

Price List*: October 2019

Treatments	Price
Abhyanga: Vata, Pitta or Kapha oil massage, 60 minutes with 2 therapists	£124
Abhyanga: Vata, Pitta or Kapha oil massage, 60 minutes with 1 therapist	£79
Hrid Basti: Recommended for the physical and emotional heart	£43
Karana Purana: Treatment for tinnitus and other ear problems	£43
Kati Basti: Helpful for lower back pain. Can be applied to any part of the back that has problems	£55
Janu Basti: Used for knee joint problems, such as pain and stiffness, 1 Knee	£35
Janu Basti: Used for knee joint problems, such as pain and stiffness, 2 Knee	£45
Kshira Basti: A mixture of milk, oil and herbs that is useful when a mild enema is needed	£39
Marma Therapy: To purify, strengthen and rejuvenate vital energy points and channels, 30 minutes	£40
Marma Therapy: To purify, strengthen and rejuvenate vital energy points and channels, 45 minutes	£55
Matra Basti: Herbalised oil used within the colon to reduce Vata and constipation	£32
Nasya: A major treatment involving massage, heat and oil treatment for head and sinuses	£105
Netra Tarpana: Refreshes tired or itchy eyes. Rejuvenating and Pitta reducing for the eyes	£45
Padabhyanga: Foot and lower leg massage. Recommended after long journeys and for foot problems	£47
Patra Pottali: Oil and heat treatment for joints, muscles and soft tissues, 1 Area	£47
Patra Pottali: Oil and heat treatment for joints, muscles and soft tissues, 2 Area	£54
Patra Pottali: Oil and heat treatment for joints, muscles and soft tissues, 3 Area	£64
Patra Pottali: Oil and heat treatment for joints, muscles and soft tissues, 4 Area	£74
Pinde Swedana: Total body treatment to restore muscle tissue, joint function and energy	£179
Pizichili: Deeply satisfying massage with a stream of warm herbalised oil poured over the body	£189
Podikili: Dry preparations are used to remove toxins gathered in joints and tissues just beneath the skin	£80
Sarvanga Ksheera: Nourishing stream of warm herbalised milk continually poured and massaged into the body	£168
Shiro Abhyanga: Ayurvedic head massage with one therapist	£47
Shiro Basti: Whole head oil treatment with 2 therapists, for stress, fatigue, insomnia, head and mind	£89
Shiro Picchu: Oil treatment given to top of head Mahamarma, for stress, fatigue, insomnia	£40
Shirodhara: Soothing stream of oil poured over forehead. Calms the mind and reduces Vata	£64
Shodhana Basti: Purifying enema to remove Ama and excess Kapha, Pitta, and Vata Doshas	£40
Swedana (full): Herbal steam bath that opens the Shrotas (body channels) to help eliminate toxins	£38
Swedana (local): Localised heat treatment to open the Shrotas and help eliminate toxins	£15
Takradhara: Cooling stream of herbalised yoghurt over forehead. Helps sleep and reduces Pitta	£85
Udvaltana: Stimulating massage with special flour and herbal paste, for Kapha and weight reduction	£142
Vishesh: Deep muscle massage to remove blockages, increase blood flow and awaken energy	£116

* We reserve the right to change our treatment prices at any time without further notice. However, if you have ordered but not yet paid for a treatment, we guarantee the price for one month from when the order was placed.