



9810743242
www.seclude.in



Healing Touch

Ayurveda Massage

ABOUT US

Step into the world of wellness to reach the end of your journey - the destination within. And to aid you in that journey, we've got a blend of classic therapies at our spa in Kerala where healing massages and wellness experiences will rejuvenate you from inside out. At the end of it, you'll feel immensely enriched by the experience and left craving for a little more.

Please do enquire about Sunset
Beach Massage

☎ 9048055550

ABHYANGAM

It is an Ayurvedic massage therapy to soothe your body, mind, immune system and skin.

DURATION: 60 MINS RATE: 2400 INR

MARMA MASSAGE

It aids the digestive system by maintaining the proper balance and circulation of the body gases. It induces deep sleep, increases the appetite..

DURATION: 60 MINS RATE: 3000 INR

KIZHI (LEAF BUNDLE MASSAGE)

In this herbal leaves are applied with hot medicated oil. It helps in increasing blood circulation and reduces body pain.

DURATION: 60 MINS RATE: 2600 INR



PIZHICHIL (OIL BATH)



Pizhichil means “to squeeze.” By combining oil and heat therapy, Pizhichil is used to enhance blood circulation and simultaneously release toxins from the body..

DURATION: 90 MINS

RATE: 4400 INR



NJAVARA KIZHI (RICE BUNDLE MASSAGE)

It is a massage using Njavara-cooked rice mixed with milk and herbal extract of Kurumthotti tied in cotton boluses called as kizhis

DURATION: 60 MINS

RATE: 3800 INR



SIRODHARA

In this medicated oil is poured continuously on the forehead of the person lying in supine position. It is very effective for reducing mental tension and for getting good sleep.

DURATION: 45 MINS

RATE: 2200 INR



HEAD FACE SHOULDER MASSAGE

It encourages the body's innate healing in addition to being soothing & relaxing. Relief from stress and tension headaches, relief of tension and knots from the shoulders and neck, up into the face, which is beneficial to aid ease eyestrain and sinus problems.

DURATION: 35 MINS RATE: 1800 INR

AYURVEDA FACE PACK

This is a herbal face pack with specially made herbal powder and fresh cream. This prevents and avoids wrinkles and improves the skin tone.

DURATION: 35 MINS RATE: 1600 INR



FOOT MASSAGE

This help to relax the whole body, helping you to sleep better, and leaving you with a rejuvenated energy to bring to your day.

DURATION: 30 MINS RATE: 1400 INR



HERBAL BODY PACK

It helps to revitalize skin. It also acts as a skin softener and moisture retainer, which restores long lasting natural fairness and softness.

It is a combination of :-

Rejuvenation Massage

Body Pack

Full body dhara with herbal decoction and milk

DURATION: 2 HRS RATE: 4600 INR



REJUVINATION 7 DAY PLAN

DURATION: 2.5 HRS RATE: 25000 INR



RELAXATION DAY PLAN

Abhyangham
Head Face Shoulder Massage
Sirodhara

DURATION: 2 HRS RATE: 5600 INR

REJUVINATION DAY PLAN 14 DAYS

DURATION: 2.5 HRS RATE: 56000 INR



REJUVINATION DAY PLAN

Marma Massage
Leaf Bundle Massage
Sirodhara

DURATION: 2.5 HRS RATE: 5800 INR