



Treatment List 2017

Item #	Category	Name	Description	Current Price
1	PurvaKarma	Abhyanga / Uzhichil 1	30 minutes	R 350
2	PurvaKarma	Abhyanga / Uzhichil 2	60 minutes plus additional 15 minutes steam	R 600
3	PurvaKarma	Shirodhara	60 minutes. 1 day treatment only	R 800
4	PurvaKarma	Shirodhara 3 day	60 minutes	R 1 800
5	PurvaKarma	Shirodhara 5 day	60 minutes	R 2 600
6	PurvaKarma	Abhyanga + Shirodhara combined 1 day	90 minutes in total (40+40+10rest)	R 1 200
7	PurvaKarma	Abhyanga + Shirodhara 3 day	90 minutes in total (40+40+10rest)	R 3 400
8	PurvaKarma	Abhyanga + Shirodhara 5 day	90 minutes in total (40+40+10rest)	R 5 000
9	PurvaKarma	Shila Abhyanga (1.5 hrs)	Ayurvedic Hot Stone Massage	R 650
10	PurvaKarma	Marma Therapy	45 mins + 15mins rest	R 500
11	PurvaKarma	Nadi Swedana (medicated steam on a body part)	20 mins	R 200
12	PurvaKarma	Bashpa Swedana	20 Mins	R 300
13	PurvaKarma	Kati vasti, janu vasti, shiro vasti	40 mins Ingredients and oils provided	R 500
14	PurvaKarma	Patra pinda sweda	Ingredient and oils provided	R 650
15	PurvaKarma	Shastika shali pinda sweda	Ingredients and oils provided	R 650
16	PurvaKarma	Shiro Lepham	40 to 60 mins - ingredients provided	R 350
17	PurvaKarma	Agni Lepham	40 to 60 mins - ingredients provided	R 350
18	PurvaKarma	Thakradhara	60 minutes	R 700
19	PurvaKarma	Udhwartana	60 minutes	R 700
20	PurvaKarma	Kaya sekham (pizhichil - more than 1 therapist required)	60 minutes	R 800
21	PurvaKarma	Karnapoorna	30 to 40 minutes	R 350
22	Pradhan Karma	Nasya	30 to 40 minutes	R 400
23	Pradhan Karma	Vamana	60 minutes	R 700
24	Pradhan Karma	Classic Virechana	7 days (3 days gritha, 3 days massage, 1 day purgative)	R 3 500
25	Pradhan Karma	Sadhya Virechana	1 day (Sunday) - Includes medication, monitoring and hot water, use of facility, aloe veera / coconut water, kanji)	R 1 000
26	Pradhan Karma	Shudajala vasti	30 to 40 minutes	R 400
27	Pradhan Karma	Kashayavasti	30 to 40 minutes (includes topical massage, steam and medicine prep)	R 700
28	Pradhan Karma	Snehavasti	30 to 40 mins including topical massage, steam, medicine and 20 mins rest	R 500
29	Netra Jyoti	Netra sekham	40 minutes, all inclusive	R 400
30	Netra Jyoti	Netra vasti	40 minutes, all inclusive	R 400
31	Netra Jyoti	Pinda sweda	40 minutes, all inclusive	R 400
32	Netra Jyoti	Ssps	40 minutes, all inclusive	R 400
33	Netra Jyoti	Putpak	40 minutes, all inclusive	R 400
34	Netra Jyoti	Netra Lepham	40 minutes, all inclusive	R 350
35	Netra Jyoti	Netra bandhan	40 minutes, all inclusive	R 350
36	Netra Jyoti	Netra Pitchu	40 minutes, all inclusive	R 350
37	Netra Jyoti	Eye exercises	10 Excercises, 7 consecutive days, 3 hours per day	R 400

* Prices inclusive of medicines and oils

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