



amöda
AYURVEDA SPA
& SALON



amoda is an umbrella organisation for a group of wellness schools and treatment centres. a well-known name in the field of Indian spa and ayurveda treatment in the country. amoda's services include specialised treatment, rejuvenation therapy and advance training in spa and ayurveda. with an overwhelming track record in the Indian wellness industry, both in the field of rejuvenation, treatment and training, we are one of the pioneers in the field.



welcome to wellness
THE WELLNESS JOURNEY



the wellness journey

FOR HIM / FOR HER / SPA MASSAGE



swedish ritual

Soft to Medium

The **Swedish Massage** has been around for a long time. It was first created back in 1812 in the University of Stockholm by a physiologist named Henri Peter Ling. Today it is the most well known and popular type of massage therapy. Swedish massage is synonymous with massage itself because it is the most common. In Europe it is called the "Classic Massage". When you go get a massage and do not specify a type of massage, chances are it will be the Swedish massage since it is the most taught and used by the masseuse or therapist. The Swedish massage is also considered the massage recommended for beginners.

typical Swedish massage usually consists of five types of moves. Below is the five moves in Swedish massage. They can be used in any order and is part of the basics of Swedish massage.

1. **Effleurage** – making long and gliding strokes along the body. The rubbing and pushing of the muscles helps you relax plus reduce tension and stress levels. It has many other health benefits as well such as increase circulation of blood flow to the heart. Great for the upper back, neck, and shoulders. This is the most common move use in many massages.

2. **Petrissage** – Simply put this technique looks like you are kneading dough. It works on your muscle tension and unwind. The kneading and squeezing motion of this technique gets rid of and smooth out any sort of lumps or impure substances from the muscle so it will be efficient once more.

The Swedish massage is an excellent way to relax you muscles and get them ready operating in a faster amount of time.

Benefits of Swedish Massage

Swedish Massage has been found to have many benefits, including:-

- Reduction in muscle spasm, pain and tension
- Release of endorphins, the body's natural painkillers
- Relaxation and therefore reduction in anxiety
- Improved blood circulation
- Improved lymphatic drainage
- Improved mobility
- Reduction of swelling caused by an accumulation of fluid in the tissues
- Balancing the overall flow of natural life energy through the body
- Inducing a feeling of well-being through the comfort of human touch

60 minutes -	2500
90 minutes -	3500

Royal Reflexology

Reflexology is a spa treatment where the therapist works on "reflex points" on your feet, hands, and head (especially ears). The theory behind reflexology is that these reflex points relate to specific organs and glands in the body, and stimulating those points with finger pressure promotes health in those organs and glands via the body's energetic pathways.

When done by a skilled practitioner, reflexology is a deeply relaxing treatment with benefits that can be felt throughout the body.

The therapist will use various techniques that include holds, finger pressure, kneading, rotation and rubbing.

The best therapists also include hands and feet as part of the reflexology treatment, and you should feel an effect through the entire body. If the therapist is less skilled or inadequately trained, you'll just feel like you've had a very long foot massage.

Reduction of stress

The most obvious effect of reflexology massage is that of stress reduction. The techniques of reflexology include finger or thumb walking—where the reflexologist walks the finger or thumb over different areas of the feet in a set sequence—and massage and kneading of the foot using the whole hand. The experience is generally firm, but gentle, and should never cause discomfort or pain. According to "The Complete Illustrated Guide to Reflexology," people of any age or sex—the elderly, women, men, teenagers, children and babies—can derive positive benefits from reflexology." Although results vary from individual to individual, the soothing action of reflexology generally leaves the recipient feeling deeply relaxed and peaceful afterwards.

Pain reduction

Reflexologists believe that that illness is caused by blockages in the meridians or energy channels. These blockages inhibit the flow of life enhancing energy, also known as 'chi,' causing the accumulation of negative energy, resulting in pain or disease. There are over 7,000 nerve endings in the feet, and these are connected to the whole body through the central nervous system, to the whole body. Massage of the feet, and therefore these nerve endings, stimulates the body, promoting self-healing. Says Ali Headeach, reflexologist from Margate, United Kingdom, "The massage is designed to restore the delicate balance between the different body systems and functions, and when this happens harmony is restored. As a consequence of this, and because reflexology is so relaxing, it is also very effective in pain relief, as tension is taken out of the body and stress reduced, so pain is also reduced."

30 minutes -	1000
60 minutes -	2000

Chocolate massage

This treatment can be consumed even for those on the strictest diet! You may ask yourself, "why should I put chocolate on my body?" this ultra-indulgent treatment actually opens the endorphins in your brain, making you not just a transmitter of love, but a receiver, too.

After years of being incorrectly blamed for causing acne, chocolate has redeemed itself as the new skin savior at spas around the world. Classic confection brands often market their own massage creams and treatments alongside off-brands with a basic cocoa base. Chocolate spa treatments include basic massages with a cocoa-based cream or oil, hot oil rubs, chocolate waxes and facials, while commercial products incorporate cocoa into everything from hand creams to lip gloss.

Firms Skin

Chocolate's caffeine can stimulate circulation. Photo Credit Jack Hollingsworth/Photodisc/Getty Images

Chocolate's high caffeine content stimulates your circulation, allowing your blood to naturally rejuvenate and heal your skin, reports Fox News. Antioxidants also give your skin a plumper, firmer feel and help your cells build collagen and elastin. Antioxidants work throughout your skin to prevent damage by free radicals, the culprits responsible for aging skin and loss of elasticity, says Vanderbilt University.

Moisturizes

Chocolate has natural oils. Photo Credit shulevich/iStock/Getty Images

The natural oils found in cocoa butter are usually combined with other traditional massage oils, like safflower and olive oils, which work into your skin to give it deep moisture. Beyond simply rubbing on commercial lotion, a chocolate massage gives you a power-pack of moisturizing agents. Chocolate massage all over for extremely dry skin or on specific rough patches, including knees, elbows and soles, reports The Herb Companion. The antioxidants found in chocolate massage creams also help the skin retain moisture long after the massage is over.

60 minutes -	3000
90 minutes -	4000

Hot stone massage

Hot stone treatments alternate warmth and cold -- a technique which has proven beneficial to **soothe an aching body**. There's a method behind the madness of leaping from a toasty sauna into an icy pool, and hot stone massage uses the same principle.

Hot stone massage combines relaxing warmth and refreshing coolness to encourage the body to **detox and heal**. This also increases lymph flow and helps to flush out waste.

Heat relaxes your body in a short space of time, so your therapist can focus on a deep working of the tissues using both hot stones and hand strokes.

Hot stones also **increase your sense of relaxation and calm**. They are coated in fragrant oil which is smoothed gently onto your body, and each stone in turn is worked by your therapist's hands.

Hot stone massage can:

boost your circulation

release stored tension

recharge your energy levels

relax you

Hot stone massage is said to have health benefits for people with:

muscular pain

poor circulation

rheumatic and arthritic conditions

fibromyalgia

back pain

stress

insomnia

depression.

As with all spa therapies, never underestimate the feel-good factor. Hot stone massage will help you feel **nurtured, pampered and special**.

What to expect from hot stone massage

Hot stone massage begins with placing warm, oiled stones on multiple acupressure points around your body, perhaps even tiny ones between your toes. You may drift off into a dreamy state and lose track of where the hot stones are arranged.

60 minutes -	3000
90 minutes -	4000

Traditional Thai massage

Thai massage is believed to have been developed by Jivaka Kumar Bhaccha, physician to Buddha, more than 2,500 years ago in India. It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. For centuries, Thai massage was performed by monks as one component of Thai medicine.

What Does Thai Massage Feel Like?

Thai massage is more energizing and rigorous than more classic forms of massage.

Thai massage is also called Thai yoga massage, because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many people say Thai massage is like doing yoga without any work.

Muscle compression, joint mobilization, and acupressure are also used during treatment.

continue reading below our video

What Should I Expect During My Visit?

Thai massage is usually done on a padded mat on the floor. No oil is applied, so you are fully dressed. You are usually asked to bring or wear comfortable clothing to the massage.

A typical Thai massage is 60 minutes to two hours long.

Many people find that Thai massage has the following benefits:

relaxes

reduces stress

improves circulation

increases energy

increases flexibility

improves range of motion

centers the mind and body

Caveats

Massage is not recommended for certain people:

infectious skin disease, rash, or open wounds

immediately after surgery

immediately after chemotherapy or radiation, unless recommended by your doctor

prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage.

60 minutes -	3000
90 minutes -	4000

Deep tissue massage

Deep Tissue Massage, as its name says, focuses on the deeper layers of muscle tissue. It is designed to reach the deep sections of thick muscles, specifically the individual muscle fibres. Using deep muscle compression and friction along the grain of the muscle, the purpose of Deep Tissue Massage is to unstick the fibres of the muscles and release both toxins and deeply held tension points. Excessive physical activity can cause deep muscular and joint distress. Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. **Deep tissue massage** uses many of the same movements and techniques as **Swedish massage**, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions.")

Will A Deep Tissue Massage Hurt?

It shouldn't hurt, but it's likely to be a bit more uncomfortable than a classic Swedish massage. You should always feel free to speak up if the pressure is too much for you.

It's important to drink a lot of water after a deep tissue massage to help flush lactic acid out of the tissues.

If you don't, you might be sore the next day.

It's possible that you might feel some soreness the day after a deep tissue massage even if you DO drink water. This just means a lot of waste products were flushed out of the tissues. It should pass within a day or so.

How Fast Will I Get Results With A Deep Tissue Massage?

It's important to be realistic about what one deep tissue massage can achieve. Many people ask for more pressure, thinking that if the therapist just pushes hard enough, they can get rid of all their knots in an hour. This just won't happen.

In fact, undoing chronic knots and tension built up over a lifetime is best achieved with an integrated program that includes exercise, work on your posture and ways of moving, relaxation techniques and a regular program of massage.

Finally, while deep tissue is certainly valuable, you should be aware that gentle styles of massage like craniosacral therapy can also produce profound release and realignment in the body.

60 minutes -	2500
90 minutes -	3500

Amoda Fusion Massage

Each masseur will create an individual massage for you; will be a combination of traditional Indian, Asian and European massages. It makes you a positive way of unlocking the body's innate healing ability, revitalizing the body and mind & empowers you to maintain your body's optimum health. It will rejuvenate and refresh you all the way.

Our philosophy centres on the fusion of relaxation and remedial massage along with recovery and rehabilitation techniques to support total wellbeing.

We take a holistic approach to massage and achieve amazing results by focusing on the body as a whole and looking at general movement, massage techniques, posture and dietary needs.

The benefits of massage therapy are well documented and through massage we can help with:

- Muscle pain
- Posture
- Soft tissue injuries
- Flexibility and blood circulation
- Headaches and migraines
- Insomnia
- Depression
- Anxiety and stress

AMVI Fusion Massage incorporate a variety of techniques that are personalised to suit individual needs. We offer remedial, sports and relaxation massage and pride ourselves on providing high quality massage services to individuals, sporting teams, elite athletes and corporate organisations.

60 minutes -	2500
90 minutes -	3500



the wellness journey
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Siro abhyangam (oil bath)

Shiro-Abhyanga – Indian head massage

The head is often overlooked when it comes to massage but according to Ayurveda it is one of the most important places to massage as it has profound effects on the entire body.

What is Shiro-Abhyanga (Indian Head Massage)?

As the common name suggests this massage technique comes from India and to be more precise is a Traditional Ayurvedic treatment. It is type of massage derived from the Ayurvedic tradition that focuses on the head, shoulders and neck.

According to the ancient system of Ayurveda, the head area holds great healing potential. It is an area of the body with the highest density of Marma points (energy channels) and other energy gateways into the body (this is a similar to acupressure points in Traditional Chinese Medicine). In Ayurveda, Marma points are used in Abhyanga & Shiroabhyanga. These points are used to unblock energy channels & encourage the flow of energy (prana) in the entire body.

Through a variety of different techniques, the massage works to release any blocked negative energy in the body that may be manifesting itself as disease or injury in any one of the seven Chakras (energy centres) of the body. It does so by applying pressure to certain points (marma points) on the neck, shoulders and head that correspond to each Chakra (which is a similar approach to that of reflexology). This unblocks the energy channels, and allows for a free flow of energy around the body, restoring the individual to optimum health and feelings of wellbeing

Benefits

An Indian Head Massage may prove beneficial by:

Relieving built up tension that can often result in headaches, migraines, neck and back pain..

Detoxifying the body by stimulating lymphatic drainage

Boosting overall immunity

Improving circulation, which in turn increases energy levels.

Promoting clarity and increased concentration.

Soothes symptoms of asthma by calming the respiratory system.

Relieves Mandibular Joint Tension.

Increases muscle tone.

Relieves symptoms of sinusitis.

30 minutes -	1000
60 minutes -	2000

Abhyangam

Abhyanga is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying Body, Mind and Spirit. This ayurvedic detox and stress reduction therapy is performed by herbal oils. It incorporates an aromatic combination of oils prepared with herbs warmed and blended to your Dosha type. A variety of Ayurvedic techniques is applied to work along the energy channels of your body in a synchronized manner to restore the flow of vital energy, Prana, where it has become blocked. Lymphatic stimulation with ayurvedic herbal oils help squeeze out toxic accumulation from channels. Hence it is **DETOXIFYING massage**. Warm oil is the best remedy for Vata which is governing energy for healthy body and mind, Abhyanga oil massage initiates deep healing within cells. **Hence it is one of the most popular therapy in Ayurveda Body work treatments.**

Abhyanga includes -

Indian scalp and head oil massage,
neck and shoulder oil massage,
feet and legs oil massage,
hands and palm oil massage,
back massage and
belly massage with oils.

The session ends with steam therapy.

Please note : Abhyanga Herbal Oil Massage Therapy is NOT a massage therapy. It differs from Western massage.

Ayurvedic oil Massage therapy is a **holistic healing and complementary medicine program and NOT a conventional massage**, oils are applied to detox physical toxins, mental toxins and emotional toxins and also for pacifying aggravated vata dosha (due to hectic and stressful lifestyle and improper foods/food habits) which is the root cause of imbalance, also it helps relieve stress.

Abhyanga is an Ayurvedic external therapy where one or two therapists (signature therapy) use aromatic herbal oils. It is a **holistic treatment also meant to nourish the body** with healing touch and warmed oil, and certainly promotes healthy circulation and joints. This treatment is very balancing and is excellent for detoxifying toxins in your body.

Ayurveda massage therapy is NOT only a muscle work but the approach is CELLULAR. Warm oils deeply penetrate cells and release physical, mental and spiritual toxins, hence it is detoxifying as well as healing CELLULAR therapy. Hence the stress is removed from the root place thus it promotes self healing of cells.

60 minutes -	2500
90 minutes -	3500

Sinodhara + head

The Shirodhara technique soothes and invigorates the senses and the mind. A total feeling of wellness, mental clarity and comprehension is experienced in this process. Shirodhara means the dripping of oil like a thread (dhara) on the head (shiro). This is a tantalizing yet tranquil form of Ayurvedic oil treatment.

Shirodhara is a purifying and rejuvenating therapy designed to eliminate toxins and mental exhaustion as well as relieve stress and any ill effects on the central nervous system. Shirodhara is a unique form of ancient therapy of pouring oil on the forehead from a specific height and for a specific period continuously and rhythmically allowing the oil to run through the scalp and into the hair. This is a subtype of Murdha taila which means keeping the medicated oil on the head region. The types of Murdha taila other than Shirodhara are Shiro Abhyanga, Pichu And Shiro Basti. So the concept of shirodhara is mainly concerned with the application of oil though the other liquids are also used for the therapy but they are associated with specific clinical conditions.

Shiro means head and dhara means to flow. Shirodhara involves gently pouring liquids over the forehead, more specifically stated- on the 'third eye'. It is the chakra point just above and between the eyebrows which is said to be the seat of human consciousness. The liquids used in shirodhara can include oil, milk, buttermilk, coconut water, or even plain water according to the various treatments for different benefits.

What are the results of the Shirodhara Treatment?

According to traditional texts (Astanga Hrdaya: Sutra 2:7-8), this Shirodhara technique, if done correctly and accordingly, is known to accomplish miraculous healing. Some are listed here:

- Mesmerizing and tantalizing effects
- Treatment of several diseases connected with the head, neck, eyes, ears, nose, throat
- Helpful against insomnia
- For nervous disorders and dispositions
- Helps relieve tension headaches
- Reduces shoulder and neck pains
- Prevention of premature graying of hair
- Increases luster and form of hair and more

60 minutes -	4500
90 minutes -	5500

Head, Neck & Shoulder massage

Do you want to feel light, relaxed and energised again? Muscle tension, aches and pains can often hold us back from doing the things we want or need to do. Our head, neck and shoulder massage is beautifully relaxing and targets all the places you hold the most tension – the head, neck and shoulders.

What can it treat?

A head, neck and shoulder massage is a wonderful way to ease shoulder and neck tension while gaining a peaceful retreat from the outside world.

Head, Neck and Shoulder massage may help:

Reduce stress

Release anxiety

Insomnia

Headaches and migraine

Muscle Tension

Increase circulation

Boost the immune system

This massage can also help with a number of health conditions, including:

Relieve sinusitis

Jaw problems

Inner ear conditions

Tinnitus

Dizziness and Vertigo

Eye strain

30 minutes -	1500
60 minutes -	2500

Mukh - lepa

The topical application of the herbal paste to the face and keeping it undisturbed for certain period is known as Mukh lepa.

Benefits of Mukh Lepa:

This therapy is used to clear the mobility of dosha or any toxic substances in facial skin as well as to improve the color and complexion of the skin.

30 minutes -	2000
60 minutes -	3000

Pizhichil

Pizhichil Treatment in Ayurveda, is a combination of oil massage and heat treatment. This therapy was mostly used by Maharajas in the olden days, and popularly known as treatment for aristocrats

A gentle, synchronized massage of up and down is carried out on all parts of the body other than the head are subjected to this treatment. The patient should lay on the treatment table and two to four trained therapists perform the massage under the supervision of a physician. It is administered in seven standard positions, so that no area of the body is left uncovered.

Here, cloth dipped in lukewarm medicated oil is squeezed over the patient's body uniformly and then the oil rubbed smoothly over the body of the patient by masseurs on either side. The session may take 1 hour including continuous oil pouring over the body, then rubbing and stimulating the skin using hands and special cotton cloths. Special caution has to be taken for the patient's head should not get sweat during the treatment. A cloth is tied over the forehead of the therapy taker to prevent oil from getting into the eyes.

Fresh medicated oil is used every day and the duration of Pizhichil is decided by the Ayurveda expert after the body constitution of the individual has been determined. Normally the treatment may last fourteen to twenty-eight days. This is a highly rejuvenating treatment that enhances muscular tone and returns the entire nervous system. It comes as a package in itself – a course of 10 days is necessary to gain its maximum healing potential.

Recommended for: extremely high Vata dosha types, muscular aches and pains, rheumatic problems, osteo arthritis, insomnia, depression, sexual problems.

Benefits: tones and rejuvenates the skin, promotes relaxation, blood circulation, nourishes muscles, nerves tissues, inner balance.

60 minutes -	4500
90 minutes -	5500

Uzhichil

Uzhichil is one of the preparatory treatments for panchakarma. Here, the patient has to sit on a chair in a comfortable position for a gentle head massage. Then he/she has to lie down on the table in a comfortable relaxed position and the therapist will start full body massage in a rhythmic manner. According to the Doshic predominance and constitution the medicated oils may vary.

This massage strengthens the tissues and promotes biological fire and longevity, regenerating and rejuvenating the body. It is especially good for nervous disorders.

'Kalari uzhichil' is one of the preparatory treatments for panchakarma. Here, the patient has to sit on a chair in a comfortable position for a gentle head massage. A special shoulder and spine massage will be done in a specific pressure. Then he/she has to lie down on the table in a comfortable relaxed position and the therapist will start full body massage in a rhythmic manner. According to the Doshic predominance and constitution the medicated oils may vary.

This special massage takes away the stiffness of the body and bestows flexibility and relaxation.

This method strengthens the tissues and promotes biological fire and longevity, regenerating and rejuvenating the body. It is especially good for nervous disorders.

Dhathu pushti uzhichil is one of the key rejuvenation treatments. Here, the patient has to sit on a chair in a comfortable position for a gentle head massage. Then he/she has to lie down on the table in a comfortable relaxed position and two therapists will start full body massage in a rhythmic manner. According to the Doshic predominance and constitution the medicated oil may vary.

This special massage enhances the general circulation of the body and bestows enthusiasm and creativity. This method also strengthens the tissues and promotes biological fire, longevity, regenerating and rejuvenating the body. It is especially good for tiredness.

60 minutes -	3500
90 minutes -	4500

Navarakizhi

Navarakizhi is a perspiration-triggering body scrub. What makes this treatment different is the use of medicated herbal rice.

To make these, rice is first soaked in natural herbs and oils. The blend is cooked to steam, and the resulting fragrant mixture is then contained in puffy muslin tea bags.

The procedure in Navarakizhi is a two-step process: specially-applied oil is first slathered all over the body, after which the muslin tea bags are used to 'pound' the body, with extra focus in areas where marma (nerve points) reside.

Navarakizhi is extremely effective against rheumatism, joint and muscle pains, back pains (e.g. sciatica, slipped discs), high blood pressure, high cholesterol levels, and sexual problems such as and menstruation, infertility and nervous weaknesses. It may also get rid of certain skin problems.

60 minutes -	4500
90 minutes -	5500

Ayurveda rejuvenation

With age, the body weakens and various ailments starts showing up. Somatheeram offers rejuvenation therapy, which is aimed at revitalizing the body, mind and the soul. It helps in strengthening the whole system, toning the skin and generating a state of well being. The procedures include Sirodhara, massaging with medicated oil and cream, intake of rejuvenative medicines, medicated steam bath and rejuvenating herbal face mask. This package can be availed for 7 or 14 nights.

Body Purification Therapy

Otherwise known as Sodhana Chikilsa, body purification therapy helps in removing the toxins deposited in the body. The body is first made ready for the purification process by two main methods:

Snehana Karma (Oil Therapy) – Therapy using oil and ghee preparations

Swedana Karma (Sudation Therapy) – Making the body sweat using Njavarakizhi, Pizhichil, Elakizhi, steam bath etc.

After that the purification process is carried out by means of Panchakarma.

60 minutes -	3000
90 minutes -	4000

Swedana

The term "swedana" is used in Ayurvedic medicine to describe treatments which involve sweating. Many people use it specifically to refer to one swedana treatment, the closed steam box. In Ayurveda, swedana is used to relieve excess doshas from the body, establishing a state of balance which promotes general health. People who do not practice ayurveda may also take advantage of swedana treatments, believing that they have health and beauty benefits.

This word is derived from the Sanskrit word swid, which means "to sweat." According to the principles of Ayurveda, sweating releases toxins from the body, promoting general health. Sweating can also be used to create dosha or body type imbalances, especially when combined with herbs which target specific doshas. In order for a swedana treatment to be effective, the practitioner must first assess the patient's dosha type to determine the best mixture of herbs.

Swedana can be broken into a number of different types. It can be wet or dry, mild to strong, and produced with or without the aid of fire. Exercise, for example, is a form of swedana which does not involve the use of fire, while sitting in a sauna is a dry form produced with the assistance of fire. Depending on the case, swedana may involve the entire body, or the treatment may involve only a very specific part of the body, and the duration of the treatment can vary. When spas offer swedana, they typically refer to a very specific type of swedana which involves a steam box. In this type of swedana, someone's body is enclosed in a box which is filled with herb-infused steam, with the mixture of the herbs being determined by the client's type. Clients sit in the steam box for around a half hour before being released.

The immediate benefit of this type of swedana is better skin, as the heat and steam helps keep the skin clear and healthy. It can also relieve muscle aches and pains, and for people who follow ayurvedia principles, it can relieve an imbalance of doshas which may be causing health problems. Many people also believe that sweating helps the body detoxify.

Swedana is not for everyone. People who are pregnant should avoid it, as should people with blood disorders, heart conditions, and bouts of dizziness or vertigo. Whether you undertake swedana for health, beauty, or both, it is a good idea to consult a doctor first to make sure that it is not contraindicated for you. Ayurvedic practitioners also believe that swedana is dangerous for people with feelings of anger or jealousy.

30 minutes -	1500
60 minutes -	2500

Nasya

Nasya Therapy is a sinus therapy with herbal oils such as herbal oil, ghee, or herbal powder. Your nose is the doorway to the brain as well as the doorway to consciousness. Prana, the life force, enters your body through each breath taken in through your nose. The seat of Prana is in the brain and maintains sensory and motor functions

Benefits of Nasya Therapy

Opens and clears breathing channels

Great relief for allergies, sinusitis, migraine headache, and frequent colds

Melts the tension in your face with aromatic warm towel compresses

30 minutes -	1500
60 minutes -	2500

GreevaVasti

GreevaVasti is a specialized Ayurvedic treatment in which warm medicated oil is retained inside an herbal paste boundary over the neck region.

60 minutes -	3500
90 minutes -	4500

Janu Vasti

Nearly 80% of the population between 55-65 years is troubled by diseases of the knee. Being one major weight bearing joints, wear and tear is also wide. The most common ailment is Osteo_arthritis (OA). The management of any disease of the knee is unique in Ayurveda. One of the most effective treatments.

60 minutes -	3500
90 minutes -	4500

Kadi Vasti

This is an ancient treatment for healing back pain. Warm medicinal oils are retained by a dough dam placed over the lumbar or thoracic region of the back. Anti-inflammatory herbs such as St. John's Wort and Nirgundi and nervine tonics such as Brahmi are used to heal and strengthen the tissue.

60 minutes -	3500
90 minutes -	4500

Udwarthanam

Udwarthanam is special therapeutic deep tissue massage using herbal powders. Udwarthanam means to elevate or to promote. This massage involves upward stroking, where the powder is rubbed forcibly on the body. Classical treatises on Ayurveda explain this procedure as a daily routine.

60 minutes -	4000
90 minutes -	5000

Naranga Kizhi

Naranga kizhi is a method of therapeutic sweating. The body is fomented thoroughly with linen bags containing cut and fried pieces of lime garlic dill seed powder and rock salt. As moderate heat is required to sweat the body bundles have to be warmed up periodically by dipping in warm medicated oil.

60 minutes -	4500
90 minutes -	5500

Urovasti

Is a part Panchakarma treatment in Ayurveda, involving introduction of herbal oils and decoctions into the colon. Urovasti is particularly recommended for pains affecting the sternum in the chest area. This is a chest oil bath treatment. It is recommended for bronchitis, asthma, and respiratory issues, mild angina, Ischemic heart disease, cardiomyopathy and muscular chest pain.

60 minutes -	3500
90 minutes -	4500

Elakizhi (Patrapotala Sweda)

Ela or Ila or Patra means leaves; kizhi or panda means bolus; Swedam means Sudation. It is one of the major sudation processes using herbal leave, practiced by Vaidyas in Kerala. It is highly effective in ailments affecting bones, joints and nervous system.

60 minutes -	4500
90 minutes -	5500

Siro Vasti

Sirovasti is the procedure wherein the medicated oil is retained on the head for a prescribed period. For this purpose the patient's hair is cut short (complete removal of hair is preferable) and a clean cloth bandage is wrapped round the head of the patient over the forehead going over the ears.

60 minutes -	3500
90 minutes -	4500

Thakra Dhara

Takra dhara is a form of Shirodhara, an Ayurvedic treatment method which involves continuous flow of medicated butter milk to the centre of forehead continuously for up to an hour a day. It is a cure for vata predominant diseases, relieves tension and cures certain types of skin diseases.

60 minutes -	4500
90 minutes -	5500

Podikizhi

A type of Ayurvedic massage treatment with herbal powders. Podikizhi is effective in curing arthritis, paralysis and neuro-muscular diseases. It is mainly done with the powdered roots of 12 herbal plants such as alpinia galangal, ricinus communis, sandalwood and dry ginger.

60 minutes -	4500
90 minutes -	5500

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WOMEN

FEATHER CUT	Rs 850.00
FRINGE	Rs 120.00
CREATIVE LONG HAIRCUT	Rs 1050.00
CREATIVE SHORT HAIRCUT	Rs1200.00
LAYER TRIM	Rs 850.00
TRIM	Rs 450.00
SHAMPOO & CONDITION	Rs 400.00
DEEP CONDITIONING	Rs 500.00
SHAMPOO, CONDITION & BLOW DRY	Rs 550.00
HAIR STRAIGHTENING (short hair)	Rs 4000.00 (ONWARDS)
HAIR STRAIGHTENING (medium hair)	Rs 8000.00 (ONWARDS)
HAIR STRAIGHTENING (long hair)	Rs 12000.00 (ONWARDS)
COLOUR ROOT TOUCH UP	Rs 1000.00
HAIR COLOUR (short hair)	Rs 1800.00
HAIR COLOUR (medium hair)	Rs 2000.00
HAIR COLOUR (long hair)	Rs 2400.00
HAIR STREAK (per streak)	Rs 450.00
HAIR SPA	Rs 1800.00 (ONWARDS)

MEN

SHAVE	Rs 200.00
SHAMPOO & BLOW DRY	Rs 250.00
HAIR CUT	Rs 400.00
HAIR STYLING	Rs 500.00
ROOT TOUCH UP	Rs 600.00
HAIR COLOUR	Rs 1500.00
HAIR SPA	Rs 1400.00 (ONWARDS)
HAIR STRAIGHTENING	Rs 3000.00 (ONWARDS)



amoda makes you look
BEAUTIFUL

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FOR HIM / FOR HER / BEAUTY

Bleach

FEET	Rs 500.00
FULL ARMS	Rs 750.00
FULL FACE	Rs 400.00
NECK & BACK	Rs 600.00
UNDERARMS	Rs 250.00

Threading

CHEEK	Rs 100.00
CHIN	Rs 50.00
EYEBROW	Rs 100.00
FOREHEAD	Rs 50.00
FULL FACE	Rs 350.00
UPPER LIP	Rs 50.00

Waxing

BACK	Rs 800.00
BIKINI LINE WAX	Rs 500.00
CHEST	Rs 750.00
FULL ARM	Rs 750.00
FULL BIKINI WAX	Rs 1500.00
FULL BODY WAX	Rs 3500.00
FULL FACE	Rs 650.00
FULL LEG	Rs 1000.00
HALF LEG	Rs 500.00
UNDERARMS	Rs 200.00

Facial

CLEAN-UP	Rs 700.00
DIAMOND FACIAL	Rs 1800.00
FRUIT FACIAL	Rs 1200.00
GOLDEN FACIAL	Rs 1500.00
HERBAL FACIAL	Rs 1000.00
PEARL FACIAL	Rs 1000.00
SILVER FACIAL	Rs 1500.00
WINE FACIAL	Rs 1400.00

Manicure

BASIC MANICURE	Rs 750.00
MANICURE SPA	Rs 850.00

Pedicure

BASIC PEDICURE	Rs 850.00
PEDICURE SPA	Rs 1000.00

Make-Up

PARTY MAKE-UP	Rs 1000.00
BRIDAL MAKE-UP	Rs 5500.00

Saree Draping

ANY STYLE	Rs 350.00
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FOR HIM / FOR HER / SPA

Body Polishing

Growing up as a teenager, you never think of taking care of your skin. But once you enter your 20's, you begin to see the changes. The skin is an ecosystem and it demands to be treated with respect and care. It is a part of the larger environment and takes into account the interaction between the skin and its environment. Damage to the skin speeds up signs of aging. Sun exposure has a major role to play in wrinkles and age spots. The sun produces both visible and invisible rays from which we need protection. Even on cloudy days, the skin is exposed to these rays.

A lifetime of sun exposure can cause wrinkles, age spots and other skin problems – as well as an increase in the risk of skin cancer.

THE 5 MOST IMPORTANT TIPS FOR SKIN CARE ARE

Protect yourself from the sun- The sun and its damaging rays are the biggest threat to the skin.

Exfoliate Regularly – Exfoliating your skin once or twice a week is necessary. Massage the face in an upward direction because gravity is what causes the skin to wrinkle, sag and age.

Manage Stress – For healthy skin, one must have a healthy state of mind. Stress can trigger acne break outs and other skin problems.

Eat healthy - It is important to practice portion control. Most cases of bad skin come from what we eat; hence one should limit their intake of fatty foods and instead include lots of fruits, vegetables, whole grains and lean proteins in the diet for healthy glowing skin.

Do not smoke – Smoking makes your skin look older and contributes to wrinkles. It narrows the blood vessels in the outermost layer of the skin, which decreases blood flow. This depletes the oxygen and nutrients, which are important to the skin.

Drink lots of water – Drinking ample amount of water is a definite way of achieving healthy skin and a healthier life. Adding a slice of lemon to your water works on your skin for the better.

Treat your skin gently – It is important that the skin be treated gently. Hot water should be avoided and instead warm water should be used. Strong soaps shouldn't be used but mild ones should be opted for. Pat dry after bathing to retain some moisture in the skin and always moisturize dry skin.

30 minutes -	2500
60 minutes -	3500

Birthday Spoiler Package

Deep cleansing facial, Pampering Pedicure or Manicure, Swedish massage

120 minutes

4500

Midweek Spoil-Me Package

Foot, Leg and Ankle massage, Deep cleansing facial, Back, Neck and Shoulder massage

90 minutes

3500

Coconut Body Polish

Specially prepared cane sugar is carefully blended with fresh grated coconut, sweet cardamom and rubbed on to the whole body, which removes dead cells. Your skin will feel smooth and intensely hydrated.

30 minutes

2500

Indulgence

This natural body treatments starting with a full body scrub, dead cells and impurities are stripped from the surface of the skin followed by a Swedish massage removes every trace of tension from your body and ends with a body wrap. It helps to improve blood circulation, detoxify and rejuvenate.

120 minutes

3000

AMODA Signature Polish

This natural body polishes treatment consisting of jasmine and coconut body polish followed by Swedish massage harness the healing properties of natural herbs to provide a sense of reliever, which helps in complete rejuvenation of skin.

90 minutes

4500

AMODA Rejuvenation

A combination of body pack with Swedish massage removes every trace of tension from your body to improve blood circulation, rejuvenate and detoxification of body.

90 minutes

4500

Bridal Package

Golden Facial; Pampering Manicure or Pedicure; Bleach; Threading; Full Body Waxing; Hairstyle; Saree draping; Swedish massage & Scrub

18000.00



spa etiquettes:

Before you arrive: we request all our valued customers to arrive 15 minutes before scheduled time for treatment in order to ensure timely ending of treatment. We invite you to email your profile, requirements and selected requests before you arrive. We also request you to please arrive 15 minutes before, this give you opportunity to relax before you start your treatment. It is not advisable to do a steam or sauna if you are pregnant, if you have high BP or other medical conditions. This is a unisex area so your bathrobes must be worn at all times in public areas.

reservation:

appointment for treatments will be entertained through phone / email.

booking cancellation:

a 4- hour notice is required for any booking cancellation so as not to affect our treatment scheduled plan.

payment methods:

payments are accepted either in cash or by Debit/credit cards (visa /MasterCard/ maestro)

mobile phones:

the spa being a relaxing and evasion territory, we request all our valued customers to switch off their mobile phones while entering the spa.

Opening hours: 09:00 am to 09:00 pm, Mondays to Sundays including public holidays

wellness suites & valuables:

you are highly recommended not to bring any valuables in the spa. Designated lockers are provided to store watches / mobile phones / keys etc. Spa attire will be provided and your therapist will always protect your modesty and you will remain covered at all times.

no smoking:

please note that the spa is a no-smoking zone.

vat:

all our treatment rates are exclusive of tax

Gift vouchers:

for your gift vouchers, please contact the reception desk.

Termination of treatment:

Amvi spa reserves the right to alter prices, amend or discontinue treatments without prior notice.

to keep the body in good health is a duty,
otherwise we shall not be able to keep our mind strong and clear.

-buddha





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