



PLEASE BE INFORMED ETIQUETTE

We respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged. At the discretion of the Spa management, guest may be asked to leave, or refused entry into the Araamu spa area if aspects of their behavior are impacting the experience of other guests within the facility.

Reservations

Advance booking is recommended to secure your preferred date and time. All Araamu Spa pricing is subject to change without notice and appointments are subject to availability. Please inform us at least 2 hours prior to change a confirmed treatment from one to another.

Check in

To maximize your treatment time, please arrive on time allowing for 15 minutes preparing for the treatment. Araamu Spa unable to extend beyond the booked treatment time should guest arrive late for treatment.

Special Consideration

Guest who has high blood pressure, heart conditions, is pregnant or has any other medical complications is advise to consult the in-house doctor before signing up for any spa services. Please inform your medical condition to your Spa receptionist.

Smoking and Alcohol

Smoking and consumption of alcohol within the spa is prohibited.

Valuables

We recommend that no jewellery is to be worn during treatment. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Cancellation policy

A minimum of four (4) hours notice is required for cancellations. Notice within four (4) hours of a treatment time will incur a 25% cancellation fee of treatment costs. Individuals will be charged for 75% of the treatment cost if guests fail to honor their treatment time.

Notice

The Araamu Spa is reserved for the use of adults at all times. Children under the age of 12 are encouraged to utilize the other facilities of the resort. Young adults between 12-16 years must accompanied by a parent or guardian at all times while visiting the Araamu Spa.



"Exclusive Indian ayurveda"

AYURVEDA MEANS THE 'SCIENCE OF LIFE'. IT ORIGINATED IN INDIA MORE THAN 10,000 YEARS AGO, AND IS BELIEVED TO BE THE OLDEST HEALING SCIENCE IN EXISTANCE FROM WHICH ALL OTHER SYSTEM EMERGED, AND PRONOUNCED Aa-your-vay-da - AN ANCIENT HEALING SYSTEM

Ancient Seven steps

80mnts USD150.00

A whole body massage with specific "ayurvedic oil"

To nourish and revitalize the body tissue and allow the toxins to be removed from the cells. This special massage has much deeper and more far-reaching effect than ordinary massage. It is a heavenly experience. It's for those who have no particular ailments but simply needs to feel good.

Benefits: - increases tissue strength, improve blood circulation, rejuvenating the whole body, slows ageing, induce sound sleep, promotes vitality, reduce stress, mental tension, and sexual weakness.

Rejuvenating Massage

80mnts USD150.00

A full body anti aging massage with "ayurvedic oil"

In this massage, marma points are activated by soft pressure massage technique and it has an over all affect on the immune system of the body, it stimulates tired nerves, cleanses and revitalizes the body.

Benefits: - it regulates the body functions physically, mentally and spiritually. It helps to maintain optimum health. It improves flexibility of the joints and also reduces chronic muscle tension and pain, releases muscle spasm and cramp, promote deep and easier breathing.

Lymphatic massage

80mnts... .. USD 150.00

In this massage you can feel a rhythmic series of strokes carried out in the direction of the venous and lymphatic flow using fingers and palms. The lymph system is very much taken in to account in ayurveda massage. The muscles float in the lymphatic fluid. The lymph and blood flows side by side. So when we undergo this massage the lymphatic system is activated more, and the lymph nodes are energized by the heat produced by the friction during the massage, which will help to ease the work load of heart. So stimulating the lymph flow and generating heat by rubbing oil will cleanses and revitalize the body.

Head, Neck & Shoulder massage

25mnts USD50.00

A soothing massage of the head, neck and shoulder with special ayurvedic oil, helps to calm the sense organs and strengthen and alleviate stiffness in the shoulder so as maintain clear consciousness.

Benefits: - Brings sound sleep, cools the eyes, soothes headache, removes dandruff, slows down premature graying and hair loss, profoundly soothing and relaxing. It relieves tension related to headache and eyestrain, and stiffness of neck too.

Thakara dhara - (cool concoction flow on forehead)

50mnts USD90.00

This is the sister treatment of sirodhara, in which specially prepared butter milk with decoctions is continuously poured on the forehead with gentle massage.

Benefits: - Alleviates the burning sensation of scalp, eyes and cooling to the head, regain memory power, head and eye disorder, stress.

Please note that this treatment is best effective before sunset.

Udhuvartharam - (Sliming Treatment)

50mnts USD90.00

A treatment with special "Heated herbal powder"

This is a special herbal treatment for weight reduction. An herbal powder is applied all over the body and massaged deeply with a specific movement. This massage stimulates hair follicles and breaks down subcutaneous fat storage.

Benefits: - Weight reduction, toning the skin and the muscles after childbirth or weight loss. Removes obesity, imparts good complexion to the skin, revitalize the sense of touch, remove the kapha toxins from the body and it give the optimum strength to the body. The most promising effect is the slimming of the body.

Sirodhara - (warm herbal oil flow on forehead)

50mnts USD120.00

Sirodhara consists of the continuous flows of medicated lukewarm oil/herbal decoction, which is poured on the forehead in between the eyebrows, the location all the nerves of the body meet, through an ingenious device. This procedure often induces a mental state similar to a trance, which creates profound relaxation of the mind and body .It is usually followed by a massage.

Benefits: - It drives out years of deep-seated stresses and refreshes. It is deeply relaxing and revitalizes the central nervous system, reduces mental disturbances, stress, anxiety, depression, hallucination, cervical spondilosis, chronic headache, hypertension, diabetic neuropathy, hemiplegia, strengthens the sensory organs, reduces insomnia, premature graying of the hair and hair loss. It has curative effect for neurological malfunctions.

Please note that this treatment is best effective before sunset.

Kativasthi - (Oil Bath on lower back)

45mnts USD85.00

A special technique aimed at providing relief to the lower back using warm medicated oil or herbal decoctions where bathing the lower back.

Benefits: - Chronic and acute back pain, prolapsed disc, lumbar spondylosis, osteoporosis, sciatica.

Bondithan - (Medicinal treatment for injuries)

50mnts USD100.00

It is a highly rejuvenating treatment in which fresh herbal leaves are fried with several other herbal ingredients and tied in to boluses, dipped in warm medicated oil and massaged all over the body. It is applied after a gentle massage.

Benefits:- Effective on loss of function of a part or whole limb, joint stiffness and muscular pain, anti-aging and rejuvenating, sciatica, spondilosis, sprains and cramp, back pain, shoulder pain

Pizhichil - (Oil squeezing on full body)

50mnts USD100.00

In this treatment a piece of linen is dipped in medicated lukewarm oil and squeezed on to the body in a special rhythmic movement while being massaged. The massage is very slow and light without exerting much pressure. It is considered as the natural way to purify the body system. It is extremely soothing and relaxing, toning strengthening and deeply rejuvenating the whole body.

Benefits:- Effective on chronic fatigue syndrome, most beneficial nerves system rejuvenation, alleviate the burning sensation in the body, an effective remedy for wasted muscle, rheumatic diseases like arthritis, paralysis, sexual weakness, nerves weakness, nerves disorder. This protects the body from illnesses and builds up immunity for a healthy life and achieves longevity.

Vasthi - (Enema therapy)

45mnts USD110.00

Ayurvedic vasthi involves the introduction into the rectum, of herbal concoctions of sesame oil or medicated oil or ghee and herbal preparation in a liquid medium is given as enema to clean the colon and increase the muscle tone. It is one of the effective treatments in ayurveda. It cleanses the accumulated toxins from all the three dhoshas especially vatha toxins through the colon. It is also highly beneficial as a rejuvenating treatment especially in convalescent's periods. It should be done after a massage.

Benefits:- It relieves constipation, digestive disorder, distention, soothes chronic fever, reduces sexual disorders, removes kidney stones, gives relief backache, sciatica, and other pain in the joints, arthritis, rheumatism, gout, and muscle spasm.

NOTE: Treatment can be only conducted on clients after 04 of hours of abstention from food.

Nasium - (Sinus treatment)

30mnts USD50.00

It is the nasal administration of medication. An excess of bodily humors accumulated in the sinus, throat, nose or head area is eliminated by means of the nearest possible opening, the nose, and it cleanses accumulated kapha toxins from head and neck region. It is done after a sooth face massage and facial steam.

Benefits: - Effective in jaw, ear and throat disorder, sinus congestion, migraine, chronic headache, running nose, improves memory, eye sight, elimination of excess mucus, hyper pigmentation in the face, bring clarity to voice, loss of smell and taste. Frozen shoulder, stiffness of neck, nasal allergies, and neurological dysfunctions. It is effective in ENT ailments.

Please note that this treatment is best effective before sunset.

Navarakizhi - (Special navara rice boluses)

50mnts USD100.00

This is a highly effective rejuvenation technique using a special type of rice - navara - cooked in milk and decoction and tied into boluses and dipped into herbal decoction and warm milk, then skillfully massaged all over the body after a gentle massage.

Benefits: - Anti-aging and rejuvenating, strengthens tissues, eases body ache, emaciation of limbs, osteo - arthritis, reduces cholesterol and certain kinds of skin diseases. It promotes appetite, the stiffness of the joints disappear, and is effective in neuromuscular disorder

Herbal bath

This special bath is prepared by using special herbs and herbal leaves boiled with water, specific to doshas and ailments of a person. This herbal bath of medicated lukewarm water bath when administered opens the pores, flushes and cleanses the skin. Its effectiveness is enhanced when done after an ayurvedic massage.

Benefits: - it helps to eliminate toxins from the body, promotes resilience, reduce stiffness, beautifies the skin and effective on certain skin diseases too.

30mntus USD40.00 per person

USD55.00 per couple

7 days package
Punarjani - Fat reduction and slimming
programme

USD1400.00

Day - 1 USD260.00

UDHUVARTHARAM

Ancient seven steps

Herbal Steam bath

Day - 2 USD235.00

UDHUVARTHARAM

Vasthi

Herbal bath

Day - 3 US\$230.00

UDHUVARTHARAM

Shiro dhara

Herbal steam bath

Day - 4 USD260.00

UDHUVARTHARAM

Ancient seven steps

Herbal steam bath

Day - 5 USD200.00

UDHUVARTHARAM

Thakara dhara

Herbal steam bath

Day - 6 USD260.00

UDHUVARTHARAM

Ancient seven steps

Herbal steam bath

Day - 7 USD220.00

Rejuvenation

Vasthi

Herbal bath

Recharging and rejuvenating programme to
minimize aging process
For 40 plus men and women

USD1350.00

Day - 1 USD295.00

Rejuvenating massage

Vasthi

Herbal bath

Day - 2 USD270.00

Pizhichil

Shirodhara

Head Neck & Shoulder

Day - 3 USD270.00

Pizhichil

Shirodhara

Head Neck & Shoulder

Day - 4 USD170.00

Shirodhara

Nasium

Day - 5 USD150.00

Navarakizhi

Nasium

Day - 6 USD150.00

Navarakizhi

Nasium

Day - 7USD295.00

Rejuvenation

Vasthi

Herbal bath

ARAAMU YOGA

Yoga improves the health and fitness of our body,
mind, and spirit.

Regular practice enables an increased
level of movement and suppleness in the body, improved circulation,
better balance and posture.

Yoga improves our concentration and can make us stronger both
physically and emotionally.

It is widely recognized as an excellent stress management tool;
teaching us to relax, it aids restful sleep and helps foster spiritual
peace and contentment.

Yoga is not a religion nor is it linked to a particular culture; it is a
practical aid,
enjoyed by people everywhere and by all ages.

1 day per person (2 session 60min) x 2	80.00
1 session (60min)	45.00
1 private lesson (60min)	60.00
Couple (60min)	100.00

To enhance your spa experience, 15 minutes is set-aside within your session for
you to enjoy a shower, a herbal tea and relaxation.