

# SURYA SAMUDRA - KOVALAM

## Niraamaya Ayurveda Spa

Inspired by the Ayurveda principles of health and well being, Niraamaya Ayurveda Spa provides traditional Indian massage therapies using a combination of natural herbal ingredients and soothing gentle strokes to regulate the circulatory and nervous systems in the body. Besides the healing therapeutic properties of Ayurveda, the massage leaves one feeling refreshed and rejuvenated.

### 1. Synchronised General Body Massage 60 mins

This is the procedure of giving synchronized whole body medicated oil massage from head to toes. It helps to relieve tension and stress, smoothen skin, improves blood circulation relieves pain and aches etc.

### 2. Synchronised Rejuvenation Massage 90 mins

This is an invigorating massage giving more importance for our back and spinal chord in the first part followed by a relaxation body massage. This is a good anti ageing therapy, very effective in lower back pains, sciatica, cervical and lumbar spondylosis, stress, tired and jaded muscles etc.

*N.B:- People with chronic joint and bone problem, spinal problems etc., should avoid this massage.*

### 3. Therapeutic Massage 30 mins

Special massages to get relief from back aches, shoulder pains, knee pains, stiffness, other joint pains etc.

### 4. Head Massage 30 mins

Oil massage on the head improves blood circulation on the scalp nourishes hair roots, reduces hair loss, dandruff, tension, stress and certain headaches.

### 5. Massage for Arms and Legs 60 mins

This is used mainly in weight reduction program. After a specific body massage, give more concentrated massage on arms and legs good to sharpen up the body, good in circulation problems and oedema.

### 6. Abhyangam 45 mins

A 45 minute massage done with gentle hand strokes to relax and tone up the muscles by stimulating blood flow and loosening surface blockages while inducing relaxation.

### 7. Padabhyangam (Chavitty Uzhichil) 90 mins

This is one of the special Kerala massages in which massage is done with the feet of the therapists. This is performed on martial art practitioners of Kerala and Kathakali Dancers to trim their body and to give the extra flexibility needed for the subtle movements in these art forms. Very useful in lower back pains stiffness and trimming therapists need a special knowledge of vital points of the body to perform this specialized craft.

### 8. Medicated Steam Bath 15 mins

This is a detoxifying steam bath, which special herbs and aromatic oils are used to make the steam. This eliminates body toxins through sweat pores by perspiration. A special wooden cabinet is used for this purpose.

**9. Karshana Chikitsa (Raksha Treatment) 90 mins**

This is a specialized Kerala massage technique and one the best treatments to get rid of excess fat from different parts of the body, thus make one fit to do his daily routines promptly. This is very much effective in bringing one's body more supple and flexible.

**10. Hard Massage 120 mins**

This massage reduces bruises and inflammation resulting from accidents and falls. This treatment is done according to the vital points of the body.

**11. Back & Shoulder Massage 30 mins**

This is special massage for spine and neck, rather than relaxation its having therapeutic effects. It is good for cervical spondylosis, lumber spondylosis, frozen shoulder etc.

**12. Njavara Kizhi 60 mins**

Otherwise called rice bolus treatment. This is a sudation process in which whole body is made to perspire by the application of cooked medicinal rice externally in the form of boluses tied up in cotton bags, after dipping it in a combination of concoctions and milk. This is very good for rheumatism, arthritis, paralysis, muscular wasting, emaciation etc.

**13. Pizhichil (Kayasekam) 60 mins**

This is one of the special treatments of Kerala. Special like-warm herbal oils are poured all over the body in a specific manner and massage is done on a special wooden table, made of medicinal wood. This treatment is very useful in rheumatic disorders, especially in arthritis, hemiplegia. Other degenerative diseases, neuro muscular diseases.

**14. Nasyam 20 mins**

Nasyam is one of the procedures in Panchakarma, the five fold purification therapy. This is a treatment in which herbal juices, medicated oils etc. are instilled through nostrils, after face and chest oil application and sudation. Very effective in sinus problems, facial paralysis, hemiplegia, certain headaches, migraine etc.

**15. Siro Dhara 60 mins**

Is the continuous pouring of medicated herbal oil on the forehead for a prescribed time. Mainly useful in insomnia, headaches, mental tension and stress, memory loss etc.

**16. Thakra Dhara 60 mins**

Medicated buttermilk is poured on the forehead continuously. Helpful in mental disorders psoriasis etc.

**17. Thalam 20 mins**

Different herbal powders mixed with medicated oils or special liquids are applied on the upper part of the head for a period of time mainly useful in insomnia, migraine, fever, eye and nasal ailments etc.

**18. Kizhi 60 mins**

Herbal leaves or powders are made in to boluses and is applied on the body after dipping it in warm medicated oil or heating over steam. Very useful in frozen shoulder, cervical spondylosis, lumbar spondylosis, sprains, arthritis etc.

**19. Udwarthanam (with dry powder) 60 mins**

Is the massage using herbal powders in a very special manner. Very effective in obesity and circulation related problems, some kind of rheumatic diseases etc.

**20. Lepanam 20 mins**

A treatment involving application of a paste of various herbs. This produces good results in sinusitis, acute inflammatory conditions, skin diseases, abscess and enhances the complexion.

**21. Katee Vasthi 30 mins**

Rhythmic strokes using herbal pastes and selected medicinal oils, relieves accumulated stress and strengthens the muscles in the region. This massage is especially useful for lower back pain due to stress and poor posture.

**22. Kashaya Vasthi 45 mins**

A therapeutic treatment using medicated oils and ghee preparations. This is found effective for post paralytic rehabilitation, rheumatic problems, lumbago and sexual weakness.

**23. Siro Vasthi 45 mins**

In this medicated luke warm is poured and kept into a leather cap fitted on the head, according to the patient's condition. Useful in facial paralysis, ENT disorders, severe headaches and other diseases of head and brain.

**24. Dhoomapanam 15 mins**

This involves inhalation of medicinal fumes through the nostrils to clear sinusitis, headache, common cold etc.

**25. Karna Dhoomapanam 15 mins**

This is a medicated fumigation process of the ears to keep it safe from infections, chronic otitis, tinnitus etc.

**26. Vajeekaranam 30 mins (07 days - Rs. 9000)**

This is a special massage treatment and internal medicine therapy to enhance sexual vigour by purifying and improving blood circulation to the genitals.

## **BEAUTY TREATMENTS**

### **1. General Facial OR Mukhalepam 45 mins**

This is an ayurvedic facial treatment including face massage, scrubbing, steaming and face masks using time tested and effective herbal products. It cleanses the pores of face, removes dirt and dead tissues, nourishes skin, imparts glow and smoothness.

### **2. Royal Facial 75 mins**

This is combination of a deep cleansing and fairness facial in which natural ingredients like fresh fruits, sandal wood paste and other herbal pastes are used. The face massage in it is longer also. This facial matches for all kinds of skins.

### **3. Face Pack**

In this special fruit juices, pulps and other herbal pastes are used as face masks. Makes skin smooth, clean and radiant.

### **4. Massage for Hair 60 mins**

Silky, smooth and lusty hair has an important part to play in the concept of beauty. Hair loss, breaking hair, brittleness, premature, graying, head aches and insomnia arebane to hair care. Head massage with specific oils helps to solve these problems. Special herbal hair packs, herbal shampoos and natural hair drying agents are used after this, which gives a good fragrance also.

### **5. Herbal Bath OR Thechukuli 90 mins**

This is the hair to toe beauty treatment, which was prevalent in the royal era. This includes some body massages, applying of sandal wood paste, hair treatments and special bath in specifically prepared concoctions. This is good in maintaining beautiful hair, removes dead skin gives a smooth and fragrant skin. This is the ultimate in beauty care in a natural way.

## Treatment Packages \*

### 1. Ojas Niraamaya (Rejuvenation Program)

'Ojas' represents the essential force of all the body tissues which promotes body functioning. Hectic life styles, stress, wrong food habits etc can lower this Ojas leading to lethargy, disorientation, lack of energy and interest. Ayurvedic treatments assist in regaining this Ojas and thereby recharge the body. Treatments like Njavara Kizhi, Ksheera dhara, Takra dhara, Kaayasekam combined with specific rejuvenating medicaments called 'Rasayanas' are employed in the process.

### 2. Karma Niraamaya (Purification Program)

The human body is prone to toxic manifestations especially through wrong food habits and life styles. This gradually leads to deterioration of the natural body functions and diseases. Karma Niraamaya is achieved by properly combining the five basic purificatory processes traditionally known as 'Pancha Karma'. With strict pre and post karma regimes and medications, toxins are expelled effectively and the normalcy of body functions is restored.

### 3. Mano Niraamaya (Stress Relieving Program)

Mano Niraamaya deals with re-establishing the physio-mental harmony of a human body. Stress is one of the most frequent disorders leading to disharmony of the physical and mental attributes. Various Ayurveda remedies like Siro dhara, Abhyangam, Kayasekam, Thalam, Nasyam and a wide range of herbal portions are used to recharge the body.

### 4. Medo Niraamaya (Slimming Program)

Obesity is one of the most vulnerable physical condition that occur to humans, mainly as a result of wrong food and routines. Combinations of specific treatments like Udwarthanam, Swedam, Lepam, veda remedies like Siro dhara, Abhyangam, Kayasekam, Thalam, Nasyam and a wide range of herbal portions are used to recharge the body.

### 5. Vatha Niraamaya (Spine & Neck Care Program)

This program manages specific diseases like Osteo arthritis, Rheumatoid arthritis, Cervical spondylosis and general conditions affecting the nervous system. Combinations of treatments like Snehnam, Abhyangam, Kayasekam, Nyavara kizhi, Choorna swedam, Vasthi, Dhaanyamala swedam etc. are used according to the varying physical conditions.

### 6. Swasa Niraamaya

This program manages respiratory diseases, sinusitis, tonsillitis and recurrent infections. Combinations of treatments like Nasyam, Dhoomapanam, Lepam, Urovasthi, Siro dhara, alongwith specific internal medicaments.

*\* Duration of treatments will depend on individual consultation with the ayurveda doctor.*