



Kalpaka

— Ayurveda & Wellness —

Mararikulam South, Alappuzha

Mob: 9895299404

www.kalpakaayurveda.com



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Kottakkal
ayurveda



— Vaidyaratnam P.S. Varier's —
ARYA VAIDYA SALA, KOTTAKKAL
ആര്യവൈദ്യശാല, കോട്ടയ്ക്കൽ
AUTHORISED DEALER

Abhyanga

Abhyanga + steam (60minutes).....	Rs.3000
Abhyanga (45minutes).....	Rs.2500
Abhyanga + stretches (60minutes).....	Rs.3000
Relaxation massage (45minutes).....	Rs.2500
Marma massage (45 minutes).....	Rs.3500



Abhyanga is a type of massage described in treatment for rejuvenation in Ayurveda. Abhyanga helps in rejuvenation of body, it reduces pain, enhances blood circulation. Clears wrinkles, helps to regain the glow of your skin. Clears fatigue, improves sleep, gives strength to the muscles and bone. Clears the mind and make the sense organs sharp.

Shirodhara with head and neck massage

With medicated oil (60minutes).....	Rs.3000
With Kwatha (60minutes).....	Rs.2500
With takra (60 minutes).....	Rs.3500



It is a treatment procedure in which medicated oil/liquid is poured onto your head, in an oscillation movement. It helps in reducing stress, anxiety, anger issues and brings clarity to the mind. Reduces insomnia, Migraine and hair fall. Stimulates your Agya chakra

Akshi Dhara (25minutes)Rs.1500

It helps in cleansing the eyes, helps in treating dry eyes, itching, irritation, and other eye related issues

Udwarthanam (70minutes).....Rs.5000

It is a treatment in which carefully selected dry herbal powder is rubbed on the skin. Helps to reduce Malodorous in body and helps to reduce the weight. Gives strength to the body, reduces floppiness under skin, increase muscle tone and boosts immunity.

Kashaya Dhara (full body)

(60minutes).....Rs.3000

with oil.....Rs.5000

Reduces “aama” (toxins) in the body, opens up your sweat pores, detoxify the skin.
Reduces fatigue, helps in reducing pain in rheumatoid arthritis.
Reduces swelling, joint pain and improves blood circulation and helps to reduce weight.



Kizhi



It is a treatment procedure involving massaging the body, by kneading with a bundle (Potli) made of medicinal drugs packed in cloth. According to the ingredients used, there are several types of it and each have its own unique benefits and specific action.

Njavara Kizhi (60minutes).....Rs.5000

Kizhi with Njavara Rice and Milk.

it helps in gaining strength in the body. It rejuvenates the skin, clears wrinkles and dark patches, increases the muscle tone. Increases immunity.

Ela Kizhi (60minutes).....Rs.3500

It is made with medicinal leaves and coconut gratings,
Helps in removing deep seated pain in the body. Helps to cure arthritis, skin conditions, improves blood circulation.

Podi Kizhi (60minutes).....Rs.2500

Made of powdered medicinal herbs.

Helps in removing “aama” (toxins) in the body, reduces disease specific swelling, pain, stiffness and fatigue. Helps to reduce Rheumatoid arthritis, lipoma and cholesterol.

Naranga Kizhi (60minutes).....Rs.4000

Its main ingredient is lemon,

Reduces the “Pitha”, helps in reducing varicosity of veins, reduces the skin pigmentation

Reduces inflammations, improves the strength of veins.



Vasti

It's a type of treatment in which oil-based medicine is retained. According to the place where the treatment is done, it is of different types

Griva vasti (Neck)(45minutes).....Rs.2500

Reduces pain, cures conditions like vertebral disc prolapse, loss of lordosis, stiff neck, nerval problems, sprain, spasm, and swelling.

Prishta Vasti (Spine back)
(60 minutes).....Rs.6000

Reduces pain, cures conditions like vertebral disc prolapse, kyphosis, scoliosis, nerval problems, sprain, spasm, swelling.

Kati Vasti (Spine low back)
(45minutes)Rs.3000

Reduces pain, cures conditions like vertebral disc prolapse, herniated disc, osteoarthritis, spinal canal stenosis, spondylolisthesis, degenerative disc disease, loss of lordosis, low backache, nerval problems, sciatica, sprain, spasm and swelling.

Guda Vasti (Rectal)
(45minutes).....Rs.3500

Reduces "Vata" in body, reduce pain, cures spasm, rejuvenates the body and increase absorption capacity of the large intestine.

Uttara Vasti (Urethral)
(45minutes).....Rs.3500

It helps in strengthening of reproductive organs, urinary infections, urethral stenosis, It strengthens the urethral lining, helps in improving the pregnancy, preventing miscarriage.

Pizhichil

Medicated oil (70minutes).....Rs.5000

Ghee (70minutes).....Rs.10000

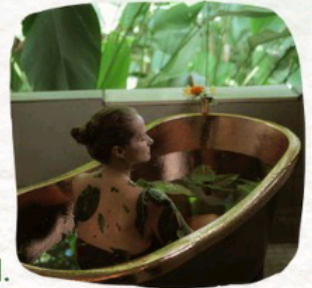
It is a treatment with medicated oil is poured over the body with gentle hand strokes. This helps to relieve chronic degenerative conditions. Pacifies "Vata" in the body, provides strength, vigor, sturdiness to the body. Rejuvenates all the "Dhatu" in the body. Helps to recover from paralysis conditions like hemiplegia paraplegia etc.



AVAGAHAM (45MINUTES).....Rs.4500

With MilkRs.6000

It is a treatment by submerging body up to neck in the medicinal liquid. It reduces pain in the body, enhances the blood circulation, clears wrinkles and helps to regain lost glow of your skin. Clears fatigue, improves sleep and gives strength to the muscles and bone. Helps in curing cholesterol and hemorrhoids.



Thalapothichil (60 minutes).....Rs.3000

It is a treatment by wrapping the head with medicinal herbs. It helps to reduce tension, migraines and sleep disorders

Lepanam (60 minutes).....Rs.2000

It is a treatment by applying medicinal paste over an area of the body. It helps in curing skin related problems, deep burning sensations and rejuvenates skin.

Upanaham (30 to 60 minutes).....Rs.1500 (on words)

It is a treatment by wrapping medicinal herbs over an area with cotton cloth. It helps to reduce inflammations and pain.

Yoni Kshalanam (25minutes).....Rs.1500

It is a treatment by washing female genitalia with liquid medicine. It helps to disinfect the area, increase strength, helps in reducing most kinds of STD, reduce inflammations and pain.

Keshadoopanam (20 minutes).....Rs.1000

fumigating the hair with herbs. It's used to treat dandruff and microbial infections. It can also help with psychological disorders and calm the mind.

Sweating therapy

Nadi Swedam.....	Rs.1200
Dhanyamla dhara.....	Rs.2500
Steam chamber.....	Rs.1500
Tarpanam.....	Rs.2800
Pichu.....	Rs.1500

Prasava Raksha

7days.....Rs. 25000 (approx)
approximate rates are based on consultation

14days.....Rs. 45000 (approx)
approximate rates are based on consultation

Nasyam as per consultation

Agni Karmam as per consultation

Individual Massages

Face massage.....	Rs.500 (20 minutes)
Head massage.....	Rs.800 (30 minutes)
Foot massage.....	Rs.850 (30 minutes)
Back massage.....	Rs.1200 (30 minutes)
Head, neck, and shoulder.....	Rs.1500 (40 minutes)

Skin and Beauty

Njavara facial.....	Rs.3500 (60 minutes)
Herbal facial.....	Rs.3000 (40 minutes)
Oil control face care pack.....	Rs.1200 (40 minutes)
Hydration facial.....	Rs.2000 (40 minutes)
De-tanning with face pack.....	Rs.2000 (40 minutes)
Hair wash.....	Rs.1500 (20 minutes)

- Customised packages are available after Doctor's consultation
- Doctor consultation is available on every day
- Free pickup and drop facilities are available





Yoga is an ancient Indian practice that combines physical postures, breathing exercises, and meditation to improve health and well-being. The word "yoga" comes from the Sanskrit word yuj, which means "to join" or "to unite".



Therapeutic Yoga

Yoga therapy for specific diseases.

Meditation

Meditation is a powerful practice that cultivates mental clarity, calmness, and inner peace.

Pranayama

Pranayama is the ancient practice of breath control and regulation. Helps to balance Body energy, calms mind, reduce stress



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All medicines are available from the
house of authentic Ayurveda.

Kottakkal ayurveda



Available at Mararikulam South, Varan Kavala
Near to Thayil Stop

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