

Dharma Ayurveda

Menu of services

MAYA HEALING THERAPIES

Relaxation Massage (Duration: 45 Min)

A deeply relaxing, full body aromatic herbal oil massage. The treatment begins with a foot cleansing ritual and massage with hot Ayurvedic herbal oil poured onto the centre of the back. Elongated sweeping movements spread the oils along the whole body, as deeply relaxing, flowing massage techniques soothe and de-stress.

Rejuvenation Massage (Duration: 60 Min)

A full body oil massage that refreshes and rejuvenates with an advanced combination of stretching and rolling movements and long deep strokes using warm medicated oil. Enjoy the experience in pure luxury as the therapists healing hands envelope the face, body and scalp with fluid touch.

Mara Massage (Duration: 60 Min)

A full body massage with focus on vital pressure points and meridians.

Patra Podala Swedanam (Duration: 60 Min)

A full body massage with processed medicinal leaves packed into a bolus and warmed in medicated oil. Very beneficial in stiffness, numbness aches and pains.

Shirodhara (Duration: 60 Min)

An immensely relaxing therapy where warm medicated oil is continually streamed over the forehead

Abhyangam (Duration: 60 Min)

The traditional Ayurvedic full body oil massage.

Njavara Kizhi (Duration: 60 Min)

A cooling massage with processed medicinal rice packed in boluses and warmed in milk.

Udwarthanam (Duration: 45 Min)

A traditional Ayurvedic scrub massage using dry herbal powders.

Takradhara (Duration: 60 Min)

Continuous streaming of processed and medicated buttermilk over the forehead.

MAYA HEALING THERAPIES

Pizhichil (Duration: 60 Min)

The most rejuvenative of Ayurveda therapies that revitalize and refresh the nervous system. Synchronised streaming of Warm medicated oil over the body does this therapy

Deep Tissue Massage (Duration: 60 Min)

A specialized massage that relieves spasms and knots in deep muscle tissue with hard and deep strokes. Ideal for those who enjoy strong massage, this treatment is not recommended for the faint-hearted or the novice.

MAYA SIGNATURE THERAPIES

Dharma Massage (Duration: 60 Min)

An invigorating whole body massage that includes warm fomentation using herbal packs. Extremely relaxing and relieves neck and back stiffness, pain etc

Floral Indulgence (Duration: 60 Min)

A relaxing whole body massage that calms your senses. The theme is pink with traditional Arali flowers and the aroma of rose.

Citrus Breeze (Duration: 60 Min)

A refreshing whole body massage with tangy orange. The theme is rich orange with a whiff of natural orange blossom.

Spice Delight (Duration: 60 Min)

A rejuvenating whole body massage with a touch of cinnamon. The theme is royal violet with the lingering aroma of lavender.

Karuthakayal Mud Pack (Duration: 60 Min)

A healing aromatic mud paste infused with herbs is packed over the body after which it is allowed to sundry followed by a wash down. Excellent for conditions of fluid retention and cellulite.

Tropical Fruit Wrap (Duration: 60 Min)

A full body mask of seasonal tropical fruit extracts.

Fruit Extract Cream Massage (Duration: 60 Min)

An ultra moisturizing full body treatment using medicated oils, fruit extracts and antioxidants.

MAYA SIGNATURE THERAPIES

Honey Milk Massage (Duration: 60 Min)

Specialized facial treatment with organic forest honey & milk

Hair Care (Duration: 90 Min)

A specially designed program including Takradhara, specialized hair masks and a soothing head massage.

Royal Princes Makeover (Duration: 3.5 hrs.)

A complete spa treatment that assures to bring out the princess in you with a transformation from head to toe. Includes a variety of exclusive therapies.

Nirvana (Duration: 90 Min)

A therapy that includes a relaxing whole body massage and Shirodhara. Takes you to a deep level of relaxation.

Maya Seduction for couples (Duration: 2.5 hrs.)

Absolute indulgence for you and your soul mate, together in a therapy package that includes whole body massages, and exclusive beauty treatments culminating in a romantic floral bath.

MAYA FUSION THERAPIES

Karothakayal Mud Pack in combination with fruit cream massage (Duration: 90 min.)

A full body mudpack, which cleanses and smoothens the skin followed by an extra-moisturized fruit cream massage that will leave you with baby soft, glowing skin.

Himalaya salt scrub and Chandan Pack (Duration: 90 min.)

A scrub using organic Himalayan salt removes dead cells and heals the skin, followed by an aromatic sandalwood pack that refreshes and smoothens the skin giving it a youthful glow.

Relaxation pack in combination with Shirodhara (Duration: 90 min.)

A full body mask with carefully selected Ayurvedic herbs and fruits that revitalizes tired and sagging skin along with a soothing Shirodhara therapy that deeply relaxes and refreshes.

Maya Bliss (Duration: 120 min.)

Transcend to a state of blissful relaxation with a fresh fruit based Ayurvedic facial and a whole body massage ending with a Shirodhara to create an intensely relaxing treatment experience for calming the mind and releasing tension.

MAYA FUSION THERAPIES

Maya Indulgence (Duration: 120 min.)

Indulge yourself in a rejuvenating full body massage followed by Shirodhara culminating in a floral bath that has a rich mixture of handpicked herbs, milk and flowers. All this in an ambience of aromatic candles and lighted lamps.