

AYURVEDIC

Menu
ENGLISH 


ARAAMU SPA
PAMPER YOUR SENSES



Please be informed

ETIQUETTE

We humbly request all visitors to keep the noise to a minimum. Use of Cellular phones and electronic devices are highly discouraged.

RESERVATIONS

To ensure that we can accommodate your spa experience on your preferred date and time, we recommend you to book 1 day ahead for all the treatments.

CHECK-IN

Please check in at the spa reception 10 minutes prior to your scheduled appointment to avoid a reduced treatment time. Please be informed that late arrivals will result to a shorter treatment to ensure that the next guest treatment is not delayed.

SPA TREATMENT HOURS

The spa opens from 09:00 to 20:00 hours. The last treatment ends at 20:00 hours.

SPECIAL CONSIDERATION

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

SMOKING AND ALCOHOL

Smoking and consumption of alcohol within the spa is strongly prohibited.



VALUABLES

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

CANCELLATION POLICY

For any cancellation not informed 03 hours prior to the commencement of treatment, 75% charge will apply whilst a full charge will be imposed for no show.

REFUND POLICY

All treatments and packages are non-refundable and non-exchangeable.
Prices are subject to change without prior notice.



Exclusive Indian Ayurveda

Ayurveda means the 'Science of Life'. It was originated in India more than 10,000 years ago, and is believed to be the oldest healing science in existence from which all other system emerged. Pronounced 'Aa-your-vay-da' - An ancient healing system.

ANCIENT SEVEN STEPS US\$233.00

80 minutes (A soft to medium pressure massage)

A whole body massage with specific "Ayurvedic oil". Nourishes and revitalizes the body tissue and allow the toxins to remove from the cells. This special massage has much deeper and more far-reaching effect than ordinary massage. It is a heavenly experience for those who have no particular ailments but simply needs to feel good.

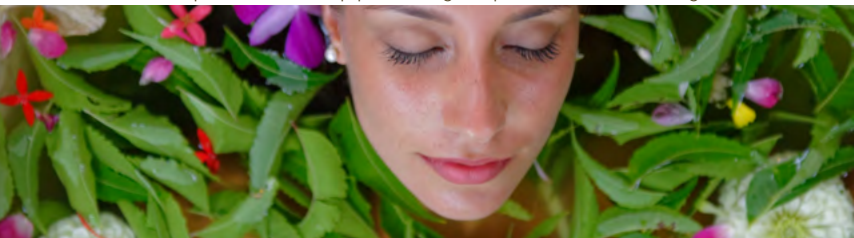
Benefits: Increases tissue strength, improves blood circulation, rejuvenates the whole body, slows ageing, induces sound sleep, promotes vitality, reduces stress, mental tension, and sexual weakness.

REJUVENATING MASSAGE US\$233.00

80 minutes (A soft to medium pressure massage)

A full body anti-aging massage with "Ayurvedic oil". In this massage, the marma points is 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: Regulates the body functions physically, mentally and spiritually. It helps to maintain optimum health. It improves flexibility of the joints and reduces chronic muscle tension and pain; releases muscle spasm and cramp promoting deep and easier breathing.



Prices are inclusive of 12% TGST and 10% service charges



LYMPHATIC MASSAGE **US\$233.00**

80 minutes (A soft to medium pressure massage)

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. Therefore, when we undergo this massage the lymphatic system activated more, and the heat produced by the friction during the massage, which will help to ease the workload of heart, energizes the lymph nodes. **Benefits:** Improves blood circulation; Treats facial paralysis, numbness of hand, lack jaw and sciatica. Especially useful for arthritic and rheumatic problem

HEAD, NECK & SHOULDER MASSAGE **US\$78.00**

25 minutes

A soothing specific massage of the head, neck and shoulder with the use of special Ayurvedic oil. It helps to calm the sense organs, strengthens and alleviates stiffness in the shoulder so as maintains 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.

UDHUVARTHARAM (SLIMING TREATMENT) **US\$139.00**

50 minutes (Medium to strong pressure)

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 US\$186.00

(WARM HERBAL OIL FLOW ON FOREHEAD)

50 minutes

Sirodhara starts with a relaxing oil massage and followed by the continuous flows of medicated lukewarm oil/herbal decoction, which poured on the forehead in between the eyebrows, the location where 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.

Benefits: It drives out years of deep-seated stresses and refreshes. It is deeply relaxing and revitalizing the central nervous system, reduces mental disturbances, stress, anxiety, depression, hallucination, cervical spondilosis, chronic headache, **Please note that this treatment is best effective before sunset.**

THAKARA DHARA US\$139.00

(COOL CONCOCTION FLOW ON FOREHEAD)

50 minutes

This is the sister treatment of Sirodhara, in which there is specially prepared buttermilk with decoctions is continuously poured on the forehead with gentle massage.

Benefits: Alleviates the burning sensation of scalp, eyes and gives cooling effect to the head, regain memory power, head and eye disorder, removes stress. **Please note that this treatment is best effective before sunset.**



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NASIUM (SINUS TREATMENT) US\$78.00

25 minutes

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

Benefits: Effective in jaw, ear and throat disorder, sinus congestion, migraine, chronic headache, running nose, improves memory, eyesight, elimination of excess mucus, hyperactive pigmentation in the face, bring clarity to voice, loss of smell and taste. **Please note that this treatment is best effective before sunset.**

KATIVASTHI (OIL BATH ON LOWER BACK) US\$131.00

45 minutes

A special technique aim of providing relief to the lower back using warm medicated oil or herbal decoctions where bathing the lower back with light massage.

Benefits: Good for chronic and acute back pain, prolapsed disc, lumbar spondilosis, osteoporosis, sciatica.

Please note that this treatment is best effective before sunset.

BONDITHAN US\$155.00
(MEDICINAL TREATMENT FOR INJURIES)

50 minutes

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 or in the area of the body that needs concentration, It is apply 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.**

PIZICHIL (OIL SQUEEZING ON FULL BODY) US\$155.00

50 minutes

In this treatment, a piece of linen is dip in medicated lukewarm oil and squeeze onto the body in a special rhythmic movement while being massaged. The massage is very slow and light without exerting much pressure. It is consider 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, alleviates the burning sensation in the body, an effective remedy for wasted muscle, rheumatic diseases like arthritis, paralysis, sexual weakness.

VASTHI (ENEMA THERAPY) US\$170.00

45 minutes

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 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 doshas especially Vata toxins through the colon. It is also highly beneficial as a rejuvenating treatment especially in convalescent's periods. Best to do 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 only conducted on clients after 04 of hours of abstention from food.

Prices are inclusive of 12% TGST and 10% service charges



NAVARAKIZHI US\$155.00
(SPECIAL NAJAVARA RICE BOLUSES)

50 minutes

This is a highly effective rejuvenation technique using a special type of rice – navara - cooked overnight in milk decoction, which is tied into boluses and again 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.

HERBAL BATH US\$62.00 per person
30 minutes US\$86.00 per couple

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 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.



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7 Days Package

PUNARJANI US\$2,163.00
FAT REDUCTION AND SLIMMING PROGRAMME

DAY 1 US\$372.00

140 minutes

Udhuvartharam
Ancient Seven Steps
Herbal Steam bath

DAY 2 US\$333.00

125 minutes

Udhuvartharam
Vasthi (Enema Therapy)
Herbal Bath

DAY 3 US\$325.00

110 minutes

Udhuvartharam
Sirodhara
Herbal Steam Bath

DAY 4 US\$372.00

140 minutes

Udhuvartharam
Ancient Seven Steps
Herbal Steam Bath

DAY 5 US\$278.00

110 minutes

Udhuvartharam
Thakara dhara
Herbal Steam Bath

DAY 6 US\$373.00

140 minutes

Udhuvartharam
Ancient Seven Steps
Herbal Steam Bath

DAY 7 US\$309.00

105 minutes

Udhuvartharam
Vasthi (Enema Therapy)
Herbal Steam Bath

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Recharging and Rejuvenating Programme to minimize aging process for 30 plus men and women US\$2,085.00

DAY 1 US\$386.00

125 minutes

Pizichil
Sirodhara
Head, Neck & Shoulder Massage

DAY 2 US\$425.00

155 minutes

Rejuvenating massage
Vasthi
Herbal Bath

DAY 3 US\$386.00

125 minutes

Pizichil
Sirodhara
Head, Neck & Shoulder Massage

DAY 4 US\$233.00

75 minutes

Sirodhara
Nasium

DAY 5 US\$201.00

75 minutes

Navarakizhi
Nasium

DAY 6 US\$201.00

75 minutes

Navarakizhi
Nasium

DAY 7 US\$425.00

155 minutes

Rejuvenating Massage
Vasthi
Herbal Bath

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

Prices are inclusive of 12% TGST and 10% service charges





Sun Island Resort & Spa

Paradise Island Resort • Royal Island Resort & Spa

Holiday Island Resort & Spa • Fun Island Resort & Spa