

Rejuvenation Therapies

➤ **Abhyangam**

With Ayurvedic Oil tones up your skin & strengthens all the tissues, so as to achieve ideal health & longevity. Increases Ojas(primary vitality) & thereby increases the resistance of your body. In addition to being beneficial for your eyes, Abhyanga gifts you with sound sleep. This is also a cure for rheumatism.

➤ With Sandal Oil is an exotic therapy taken by the ancient royal families of Kerala. This massage of aromatic sandal oil blended with rare herbal oils soothes, cools & invigorates your skin apart from toning your worn-out muscles.

➤ **Stress Reduction Package**

This package is designed to keep your body, mind & soul in perfect harmony & includes three different types of rejuvenation therapies viz- Abhyangam with ayurvedic oil, Shirodhara & Bodu Scrub.

a) Abhyangam With Ayurvedic Oil - Explained earlier. This will help you remove your physical stress

b) Shirodhara – It is a mind toning treatment where the guest is made to lie on a special wooden bed, after which, the medicated oil is poured in a continuous stream on the forehead by the therapist. This helps to alleviate fatigue, improve memory & is effective in cases involving insomnia, migraine, mental tension & stress.

c) Scrub - is rubbed on your body to remove the oil and exfoliate dead cells of the skin, thus achieving a softer, smoother skin.

➤ **Royal Sandal Rejuvenation**

a) Abhyangam With Ayurvedic Oil - Explained earlier. This will help you remove your physical stress

b) Sandal Facial - A facial experience designed to create radiance. Nourishes your skin with the goodness of sandal cream and sandal face pack. Helps in improving the complexion of your skin and reducing hyper pigmentation.

c) Scrub - is rubbed on your body to remove the oil and exfoliate dead cells of the skin, thus achieving a softer, smoother skin.

➤ **Ayur Tranquil Retreat**

a) Abhyangam - tones up your skin & strengthens all the tissues, so as to achieve ideal health & longevity. Increases Ojas(primary vitality) & thereby increases the resistance of your body. In addition to being beneficial for your eyes, Abhyanga gifts you with sound sleep. This is also a cure for rheumatism.

b) Shirodhara – It is a mind toning treatment where the guest is made to lie on a special wooden bed, after which, the medicated oil is poured in a continuous stream on the forehead by the therapist. This helps to alleviate fatigue, improve memory & is effective in cases involving insomnia, migraine, mental tension & stress.

c) Sarvanga Taila Dhara :Fortifying and skin softening treatment that refines the skin and leaves it supple and radiant. Oil is poured over each part of the body in a continuous stream simultaneously giving a light massage. It is mainly administered to balance the chakras (vital points) of the body and to strengthen the muscles and also to improve their blood circulation.

Soundarya Vardhanam (Beauty Therapies)

In the age of cosmetic surgery where looking good and feeling great is the enduring ambition worldwide, Dhanwantri Kerala Ayurved brings to you nature's own pill for rejuvenation and revitalisation. We at Dhanwantri have devised various beauty packages meant to enhance, develop, nourish & maintain your beauty, skin, hair & personality.

➤ **Facial ~ Ayur / Sandal / Glow -** An authentic ayurvedic facial of herbal oils, powders, face packs without any chemicals to give a natural glow to your skin. Apart from being rejuvenating it is effective in treating pimples/dry skin.

➤ **Under Eye Treatment -**
A face & eye massage done with herbal nourishing creams followed by herbal nourishers & eye packs to effectively remove dark circles & under eye bags.

➤ **Hair Treatment -**
Is a course of 8, 16 or more days as per the requirement. Beneficial for distressing hair problems like dandruff/ hairfall / graying & is attended with headmassage & medicinal hair masks. These treatments bring luster & bounce apart from preventing hair loss, thinning of hair & dandruff and also rejuvenate the hair follicles.

➤ **PanchakarmaTreatments**

Elakizhi - Herbal poultices are prepared with various herbs and medicated oil. Entire body is massaged with these poultices after they are warmed in medicated oils. This promotes circulation and increases perspiration, which in turn help the skin eliminate the wastes there by improving skin tone. This is beneficial for Osteoarthritis with swelling, spondylosis and sports injuries and all other soft tissue inflammations especially for joint pains.

Podikizhi -is a very relaxing therapy performed with herbal powder made from a potent mixture of 12 rejuvenating herbs. Here different herbs are powdered and

kept in a poultices (*kizhi*). It is made warm in a pan and a general massage is done to the patient lying in a specially designed table to do *panchakarma* procedures. The bolus is gently massaged on different parts of the body. *Podikizhi* is an exhilarating treatment to relieve osteoarthritis, muscle spasms etc.

Navarakizhi is a treatment using medicated milk-porridge (medicinal rice called *navara*) made into a bundle (*kizhi*). The *kizhi* is dipped in a mixture of milk and medicinal decoction and is applied all over the body. It is an immunoenhancing rejuvenation therapy and is made use in convalescence period of injury and trauma, muscular wasting, arthritis, general weakness, paralysis, pains related to the joints and sore muscles etc. This is a nourishing and restorative treatment that will reduce emaciation of the muscles and will build a better immune system. It is also very effective to improve the luster and texture of the skin.

Pizhichil - Is a special form of treatment where in the whole body is subjected to stream of lukewarm medicated oil with simultaneous soft massage. This enhances blood circulation and lubricates joints. It prevents ageing, scales, wrinkles etc. and is one of the best treatment for paralysis, stiffness of joints and other muscular and neurological disorders. This is also highly rejuvenating.

Shirodhara - A non stop continuous stream of highly medicated lukewarm oil, medicated milk or buttermilk and decoctions are poured gently on the forehead in a special manner. This treatment is beneficial in treating diseases like psoriasis, headaches, psychiatric and psychosomatic diseases, insomnia, greying and falling of hair, relieves tension, stress and strain, reduces blood pressure and also general debility.

Kativasti - A specially prepared warm herbal oil is poured over the lower back and retained inside on herbal paste boundary. The healing properties of herbal oils used for this treatment, deeply cleans and enriches the blood, builds and maintains strong muscle and connective tissues and lubricates the joints keeping them flexible and pain free. Recommended in spinal disorders, Relieves pain in sciatica and Inter Vertebral Disc Prolepses (I V D P), Relieves any type of back pain, Stimulates and nourishes nerves relieving pain and numbness

Nasyam - is also a powerful rejuvenative therapy. It is one among the five Panchakarma treatments and is commonly used to treat diseases like paralysis, Parkinson's disease, complex headache, acute sinusitis, diseases of the head, neck and nose, Bell's palsy, Arthritis, and cervical spondylosis.

Vasti - is an ayurvedic treatment for arthritis, paralysis, numbness and constant constipation. In this treatment, certain herbal oils and herbal extracts are administered through the rectum on a daily basis for a period 8 to 24 days.

Raktamokshan or Leech Therapy - Raktamokshan entails the refinement of blood, hence is administered to treat disorders pertaining to the skin, such as psoriasis, rash, eczema, acne, leucoderma and chronic itching. Enlarged liver, spleen, filariasis and gout can also be helped by using the blood letting therapy. Leech therapy involves an initial bite, which is usually painless (it's thought that leech saliva contains a mild anesthetic)

Shirovasti - In this treatment medicated lukewarm oil is retained for a specific period with a cap fitted around the head. This is highly effective for facial paralysis, Parkinson's diseases, headaches, burning sensation of the head and cervical spondylosis.

Udvarthanam - is otherwise known as powder massage. It is a deep, dry and stimulating massage using special herbal powder to reduce cellulite accumulations, to improve circulation and to enhance your skin's texture and appearance. We thoroughly exfoliate your body using a mixture of Ayurvedic powders which will break up fatty deposits and energize blood circulation. Udvarthanam is beneficial to diseases like hemiplegia, paralysis, obesity (excess fat).