions (Kashaya) over a person's body in a rhythmic manner	90 Min	AED 450
13	Thakradhara	Ayurvedic therapy that involves Abhyangam and pouring medicated buttermilk in a continuous stream over the forehead and body in a rhythmic manner	90 Min	AED 400
14	Ekanga Dhara with oil	Ayurvedic therapy that involves pouring a continuous stream of warm herbal oil over a specific part of the body	30 Min	AED 300
15	Ekanga Dhara with Kashaya	Ayurvedic therapy that involves the continuous pouring of a warm herbal infusions (Kashaya) over a specific part of the body	30 Min	AED 300
16	Herbal Ayurvedic facial	Traditional Ayurvedic skincare therapy that involves the application of herbal pastes & masks to the face along with Herbal Steam , Ayurvedic Scrub and massage	60 Min	AED 250
17	Njavara Facial	Ayurvedic skincare treatment that is known for its rejuvenating and nourishing properties	60 Min	AED 400
18	Tropical Fruit Pack	Abhyangam massage, scrub & luxurious and rejuvenating treatment that leaves your skin feeling refreshed and revitalized	90 Min	AED 600
19	Thala Pothichil	Therapeutic traditional Ayurvedic treatment used for Mental health issues and hair care	60 Min	AED 250
20	Shiro Abhyanga	Ayurvedic therapy that involves the application of warm herbal oil to the head and scalp, followed by a gentle Ayurvedic massage	30 Min	AED 150
21	Shiro Vasti	Abhyangam with Ayurvedic therapy that targets head, neck, and upper body issues. It uses a dam to hold warm, medicated oil on the crown of the head for a set time, providing therapeutic benefits.	90 Min	AED 350
22	Kadivasthi	Abhyangam with Ayurvedic therapy that targets the lower back. It uses a dam to retain warm, medicated herbal oil over the lower back area, providing therapeutic benefits .	90 Min	AED 350
23	Greeva Vasti	Ayurvedic therapy for neck-related issues. It uses a dough reservoir on the neck filled with warm, medicated herbal oil for targeted treatment.	90 Min	AED 350
24	Janu Vasti	Ayurvedic therapy for knee-related issues. It involves creating a reservoir or dam around the knee joint area and filling it with warm, medicated herbal oil	90 Min	AED 350
25	Pichu	Abhyangam with Ayurvedic therapy that involves soaking a piece of cotton or cloth in medicated oil and placing it on a specific area of the body, typically the head or joints	60 Min	AED 300
26	Karna Poornam	Head and Neck Massage with Ayurvedic therapy for ear care. It involves pouring warm, medicated oil into the ears to maintain ear health and address ear-related issues.	45 Min	AED 200
27	Nasya	Ayurvedic therapy where medicated substances are applied through the nasal passages to address head and neck issues, enhance respiratory health, and promote overall well-being.	30 Min	AED 150
28	Gandusha	Gandusha is an Ayurvedic practice involving the swishing or holding of medicated oils or liquids in the mouth to promote oral and systemic health.	20 Min	AED 100
29	Tarpana	Ayurvedic treatment focused on the eyes, where medicated ghee or oil is applied around the eyes to enhance eye health, improve vision, and address eye-related concerns.	45 Min	AED 250
30	Netra Prakshalan	Ayurvedic eye-cleansing practice using herbal decoction for eye health and relief from eye issues.	30 Min	AED 200
31	Lepanam ( Local )	localized Ayurvedic therapeutic application involving the application of herbal pastes or poultices to specific body areas to address localized issues or conditions.	30 Min	AED 175
32	Lepanam ( Full Body )	Ayurvedic therapy that applies herbal pastes or poultices to the entire body. It serves to address health issues, induce relaxation, and enhance overall well-being.	60 Min	AED 350
33	Thaila Vasti	Abhyangam with Ayurvedic therapy using luke warm, medicated oil used for enema.	60 Min	AED 300
34	Kashaya Vasti	Ayurvedic therapy using luke warm, medicated herbal infusions (Kashaya) used for enema.	60 Min	AED 400
35	Udwarthana- Two hands	Ayurvedic treatment that involves the application of a specialized dry herbal powder on the body, usually with two hands, in a specific manner	60 Min	AED 390
36	Udwarthana- four Hands	Ayurvedic treatment that involves the application of a specialized dry herbal powder on the body, often performed with four hands	60 Min	AED 550
37	Padaabhyangam	Ayurvedic therapy that focuses on massaging and nurturing the feet to promote relaxation and overall well-being (Reflexology)	30 Min	AED 150
38	Foot Spa	Ayurvedic foot spa treatment including massage, scrub, and herbal pack with leaf covering for foot rejuvenation and relaxation	30 Min	AED 150
39	Hand Spa	Ayurvedic hand spa treatment involves a hand massage, scrub, and herbal pack application with leaf covering for hand relaxation and rejuvenation	30 Min	AED 150