

Amaya Lakes – Ayurveda Spa

HERBAL OIL BODY TREATMENT

Oil Body Massage, Herbal Steam and Herbal Bath.

Complete body massage with individually selected Ayurvedic medicinal oils. Intense relaxation for fatigue and muscle ache relief. Followed by purifying herbal steam and herbal bath.

Approx 1 hr 30

SAMB-AHANA

Herbal Oil Body Massage Treatment and Herbal Bath.

Complete body massage with individually selected Ayurvedic medicinal oils. Intense relaxation for fatigue and muscle ache relief. Followed by cleansing herbal bath.

Approx 1 hr

VASHPA SVEDA

Herbal Oil and Steam Treatment.

Approx 30 min

AVAGAHA SVEDA

Rejuvenating Herbal Bath which cleanses the body externally while also promoting the release internal bodily toxins through the skin.

Approx 20 min

HERBAL OIL HEAD TREATMENT

Head Massage with Vital Point Treatment.

Approx 30 min

VAKTRA CHIKITSA

Herbal Facial Treatment incorporating a facial massage with herbal oil, medicinal facial pack and facial steam.

Herbal ingredients such as sandalwood, turmeric and aloe vera improve the health and appearance of the skin.

Approx 40 min

VAKTRA VIMARDANA

Herbal Oil Facial Massage with Vital Point Treatment.

Approx 15 min

REFLEXOLOGY

Foot massage which stimulates the terminal point of the body's nerves. Reflexology treatments affect the entire body by concentrating on individual nerves in the feet, which connect to all major organs. Our therapists treat guests using techniques learned from a Thai specialist.

Treatments for 7, 10 and 14 day + programmes

Treatments will be selected from following according to each person's health and body constitution:

Abhyanga

This is a special graded unique Ayurvedic technique treatment where the body is massaged with oil. It mainly works with the Prana or the life force/energy. This is offered only for the guests who are on 7-30 days treatment programmes. The time duration is 60 min. The medicated oil is individually selected according to the body constitution and the body condition.

Shirsha Taila Vimardana (Head Massage)

Head, neck and shoulder massage is given for 10 - 20 min. The head is included among the special places for oil treatment in the ancient texts.

Vaktra Vimardana (Facial Massage)

Face massage with herbal oil, 10 - 20 min.

Vaktra Chikitsa (Facial Treatment)

Face massage with herbal oil and treatment with udvartana (medicinal mask) and steam. The time duration 20-30 min. Herbal medicines which are specially good for the skin such as Sandalwood, Turmeric and Aloe are used for the treatment.

Pada Abhyanga

Pada abhyanga is given for 20-30 min to the foot followed by a steam treatment. Although this treats only the foot, the effect is on the total body. The foot is also a special place for oil treatment.

Shirodhara

This treatment drips warm oil in a continuous stream on the forehead. The oil flows from a vessel hung approximately 6-8 inches above the forehead. The place in the forehead to which the stream of oil is made to drip is an important place in the energy flow (a chakra). Treatment is given for 20-60 min and is usually given for 2-5 days of a Rejuvenation Programme. Approximately 2.5 l of oil is used for each treatment. The oils used are made with herbs that pacify vata, calm and nourish the nervous system and open the vital energy channels in the head. Shirodhara has a very special place in Ayurvedic treatment.

Sarvangadhara (Pizijil)

This is the dropping of oil all over the body with gentle massage. This serves as a snehana (medicinal oil) as well as swedana (heat/sweating purification) treatment. About 2.5 l of medicated oil is used. The treatment is given for 45-90 min. Sarvangadhara is usually included for 3-7 days in Rejuvenation programme.

Pindasveda (Medicinal bolus treatment)

Massage is given with a bolus of an herbal preparation and followed by oil application. Pindasveda a type of heat treatments and one of the best methods used treat joint pains. Treatment takes 45-60 min.

Navarakizi (Rice bolus treatment)

This is a special type of bolus treatment in which the bolus is made with rice boiled in herbal decoction and milk. This is also a heat treatment. It improves muscle tone and nourishes the muscle.

Apart from the above main treatments, Gandusha (Herbal gargling), Akshitarpana (Eye care), Karnapurna (Ear care), Shirovasthi (Head Oil treatment), Kati vasthi (Back oil treatment) and other therapies may also be included as part of your specially designed programme.

Herbal steam treatments

Herbal steams and baths are forms of Swedana-karma, or sudation therapy (treatments that promote sweating). In addition to the purification of the sweating action itself, various medicinal herbs also impart their own therapeutic benefits. Commonly used herbs include vasa, nimba, eranda, bilva and daru haridra. Many locally grown herbs are on hand and the combination of Ayurvedic herbs used may be individualized to meet the needs of each guest.

Herbal steams, Herbal baths, Ayurvedic massage and other Ayurvedic treatments at Amaya resorts allow you to detox, to achieve