

TREATMENT PROCEDURES

- *Abhyangam-for relaxation of body and relief from stress.
- *Udvarthanam-helps in weight reduction and depletion of fat deposition.
- *Elakizhi-it helps in improving blood circulation and muscle strength. It is effective for various kinds of arthritis,spondylitis,back pain etc.
- *Podikizhi-reduces pain,sprain,stiffness and strengthens muscle. It also improves blood circulation and detoxifies skin.
- *Pizhichil-it calming rejuvenating and builds up immunity for a healthy life. It also helps in increasing blood circulation and removes toxins through sweat.
- *Njavarakizhi-it's a nourishing therapy for body and mind. It boosts immunity relaxes mind and body, relieves anxiety,fatigue and stress.
- *Kadeevasthi-it reduces backache and spinal disorders.
- *Shiroabhyanga-it helps in reducing hairfall, dandruff and anxiety.
- *Shirodhara-it is helpful in insomnia,anxiety and headache.
- *Thakradhara-it cures migrane,headaches,insomnia,psoriasis.
- *Tharpanam-it helps in curing various eye ailments.
- *Nasyam-it is effective in sinusitis,migrane,rhinitis.