

purespa

ayurvedic treatments



RELAIS &
CHATEAUX

purespa
purity at lake Vembanad

purespa
The Malabar House Fort Cochin

www.malabarescapes.com

your body
needs more than food,
our ayurvedic massages
heals, rejuvenates & energises

Please contact the reception
for treatment appointments.



purespa menu

The innovative concept of **purespa** is based on traditional Ayurveda therapies and oil massages.

purespa is more than a wellness program: It offers rejuvenation, better flexibility, reduction of fat tissues and treatments for rheumatism, arthritis, back pain, headache & stress related disorders.

purespa offers a wellness journey of distinct treatments to relax, detox, tone your body and enhance your beauty.

The ideal duration of a complete **Malabar Ayurvedic Retreat** at **purespa** is **7 to 15 days**.

However even one or more massage treatments during your stay will relax & tone your body and give you an insight in an ancient South Indian health & wellness tradition.

Please contact our reception or duty manager for appointments and meet the therapists for consultation and advice on a personalized treatments.

Purespa signature treatments

Duration 60 minutes

Synchronised Abhyangam ₹ 5000.

This massage gives you the benefits of Abhyangam with the unparalleled experience of two therapists massaging your body simultaneously with synchronised and rhythmic strokes, leaving you thoroughly refreshed, relaxed & rejuvenated.

Shirodhara ₹ 4500.

Complete relaxation by pouring a specially medicated warm ayurvedic oil on the forehead in a continuous stream. Today's hectic lifestyle creates stress and mental fatigue, resulting in ill health.

The flow of healing oils gently oscillating on the forehead is the Ayurveda answer to manage stress, allowing healing energy to flow through the body.

Ela Kizhi ₹ 4500.

Herbal leaves & medicated powders are tied together in small bundles of muslin cloth, dipped into warm medicated oil and applied all over the body. It relieves from body pain, stiff joints and backaches.

Abhyangam, general body massage ₹ 3500.

General body massage with medicated oil. It helps the body to recover its strength and functional efficiency, tones the muscles, increases blood circulation and stimulates the senses.

Podi Kizhi ₹ 4000.

A massage with poultice made with dry herbs, using herbal powder bundled into bags of muslin. The massage is given in a rhythmic synchronised manner with circular strokes. It reduces body swelling, improves lymphatic drainage and firms & tones the muscles.

Our wellness journey

Duration 90 minutes

Relax & beauty

Abhyangam & herbal facial ₹ 4500.

The effects of Abhyangam, the general body massage are rejuvenation, better flexibility and reduction of fat tissues. It tones the muscles, increases blood circulation and stimulates the senses.

This is followed by a herbal facial exfoliation and herbal face pack to enhance radiance and glow.

Rejuvenation & distress

Abhyangam & Shirodhara ₹ 4500.

A perfect combination to relax, distress & rejuvenate.

A general body massage followed by Shirodhara, pouring oil gently over the forehead.

This treatment works by relaxing the hypothalamus in the brain; it also normalizes the functions of hormones that regulate sleep and emotions.

Revive & strengthen

Abhyangam & Podi Kizhi ₹ 5000.

An ideal treatment for firming and toning the muscles, it improves the blood circulation and nerve system.

The general body massage is followed by Podi Kizhi, a massage with poultice made with dry herbs, using herbal powder bundled into bags of muslin.

The massage is given in a rhythmic synchronised manner with circular strokes.

Partial massage treatments

Duration 45 minutes

Intensive head and shoulder oil massage ₹ 3000.

Stimulating the blood circulation to head & shoulders.
It helps to relax the mind, improves sleep and reduces headaches.

Neck and upper back oil massage ₹ 3000.

Recommended to manage stress and relax the mind,
allowing the healing energy to flow.

Full back oil massage ₹ 3000.

It gives relief from body pain, stiffness & backaches,
stimulates the vital points and harmonizes the flow of energy.

Full back massage with Kizhi ₹ 3500.

Herbal leaves & medicated powders are tied in small bundles of
muslin cloth. Its application with hot medicated oil stimulates
the vital points, giving relief from body pain & backaches.

Pada Abhyangam, feet & Lower leg oil massage ₹ 3000.

Feet and lower legs are massaged with focus on the marma points,
enhancing blood circulation. The application of oil strengthens
the feet, reduces stiffness, cures loss of sensation & softens the skin.

Janu Vasti ₹ 3000.

A highly effective treatment providing relief to knee pain.
The procedure uses the retention of warm medicated oil
over the knees. It is ideal for Arthritis disorders.
A minimum of 3 treatments are required to be effective.

Herbal Facial ₹ 3500.

The customized Mukha Abhyangam & Mukhalepam facial combines
unique ayurvedic massage techniques with herbal oils and
freshly blended herbs to thoroughly cleanse, exfoliate & rejuvenate.
The nourishing herbal mask enhances radiance and glow.

For all treatments taxes as applicable.

