



Our Ayurvedic Treatments

Sharirabhyanga (Body Massage)

A Full Body Massage with different herbal oils, matched to your body type. The therapy includes a combination of tapping, kneading, squeezing and rubbing, followed by a herbal fomentation. This is our most popular massage and is designed to support and strengthen the muscular and vascular systems of the body, rejuvenating and re-energizing you.

Duration: 1 hour

Shirodhara (Pouring Oil Massage)

A steady stream of medicated oil is continuously poured over your forehead. This oil runs over your temples and scalp and down through your hair. This is a deeply relaxing treatment, revitalizing the central nervous system and activating and regulating the brain. It is especially good for relieving mental tension, inducing a heavenly state of mind.

Duration: 1 hour

Orient Signature Sharirabyanga (Full Body Massage)

Our Signature Ayurvedic Luxury Massage, designed to leave you feeling energized and rejuvenated. Herbal oils matched to your body type will be carried out by two therapists in perfect synchronized harmony. This will be followed by a herbal fomentation therapy.

Duration: 1 hour

Aharabyanga (Lower Body Massage)

A herbal oil massage for your lower body, followed by a herbal fomentation therapy. This Ayurvedic therapy is especially popular amongst our guests who have been on treks in the region, helping your body recover from the challenging exercise.

Duration: 45 minutes

Urdvabyanga (Upper Body Massage)

A Herbal Oil Massage of the upper body, including the head, neck and shoulders. This Ayurvedic treatment especially helps loosen and rejuvenate the upper body. Our guests who sit at a desk for work find this treatment especially valuable.

Duration: 45 minutes



Vakrabhyanga (Facial Massage)

An Ayurvedic Facial massage with herbal oil and herbal steam, with a herbal paste also applied to the face to cleanse and remove impurities. The herbal oils will infuse into your skin, relaxing the facial muscles and toning up the skin, leaving you glowing.

Duration: 45 minutes

Ayurvedic Steam Bath (Vashpa Sweda)

Herbal steam treatment designed to remove toxins, improve circulation and help removal of body fat.

KutiSweda

Herbal steam treatment in a Sauna.

Duration: 30 Minutes

DroniSweda

Herbal steam treatment in a special wooden enclosure

Duration: 30 minutes

Orient Ayurvedic Cleanse

Multi-day Ayurvedic packages, including full board accommodation with delicious and healthy vegetarian meals, meditation programs and scenic treks followed by herbal Ayurvedic treatment can be tailor made for the client. Please contact us with your requirements for more information.