



# Spa menu



## Namami Shirodhara

(The ultimate mind - body therapy which involves the gentle pouring of pre-medicated herbal oils on the forehead. It induces a deep state of relaxation, calms the nervous system and stimulates the endocrine system)

₹ 3250/-  
Duration -  
60 minutes



## Namami Takradhara

(A sudation therapy with medicated butter milk which can be done either as Shirodhara or the dhara over the entire body. This treatment is effective in insomnia, chronic headaches like migraine, ear-nose diseases, neuropathy and spondylitis )

₹ 3000/-  
Duration -  
60 minutes



## Namami Deep Tissue Massage

(Massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries )

₹ 3000/-  
Duration -  
45 minutes



## Namami Potli Massage

(Soft muslin cloth dipped in hot Ayurvedic oil, herbal powder or sand used to give massage on the pressure points, generating a therapeutic effect by nourishing, rejuvenating and relaxing the body)

₹ 3000/-  
Duration -  
45 minutes



### Namami Herbal Powder Massage

(The only massage which help in reducing obesity, blood sugar level and controls diabetes. It impart mobility to joints, strengthens muscle and refreshes the body )

₹ 3000/-  
Duration -  
60 minutes



### Namami Abhyanga Massage

(A traditional Ayurvedic therapy that involves massage of the entire body from the head to the toe with specific warm herb-infused oil )

₹ 2500/-  
Duration -  
60 minutes



### Swedish Massage

(The most common types of massage to energize the body and improve overall health. This type of massage involves actions like percussion, kneading, vibration, tapping and rolling)

₹ 2500/-  
Duration -  
45 minutes



### Namami Kati Vasti

(Kati Vasti is a part of the Panchkarma treatment that cleanses and rejuvenates the body. It is a lumbosacral therapy performed using heat and oil to pacify Vata dosha. This helps to treat inflammation, stiffness, and pain in the back area)

₹ 2500/-  
Duration -  
45 minutes



### Reflexology Foot Massage

(Massage that involves applying different amounts of pressure to the feet based on a theory that it is connected to certain organs and body systems )

₹ 2000/-  
Duration -  
45 minutes



### Head, Neck & Shoulder Massage **OR** Back & Spinal Massage

₹ 1500/-  
Duration -  
30 minutes



### Steam Bath **OR** Sauna

(All the above rates are exclusive of taxes.)

₹ 1500/-  
Duration -  
20 minutes



**NAMAMI RESORTS LLP**

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Pin Code - 249192.

**Spa Timing:** 8:00 am to 9:00 pm

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