



Ayurvedic Treatments

Our Signature treatments

Shirodhara

60 minute treatment

Shirodhara literally meaning “head flow” is one of the most desired Ayurvedic treatments. Beginning with a head, scalp, neck and shoulder massage, you will begin to calm the wandering mind. Meditative bliss will occur as a slow pouring of medicinal oils cascade over your sixth chakra, stimulating your third eye and window to the soul. Recommended for headaches and insomnia, find out why this is one of the most profound and popular treatments offered.

Soma

90 minute treatment

Feel the healing powers of Ayurvedic medicine as you undergo this therapeutic treatment. Designed to bring the living body into a complete state of balance and wellness, Soma will be achieved. Beginning with Pizichil, a synchronized massage while two therapists massage medicated oils into your body. Udgarshana, the application of healing powders and herbs follows.

Mavarakizhi a technique using poultice bags filled with medicinal herbs will continue to create this curative experience. Feel the complete balance during Pina Sweda as steaming towels infused with herbs are draped over the body creating the wholeness and serenity you so deserve.

Ayurvedic Simple Bliss Package

120 minute treatment

It's all in the name! Simply put, you will be pampered from head to toe during this blissful treatment. Enjoy a relaxing full body massage using the best in our custom blended aromatherapy oils. The focus now turns towards the heavens as you experience mental relaxation and serenity during Prana's famous Shirodhara. Your therapist will massage vital marma points as a golden stream of medicated oils cascades off your forehead. This is a deeply meditative and transformative experience and we recommend you relax after your treatment.

Ayurvedic Rejuvenation Package

240 minute treatment

This program has been specially designed to re-align the body's natural elements, using Ayurvedic healing treatments, this selection of treatments will detoxify and pamper, leaving you in a state of utter bliss. This treatment includes:

- Prana Foot Ritual - An aromatic footbath using tropical flowers and herbal bath salts.
- Soma - This Ayurvedic signature treatment is designed to de-toxify the body and bring you to a state of total well being.
- Shirodhara - Combines ancient Indian healing techniques and is one of the most popular Ayurvedic treatments a mind-soothing Indian head and scalp massage.
- Healthy light meal
- Prana Eye Ritual - A complete rejuvenation of the eye contour area to release puffiness and tiredness.