

# ARE YOU SUFFERING FROM?

Arthritis	Stress	IBS	Sinusitis
Sciatica	Insomnia	Constipation	Hair Loss
Back Pain	Migraine	Eczema	Sports Injuries
Neck Pain	Headache	Psoriasis	Frozen Shoulder
Joint Pain	Depression	Skin Problems	Sexual Weakness

 **GIFT VOUCHERS AVAILABLE** 

## Nasyam

**25 mins £35**

Nasyam (Errhine Therapy) is a very powerful therapy that involves administering medicated herbal oils through the nose. It cures nasal congestion, sinusitis and asthma, relieve headaches, stress & migraine and induces sound sleep.



## Kativasti

**50 mins £55**

Kativasti is given to patients with lower back pain. Oil mixed with black gram dough is placed on the patient for an extended duration. Effective for Chronic Back pain, Intervertebral disc prolapse and Lumber Spondylitis.



## Sirodhara

**50 mins £65**

An ayurvedic procedure of slowly & steadily dripping medicated oil on the forehead. Reduces anxiety insomnia, hypertension, mental stress, loss of memory, headache. Improves memory & mental capabilities.



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## Body Massage

**55 Mins**

Gentle & relaxing massage with warm herbal oils. Helps in stress relief, nervous stimulation, toning up of muscles, rejuvenation & immunization.

**£39**

With  
Steam

**£42**

NO  
Steam

## Body Massage Podikizhi (Pain Relief)

**55 Mins**

Podikizhi is a massage using medicated powdered herbs, wrapped in a cloth, is applied with hot medicated oils. Benefits: arthritis, spondylosis, muscular pains, backpain, sports injuries etc.

**£45**

With  
Steam

**£47**

NO  
Steam

## Abhyanga

**55 Mins**

Abhyanga is a gentle body massage with warm herbal oils. Benefits: relief from back pain, frozen shoulder, sprains, joint pains, muscle pains, fatigue, obesity etc.

**£45**

With  
Steam

**£47**

NO  
Steam

**BOOK CONSULTATION NOW £35**

# AYURVEDA TREATMENTS

## GENTLE MASSAGE

A gentle massage with herbal oils. Improves blood circulation, and reduces stress & strain. Relieves tensions, aches, stiffness & muscle spasms.

Neck & Shoulder Massage	<b>28 mins</b>	<b>£25</b>
Back Hot Oil Massage	<b>28 mins</b>	<b>£25</b>
Foot Massage	<b>28 mins</b>	<b>£25</b>
Legs Massage	<b>28 mins</b>	<b>£25</b>
Indian Head Massage	<b>28 mins</b>	<b>£25</b>
Relaxation Massage		
With Steam	<b>55 mins</b>	<b>£45</b>
No Steam	<b>55 mins</b>	<b>£47</b>

## HOLISTIC TREATMENTS

### Reflexology **28 mins £27**

Reduces stress, induces relaxation, increases energy levels, improves circulation, and builds a stronger immune system.

### Hopi Ear Candle **28 mins £27**

Involves the use of ear candles to remove excessive or compacted ear wax, glued ear, ringing in the ears, sinusitis, rhinitis, headaches & migraines.

### Pregnancy Massage **55 mins £45**

Helps to reduce stress hormones in the body, relax your muscles. Helps in improving blood circulation, and joint & back pain.

## HIGH PRESSURE MASSAGE

Helps to relieve tight muscles, stiffness, & anxiety, helps to remove knots and improves blood circulation. Rejuvenates the entire body.

Deep Tissue Neck/Shoulder	<b>28 mins</b>	<b>£27</b>
Deep Tissue Back	<b>28 mins</b>	<b>£27</b>
Deep Tissue Legs	<b>28 mins</b>	<b>£27</b>
Deep Tissue Body		
With Steam	<b>55 mins</b>	<b>£45</b>
No Steam	<b>55 mins</b>	<b>£47</b>
Sports Injury Massage		
With Steam	<b>55 mins</b>	<b>£45</b>
No Steam	<b>55 mins</b>	<b>£47</b>

## PAIN RELIEF TREATMENTS

Podikizhi (Herbal Bag) is a massage using medicated powdered herbs, wrapped in a cloth, and is applied with hot medicated oils. Benefits: arthritis, spondylosis, muscular pains, back pain, frozen shoulder, swelling, sports injuries etc.

Back Massage with Podi	<b>28 mins</b>	<b>£27</b>
Neck/Shoulder with Podi	<b>28 mins</b>	<b>£27</b>
Knee Massage with Podi	<b>28 mins</b>	<b>£27</b>
Legs Massage with Podi	<b>28 mins</b>	<b>£27</b>
Feet Massage with Podi	<b>28 mins</b>	<b>£27</b>
Back Massage with Podi	<b>45 mins</b>	<b>£40</b>

## Body Scrub & Polishing

**55 mins £45**

A body scrub is an exfoliant therapy, that removes dead skin cells from the outer layer of your skin. Stimulates skin cell turnover, resulting in smoother, brighter skin and possibly preventing future acne breakouts.

## Mini Herbal Facial

**28 mins £30**

A mini facial cleanses, exfoliates, tones, moisturizes, and protects your skin in a shorter amount of time. Gives you tighter, smoother, healthier skin, & can even help with acne.

## SKIN CARE

FULL FACIAL INVOLVES CLEANSER, EXFOLIATE, STEAM, BLACKHEAD REMOVAL, MASK, MOISTURISER

### Herbal Facial

**55 mins £35**

This facial is for oily skin that is suffering from acne or prone to breakouts. Deeply cleanses & exfoliates the skin. Helps to get rid of dead skin cells, dullness & blackheads.

### Fruit Facial

**55 mins £37**

Helps in natural facelift & rejuvenation & gives a natural glow to the skin, a great way to loosen dead skin cells, which improves the texture of the skin.

### Glow / Bridal Facial

**55 mins £37**

Suitable for all types of skin. Glow facial pampers your skin, enhancing its texture, and giving fresh, youthful, & glowing skin.

### Aloe Vera Herbal Facial

**55 mins £37**

Removes dead epithelial cells, blackheads & whiteheads. Protects skin from dryness & cracking. A natural astringent relaxes tense nerves and hydrates.

### Anti-Marks & Fairness Facial

**55 mins £39**

Helps in minimizing the bacteria, thus reducing the blemishes, & drying out the excessive oil.

### Anti-Pimple & Acne Facial

**55 mins £39**

The herbal & antiseptic properties of this facial are helpful in preventing acne & pimple. It maintains the PH balance & keeps the sebum secretion regulated.



Please note that massage with steam includes 45 mins massage + 10 mins steam. Massage with no steam includes 55 mins massage

# Colon Hydrotherapy

Colon Hydrotherapy is an effective and safe procedure to eliminate digestive waste, which leads to a build-up of toxins from the colon, and that too without the use of medication or supplementation. The colon is gently rinsed with filtered warm water that softens the faecal matter and promotes peristalsis. This detoxifies the colon and removes faeces, excess mucus, harmful toxins, and other effluents.

Faecal matter contains toxins, and if it remains in the colon for elongated periods, can lead to serious health issues. These toxins can penetrate the colon walls and enter the bloodstream resulting in inflammation, bloating, and other illnesses, and impair assimilation and absorption of essential minerals. Stagnated faecal waste inhibits peristalsis and leads to constipation or irregular bowel movement which further causes numerous other health issues.



## £35

**BOOK YOUR  
CONSULTATION NOW**

[www.keralaayurvedaclinic.com](http://www.keralaayurvedaclinic.com)

# “

**Chemical-free Colon  
Hydrotherapy is the  
only safest way to  
keep your gut  
healthy!**



## CONTACT US



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# COLON HYDROTHERAPY

## £69



@keralaayurvedaclinic



## Frequency of colonics

We suggest 3 sessions in a year, 7 to 14 days apart. It also depends on your age, lifestyle habits, and the level of exposure you have to the environmental and chemical toxins.

We also offer Ayurveda & Beauty treatments

## FAQs

### IS IT SAFE?

It is safe. The water is introduced at a low gentle pressure, which is even lower than the pressure that stools exert on the bowel wall.

### DOES IT HURT?

The colonic irrigation treatment itself does not cause pain. At the start of the procedure, you may experience a "strange" sensation of wanting to go to the toilet, but most people get used to this feeling in the first few minutes, and even find the colonic treatment unexpectedly relaxing and uplifting.

## What is in it for me?

Yes, we are talking about the benefits!! Due to the non-judicious use of antibiotics and antibacterial products, and consumption of unhealthy foods, we impair our Intestinal flora which disrupts our gut health. Colonics offer myriads of benefits.

- Better Digestion
- Radiant skin
- Weight loss
- Better concentration
- Reduction in anxiety
- Improved immune system function
- Reduced risk of colon cancer
- Improves nutrient absorption
- Prevents constipation & improves muscle tone

### HOW MANY TREATMENTS DO I NEED?

It all depends on your condition and on the results of the first colonic. If a condition has been building up for years, it is unlikely that it will disappear completely after 40-50 minutes of cleansing, but most people feel improvements after the very first session. Colonic hydrotherapy, unlike the use of laxatives, is not habit forming and improves the tone of the colon.

### WHAT WILL I FEEL LIKE AFTER THE TREATMENT?

After a colonic, you should be able to continue with your daily plans, drive, go back to work etc. Some people feel energised straight away, some feel tired "in a nice way", some feel lighter, some feel very hungry, and some don't feel like eating afterwards.

**£69**

Colon Hydrotherapy  
Session 1

**£75**

Colon Hydrotherapy  
Session 2 – Herbal

**£75**

Colon Hydrotherapy  
Session 3 – Coffee

**COLON HYDROTHERAPY**  
Course of 3 Sessions

**£205**