

Radisson

Radisson Jass Hotel Khajuraho

VEDIC SPA

The way to Divine Ecstasy

AYURVEDA IS CONSIDERED BY MANY SCHOLARS TO BE THE OLDEST HEALING SCIENCE. IN SANSKRIT AYURVEDA MEANS "THE SCIENCE OF LIFE". AYURVEDIC KNOWLEDGE ORIGINATED IN INDIA MORE THAN FIVE THOUSAND YEARS AGO AND IS OFTEN CALLED THE MOTHER OF HEALING. IT STEMS FROM THE ANCIENT VEDIC CULTURE AND WAS TAUGHT FOR MANY THOUSANDS OF YEARS, IN AN ORAL TRADITION FROM ACCOMPLISHED MASTERS TO THEIR DISCIPLES. SOME OF THIS KNOWLEDGE SET TO PRINT A FEW YEARS AGO, BUT MUCH OF IT IS INACCESSIBLE. THE PRINCIPLES OF MANY OF THE NATURAL HEALING SYSTEMS KNOWN IN THE WEST HAVE THEIR ROOTS IN AYURVEDA.

AYURVEDA TREATMENTS

AYURVEDA MASSAGE-55 MINUTES **Rs.1800**

A TRADITIONAL, AYURVEDIC DE STRESS MASSAGE, WITH MEDICATED HERBAL OILS. THE MASSAGE INCLUDE RELAXATION AND HELPS TO DECREASE WEIGHT, BLOOD PRESSURE AND ELIMINATING IMPURITIES. IT HELPS IN GENERAL WELLBEING.

SHIRODHARA-55 MINUTES **Rs.2300**

AN OIL TREATMENT ON THE THIRD EYE. THIS TREATMENT IS DEEPLY RELAXING. IT HELPS TO EASE STRESS AND TENSION

MARMA MASSAGE-65 MINUTES **Rs.2300**

A THERAPETIC MARMMA POINT MASSAGE, THE OIL APPLICATION TECHNIQUE USING HERBAL OIL FROM INDIA WILL REBALANCE THE BODY.

Service Tax 10.3% extra



For reservation please call Ext. 405/-9
Open between 8 a.m. - 9 p.m.

SYNCHRONIZE MASSAGE-55 MINUTES **Rs.2300**

THIS SPECIAL FOUR HANDED MASSAGE IN WHICH STROKES ARE GIVEN ACCORDING TO THE CIRCULATORY BY CHANNELS TREATMENT HELPS WEIGHT LOSE AND TONES THE SKIN AND INCREASE VITALITY.

NASYAM-25 MINUTES **Rs.700**

BEING ONE OF THE PANCHKARMA PROCEDURES, NASYAM IS A TREATMENT IN WHICH HERBAL OILS ARE APPLIED THROUGH THE NOSE. IT IS A HIGHLY EFFECTIVE TREATMENT FOR CONGESTION OF THE SINUS AREA AND HEADACHE.

UDWARTHANAM-55 MINUTES **Rs.1700**

THE TREATMENT INVOLVES DRY HERBAL POWDERS BEING MASSAGED ON TO THE SKIN TO REMOVE DEAD SKIN CELLS, IMPROVE CIRCULATION, LEAVING THE SKIN GLOWING AND HYDRATED.

PIZHICHIL-55 MINUTES **Rs.2300**

THIS UNIQUE TREATMENT INVOLVES TWO THERAPISTS POURING WARM OIL OVER THE BODY SIMULTANEOUS MASSAGE MOVEMENT. A WONDERFUL RELAXING TREATMENT THAT HELPS TO EASE ARTHRITIC PROBLEMS AND STIFFNESS IN MUSCLES AND JOINTS.

NJAVARAKIZHI -55 MINUTES **Rs.2300**

THIS TREATMENT USES WARM MEDICINAL BLOUSES TIED UP IN MUSLIN BAG, WHICH ARE APPLIED ON THE BODY TO HELP REDUCE JOINT AND MUSCLE PAIN, LEAVING YOU FEELING TOTALLY RELAXED AND STRESS FREE.

KATIVASTI-30 MINUTES **Rs.1000**

A TREATMENT IDEAL FOR LOWER BACK PROBLEMS, WARM MEDICATED OIL IS KEPT OVER THE LOWER BACK WITH HERBAL PASTE BOUNDARY, WHICH PROMOTES A FEELING OF RELAXATION AND TRANQUILITY.

HEAD AND SCALP MASSAGE -30 MINUTES **Rs.1000**

IDEAL FOR HEAD, NECK AND SHOULDER TENSION. THIS TREATMENT INCLUDES A NECK, SHOULDER AND HEAD MASSAGE FOLLOWED BY RELAXING SCALP MASSAGE.

HERBAL FACIAL -30 MINUTES **Rs.1000**

THIS IS AN IDEAL TREATMENT FOR YOUR FACE. THIS FACIAL INDIVIDUALLY TAILORED TO TREAT YOUR SKIN'S PERSONAL REQUIREMENTS LEAVING THE SKIN LOOKING AND FEELING REVITALIZED AND NOURISHED.

HIMALYAN HERBAL WRAP -75 MINUTES **Rs.2400**

EXPERIENCE A TRADITIONAL INDIAN BODY MASK, WHERE YOUR BODY WILL BE EXFOLIATED AND THEN COCOONED IN THE MASK TO RE-HYDRATE AND DETOXYFY THE SKIN, WHILE THE INGREDIENTS WORK THEIR MAGIC YOU CAN ENJOY RELAXING SCALP MASSAGE.

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BODY TREATMENTS

SWEDISH MASSAGE -55 MINUTES **Rs.1800**

HELPS TO INCREASE BLOOD AND LYMPHATIC FLOW AND PROMOTES A SENSE OF WELLBEING. THIS TREATMENT IS IDEAL FOR RELAXATION AND CAN HELP MUSCLE TONE AND IMPROVE SKIN TEXTURE.

BODY EXFOLIATION AND MASSAGE -55 MINUTES **Rs.1700**

AN APPLICATION OF EXFOLIANT IS MASSAGED OVER THE BODY TO REMOVE DEAD SKIN CELLS AND IMPROVE CIRCULATION.

AROMA THERAPY -55 MINUTES **Rs.1700**

IT IS A TRULY HOLISTIC THERAPY, USING ESSENTIAL OILS TO RELAX THE SENSES AND CALM THE MIND.

DEEP TISSUE MASSAGE -30 MINUTES **Rs.1250**

THIS TREATMENT WILL WORK ON THE SPECIFIC AREAS OF CONCERN HELPING RELIEVING THE ACHING MUSCLES AND STIFFNESS, BY USING FIRM MASSAGE TECHNIQUE.

REFLEXOLOGY -25 MINUTES **Rs.700**

A NATURAL HEALING ART, BASED ON THE PRINCIPAL THAT THERE ARE REFLEXES IN THE FEET AND HANDS WHICH CORRESPOND TO EVERY PART OF THE BODY.

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