Downloaded from: justpaste.it/2qeop

Avanika designed a special package for professionals who are struggling with their work related difficulties. Continues strain full work will drain your energy and stamina. Gradually obesity, heart problems, Spinal disorders, stress, depression kind of diseases becomes your companion for life. So let’s take a step in advance. Never neglect your body’s call for help. Start caring from the beginning itself.
Benefits: ultimate solution for your neck and back pain / stiffness, Cures spinal problems, dry eye, weight gain, stress, sleeplessness etc
Therapies,

Abhyanga - classical oil massage
PotaliSweda - sudation treatment bolus contain assorted herbal leafs or powders
Pizichil - continues pouring of warm medicated oil over body
Sirodhara - pouring thin stream of oil on fore head
Nasyam – administration of medicine through Nasal rout
AkshiTharpana - application and retention of ghee on both eyes
Vasthi – medicated enema

Package includes,

- One to one Ayurvedic consultations
- Diet and yoga advices
- Morning tea
- Daily personalized Ayurvedic therapies varying from 60–90 minutes as advised by specialist

Our massage packages are one among the most comprehensive that you can find and visiting all the points of interest. Contact us to know more about how we operate and how we provide you an amazing experience! **Kerala Ayurvedic Massage in Coimbatore**