YOGA EDUCATION TRAINING SOCIETY

Kerala Ayurvedic Massage & Beauty Care

|  |  |  |
| --- | --- | --- |
| **THERAPIES** | **DURATION** | **INR** |
| Oil Massage (2 Hands) | 60 Minute | 900 |
| Oil Massage (4 Hands) | 40 Minute | 1400 |
| Special Oil Massage (2 Hands) | 75 Minute | 1400 |
| Special Oil Massage (4 Hands) | 55 Minute | 1500 |
| Deep Oil Massage | 60 Minute | 1200 |
| Herbal Powder Massage | 45 Minute | 1200 |
| Talcum Powder Massage | 45 Minute | 1200 |
| Cream Massage | 50 Minute | 1400 |
| Deshi Malish (Dry Massage) | 40 Minute | 900 |
| Elakizhi (Leaf Massage) | 60 Minute | 1400 |
| Navarakizhi (Rice Massage) | 55 Minute | 1800 |
| Panchamrit Massage (Nectar Massage) | 55 Minute | 1700 |
| Face & Head Massage (with Aloe/Oil) | 20 Minute | 500 |
| Neck & Back Massage | 20 Minute | 500 |
| Foot Massage | 20 Minute | 500 |
| Pizhichi (Oil Bath) | 60 Minute | 2000 |
| Abhayanga Massage (2 Hands) | 70 Minute | 1600 |
| Abhayanga Massage (4 Hands) | 60 Minute | 1900 |
| Herbal Powder Massage with Sand Sudation | 60 Minute | 1200 |
| Siro Dhara with Herbal Oil | 60 Minute | 1800 |
| Relaxation Oil Massage Sirodhara | 120 Minute | 2500 |