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Our team Dr Plus Ayurveda believe that true health comes from harmony between mind, body and spirit - Something Ayurveda has nurtured for thousands of years. Through personalized treatments, herbal remedies and lifestyle guidance, we aim to treat the root cause of illness, not just the symptoms. Our goal is to empower individuals to take charge of their well-being through safe, natural and time- tested Ayurvedic practices.



Head Massage

1199 (25 min)

Experience deep relaxation with our traditional Ayurvedic head massage known as Shiro Abhyanga. This soothing therapy involves the gentle application of warm herbal oils to the scalp and neck promoting balance and calm throughout the body.





Foot massage

1199 (25 min)

Rejuvenate your body from the ground up with our Ayurvedic Pada Abhyanga- a calming foot massage using warm herbal oils. This ancient therapy focuses on vital energy points in the feet, promoting relaxation and overall well being.

Foot reflexology

1499 (30 min)

A therapeutic practice based on the principle that specific points on the feet correspond to different organs and systems in the body. Through gentle pressure and massage on these reflex points, the body's natural healing processes are stimulated.

Steam bath

999 (20 min)

The Ayurvedic Steam bath, known as Swedana, is a deeply detoxifying procedure where the body is exposed to warm, medicated steam infused with healing herbs. This treatment relieves muscle stiffness, improves circulation and reduces stress.

Head, Shoulder and Back Massage

1500 (30 min)

This focused Ayurvedic therapy targets the areas most affected by stress and tension – your head, shoulders and back. Using warm herbal oils and rhythmic massage techniques, it soothes tired muscles and calms the mind.

Full Body Massage

2500 (45 min)

3000 (75 min)

Abhyanga is a traditional Ayurvedic full body massage using warm, medicated herbal oils tailored to your body type (dosa). This deeply nourishing therapy promotes physical, mental and emotional well being through synchronized movements that can harmonize the body's energies.

Netra Dhara

350 (10 min)

In netradhara, a continuous stream of cool, medicated herbal decoction is poured over the eyes. This soothing treatment is designed to cleanse, cool and rejuvenate tired or strained eyes.

Elakizhi

2100 (45 min)

This is a traditional therapy involving the use of warm herbal leaf bundles, carefully prepared with medicated leaves and spices, dipped in warm herbal oils, and massaged rhythmically over the body. Elakkizhi is especially beneficial for relieving pain and inflammation.



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Njavarakizhi

2200 (45 min)

Njavarakizhi is a deeply nourishing Ayurvedic therapy where warm bundles of special medicinal rice (njavara) cooked in herbal decoctions and milk are gently massaged over the body. This rejuvenating treatment strengthens tissues, enhances vitality, and promotes overall wellness.

Shirodhara

2200 (45 min)

Shirodhara is one of ayurveda's most calming and restorative treatment, where a steady stream of warm medicated oil / kashaya / medicated milk is gently poured over the forehead. This continuous flow soothes the nervous system and promotes a deep state of mental clarity and relaxation.

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SKIN CARE SERIES



Face Pack

799 (20 min)

The herbal face pack is a soothing and rejuvenating skincare treatment designed to cleanse, nourish and revitalize the skin. This therapy promotes a healthy, radiant complexion while supporting the skin's natural balance.

Herbal Cleanup

999 (30 min)

Our Herbal Clean-Up is a refreshing skincare procedure that involves a gentle yet effective process of cleansing, exfoliation and blackhead removal. This therapy is designed to deeply purify the skin and remove impurities.

Deep Cleansing facial

2000 (50 min)

Our deep cleansing facial is a comprehensive Ayurvedic skincare ritual that combines multiple rejuvenating steps to cleanse, refresh and nourish the skin deeply. This treatment includes gentle cleansing, exfoliating scrub, relaxing face massage, steaming, blackhead removal and a soothing face pack.

Njavara Glow Facial

2400 (60 min)

Unique rejuvenation therapy that combines traditional skincare techniques with the nourishing power of Njavara. This treatment includes gentle cleansing, mild exfoliation, facial massage and steaming, blackhead removal followed by the application of lukewarm Njavarakizhi over the face to enhance nourishment and glow.



HAIR CARE PLANS

Hair Spa

INR 2000

Our hair spa is a restorative treatment that combines a relaxing head massage with the application of a deeply conditioning herbal hair pack. This therapy is designed to strengthen the hair from root to tip while promoting scalp health and relaxation.

Herbal Hair Dyeing

INR 2000

Our herbal hair dyeing treatment uses natural, plant-based formulations to gently colour the hair while nourishing the scalp and strands. Free from harsh chemicals, this Ayurvedic approach not only enhances hair colour but also supports overall hair health.

Anti Dandruff Treatment

INR 2100 (45 min)

Our Anti-Dandruff Treatment is a comprehensive Ayurvedic scalp therapy designed to effectively treat dandruff and restore scalp health. The session includes a dry scalp massage, gentle dandruff exfoliation, high frequency combing, medicated scalp scrubbing and a refreshing herbal hair wash.



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OUR WELLNESS PACKAGE

Basic Package

3500 (1 hr 20 min)

Experience the ultimate Ayurvedic rejuvenation with our head massage, body massage, foot massage, and steam bath package. This therapeutic combination begins with a deeply relaxing full-body massage using warm herbal oils, followed by a gentle herbal steam bath to enhance detoxification and overall well-being.

Standard Package

4600 (2 hr)

A holistic wellness experience that includes a soothing head massage, full body massage, refreshing foot massage, herbal steam bath, and a revitalizing herbal cleanup. This carefully curated combination is designed to balance the body, mind, and spirit.

Elite Package

7000 (2hr 45 min)

Immerse yourself in a deeply restorative journey with our comprehensive head-to-toe experience that includes head massage, full body massage, foot massage, herbal steam bath, netradhara, deep cleansing facial, full body scrub, and Oushadha snanam (herbal medicinal bath). This thoughtfully crafted package promotes total detoxification, relaxation, and revitalization.

Premium Package

9000 (3hr 45 min)

Experience the essence of true Ayurvedic healing with our signature Wellness Package - a deeply therapeutic and indulgent journey that includes head massage, full body massage, foot reflexology, herbal steambath, shirodhara, netradhara, full body scrub, and Oushadha snanam (medicated herbal bath). This all-in-one package is designed to detoxify, rejuvenate, and restore balance on all levels.

SIGNATURE PROGRAMMES

- Bridal Services
- Anti-Ageing Treatment
- PCOD Treatment
- Pre & Postnatal care
- Weight Loss Treatment
- Varicose Treatment
- Asthma Treatment
- Stroke Rehabilitation

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