

SHADANGA SIGNATURE

Abhyangam with Shirodhara

Duration: 90 min, Price : 4000/-

Rejuvenating Full-Body Oil Massage Followed By Calming Stream Of Medicated Oil On The Forehead, Promoting Deep Relaxation, Mental Clarity, And Overall Wellness.

Abhyangam with Choorna Pinda swedam (PodiKizhi)

Duration: 90 min, Price : 4000/-

The Ideal Ayurvedic Treatment For Joint Pain, Muscle Ache & Body Fatigue. Full Body Massage Using Warm Herbal Oils (or As Prescribed By Doctor) Followed By Potli Massage Using Herbal Mixtures Which Relieves Aches & Pains, Releases Spasm And Improves Blood Circulation, Lymphatic Drainage & Nerve Conduction.

Abhyangam + Any Bahya Vasti (Kati/Greeva/Janu Vasti)

Duration: 90 min, Price : 4000/-

This Signature Ayurvedic Package Combines The Benefits Of Abhyangam, Full-body Oil Massage, With A Specialized Bahya Vasthi Therapy (oil Retention Treatment) To Provide Deep Relaxation, Pain Relief, & Rejuvenation. This Combination Works Holistically To Detoxify, Nourish, And Heal The Body, Making It Ideal For Individuals With Chronic Pain, Joint Stiffness, Stress, Or Fatigue.

Abhyangam with Nasyam

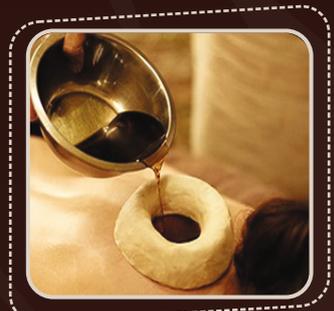
Duration: 75 min, Price : 2950/-

This Combination Therapy Relieves The Body Out Of Stress & Congestion Of Upper Respiratory Tract & Sinuses. It Cleanses The Nasal Passage For Easy Breathing And Relaxes Body

Holistic Stress Buster

Duration: 100 min, Price : 4500/-

Restores Vigour & Vitality Of Body & Mind Otherwise Low Due To Hectic Schedules & Accumulated Stress Of Work Life. It Includes Abhyangam, Ksheerdhara / Shirodhara & Sarvang Ksheerdhara / Kashaya Dhara.



Sarvang Ksheera/Dhanyamla/ Kashaya Dhara

Duration: 60 min, Price : 2200/-

Stream Of Herbal Milk / Dhanyamla / Kashaya Poured On The Entire Body. Hydrating & Nourishing Therapy For Skin & Ideal For Calming The Mind. Also Replenishes Lost Moisture Of The Skin. Medicated Liquids Infused With Herbs Is Poured All Over The Body And Is Followed By Relaxing Massage.

Shadanga Signature Ayurvedic Prakriti Aroma Massage

Duration: 60 min, Price : 2750/-

Personalised Ayurvedic Aroma Massage tailored to your Body Type (Prakriti) using specially prepared Dosha pacifying Ayurvedic Aroma Oils, blended to balance your Tri-Doshas (Vata, Pita & Kapha) Rejuvenate the body, and calm the mind.

REVITALIZING TREATMENTS

Njavarakizhi

Duration: 60 min, Price : 2750/-

Classical body massage with herbal oils followed by therapeutic massage with boluses of medicated rice cooked in cow's milk infused with herbs. Rejuvenating procedure which nourishes skin & muscles And Prepares The Individual To Bear The Strains Of A Busy Lifestyle, Improves The Overall Appearance Of The Skin And Strengthens The Nervous System.

Ksheeradhara/Takra Dhara

Duration: 60 min, Price : 2200/-

Stream Of Herbal Milk / Butter Milk Poured On The Forehead In Rhythmic Manner From An Oscillating Mud Pot Hanging Above The Forehead After A Quick Full Body Massage. This Treatment Is Ideal For Calming The Mind & Various Health Condition Including Skin Problems.



Dhanyamla Dhara

Duration: 60 min, Price : 2200/-

A Continuous Pouring Of Warm Fermented Medicinal Liquid Over The Body, Helping To Relieve Inflammation, Pain, Arthritis, And Obesity-related Conditions. Stimulates Circulation, Detoxifies The Body, & Relieves Muscle Stiffness.

Back Massage

Duration: 30 min, Price : 950/-

Relaxing Treatment In Which Warm Ayurvedic Medicated Oils Used For Special Back & Spine Massage

Foot Massage

Duration: 30 min, Price : 950/-

A Gentle Massage To Combat Aches And Pains Arising In Feet & Legs.

Bandhanam (Bandaging)

Duration: 30 min, Price : 950/-

Traditional Ayurvedic Method To Support Healing Of Injuries, Fractures, And Swellings Using Medicated Oils And Herbal Pastes. Promotes Faster Recovery And Pain Relief.

Udwarthanam

Duration: 60 min, Price : 2750/-

Deep Tissue Massage Using Herbal Powders For Inch Loss, Weight Loss And Muscle Toning. This Therapy Also Works As Herbal Scrub For Deep Exfoliation. Also Beneficial To Alleviate Inflammatory Conditions In Rheumatological Diseases.

Nasyam

Duration: 45 min, Price : 1500/-

Helps In Removing Toxins From The Head, Neck, Brain, eyes, Ears, Nose & Throat Region. Effective Therapy For Sinusitis, Migraine & Hair fall.

Netra Tarpanam/Netra Dhara

Duration: 45 min, Price : 2000/-

Special Eye Treatment For Various Ophthalmological Conditions.



SHADANGA MEMBERSHIP



Shadanga Gold Membership – 50,000

Ideal for families seeking regular Ayurvedic care and wellness. Get Ayurvedic treatments worth of INR 1,00,000 for 2 people, free consultations, and 10% off on products for 1 year.

Shadanga Silver Membership – 25,000

Perfect for individuals starting their holistic wellness journey. Enjoy treatments worth of INR 40,000, 3 free consultations, and 5% off on products for 6 months.

HEALING & STRENGTHENING

Kati Vasti

Duration: 60 min, Price : 2000/-

Pooling Of Oil Over Lower Back Using Herbal Paste Boundary. This Technique Is Great In Alleviating Lower Back Pain, Strengthening Muscles & Relieving Spine Conditions. Warm Herbal Oil Is Poured And Retained Inside A Well-made Of Black Gram Paste On The Lower Back For The Said Duration.

Janu Vasti

Duration: 60 min, Price : 2000/-

Curative Oil Is Applied To Knees To Relieve Them Of Pain & Inflammation. Oil Is Applied & Retained In A Well-sculpted Boundary Made Of Black Gram Paste To Alleviate Knee Joint Problems.

Greeva Vasti

Duration: 60 min, Price : 2000/-

Oil Retained On The Neck/ Cervical Region In An Herbal Paste Boundary. Warm Herbal Oil Is Poured & Retained Inside A Boundary Made By Black Gram Paste For The Said Duration To Alleviate Various Issues Related To Cervical Spine, Neck & Shoulder Region.

Prishta Vasti

Duration: 60 min, Price : 2000/-

Medicated Oil Placed In A Well-sculpted Paste Along the Spine. This Treatment Is Beneficial For Musculoskeletal & Neurological Conditions Of Spine. Warm Medicated Oil Is Poured & Kept In A Well-made Of Black Gram Paste Along The Spine For A Suitable Time Duration. The Oil Is Reheated To Maximize Its Therapeutic Properties.

Ayurvedic Hair Pack

Duration: 45 min, Price : 1500/-

Nourishing Herbal Hair Treatment Using Medicated Oils And Herbal Powders To Strengthen Hair Roots, Remove Dandruff, And Improve Scalp Health. Enhances Hair Growth And Prevents Premature Greying.

Mukhalepam

Duration: 45 min, Price : 1500/-

Ayurvedic Special Herbal Face Pack For Various Skin Types.



**AYURVEDIC DOCTOR
CONSULTATION: 500/-**

ACHES & PAIN

Choorna Pinda Swed (Podikizhi)

Duration: 60 min, Price : 2750/-

Massage With Bundles & Potli's of Powdered Herb. The Whole Body Is Massaged With Classical Tapotement Movements With Bundles Of Powdered Herbs Until The Warmth Induces The Skin To Sweat. This Treatment Helps In Relieving Predominant Conditions Of The Joint & Muscular Pain.

Pathra Pinda Swed (Elakizhi)

Duration: 60 min, Price : 2750/-

Herbal Bolus Massage With Bundles Of Specially Prepared Medicinal Leaves To Target Soreness. This Technique Targets Sore Muscles & Joints. Boluses Containing Herbal Ayurvedic Leaves Prepared With Herbs Applied All Over The Body After Dipping In Prescribed Medicated Oils Using Tapotement Massage Moves.

Abhyangam

Duration: 60 min, Price : 2500/-

Classical Full Body Massage With Medicated Steam. This Relaxing And Refreshing Full Body Massage Is Done With Medicated Herbal Oil By Therapist For 45 Mins Followed By Steam Bath. Its Rhythmic Motion Helps To Relieve Joint & Muscles Stiffness, Relieves Aches & Knots And Increases Blood Circulation & Lymphatic Drainage.



RELAX & REJUVENATE

Ayurvedic Deep Tissue Massage

Duration: 90 min, Price : 3000/-

The Massage Is Delivered By Applying Firm Pressure And Slow Strokes To Reach Deeper Layers Of Muscle And Fascia Used To Release Chronic Muscle Tension. Deep Tissue Massage Uses An Invigorating Technique To Detect Stiff Or Painful Areas By Determining The Quality And Texture Of The Deeper Layers Of Musculature Then Slowly Working Into The Deep Layers Of Muscle Tissue.

Shirodhara

Duration: 60 min, Price : 3500/-

Stream Of Warm Medicated Oil Poured On The Head In A Rhythmic Manner With Gentle Massage. This Deep Relaxing & Reviving Therapy Involves A Consistent Flow Of Suitable Ayurvedic Oils On The Forehead, Specifically The Third Eye Which Is Said To Be The Seat Of Human Consciousness. It Has A Balancing Effect On The Deepest Recesses Of The Brain Thereby Creating A Blissful Sensation. It Is Accompanied By A Gentle Massage And Helps In Alleviating Stress, Fatigue, And Insomnia.

Pizhichil

Duration: 60 min, Price : 3500/-

Bulk Amount Of Medicated Oil Poured & Massaged Over The Full Body, Like An Oil Bath. Beautiful Combination Of Two Classical Ayurvedic Treatments - Snehana (oleation) And Swedana (sudation), The Whole Body Is Bathed In Streams Of Lukewarm Medicated Oil With A Simultaneous Soft Massage. Effective Therapy For Musculoskeletal & Neurological Conditions.

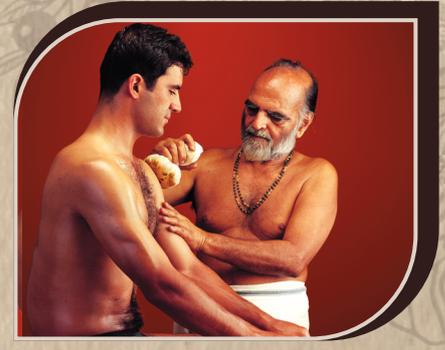


PANCHAKARMA PROCEDURES

Matra Vasti	1000/-
Sneha Vasti	1750/-
Kashaya Vasti	2500/-

Classical Ayurvedic Enema Therapies using Medicated Oils Or Decoctions to Detoxify, Balance Vata, Strengthen Digestion, And Rejuvenate The Body From Within.





SHADANGA OUTLETS

- 📍 *Shadanga Ayurveda Clinic & Panchkarma Centre, Sec-51, Gurgaon (Delhi-NCR)*
- 📍 *Shadanga Ayurveda Clinic & Panchkarma Centre, VVIP Assets, Ghaziabad (Delhi-NCR)*
- 📍 *Shadanga Ayurvedic Wellness Centre, Spicegrove Resort, Thekkady, Kerala.*
- 📍 *Shadanga Ayurvedic Centre, Goodland Elegance, Thampanoor, Kerala*
- 📍 *Shadanga @ Ganges, Premium Ayurveda & Holistic Wellness Centre, Varanasi, Uttar Pradesh*
- 📍 *Shadanga Ayurveda Desert Resort & Wellness Centre, Jodhpur Rajasthan.*
- 📍 *Shadanga Ayurvedic Wellness at Dharamshala, Himachal Pradesh*
- 📍 *Shadanga Ayurveda at Jim Corbett, Ramnagar, Uttarakhand*
- 📍 *Shadanga Ayurveda at Bhimtal, Uttarakhand*
- 📍 *Shadanga Ayurveda at Rishikesh, Uttarakhand*
- 📍 *Shadanga Ayurvedic Academy & Training Institute, Sector-51, Gurugram, Haryana.*
- 📍 *Shadanga Ayurvedic Products, Plot-130, Sector-3, Karnal, Haryana.*

