
REJUVENATE

SPA SERVICES

Le MERIDIEN



AYURVEDIC BODY MESSAGES

ABHYANGA+SNANA (FULL BODY HERBAL OIL MASSAGE)

Duration 60 minutes - ₹ 3100

Medicated herbal oil application, where the oil is applied in a moderate speed and pressure that restates the body and mind to a relaxed mode. Abhyanga yields a range of benefits like improved blood circulation, strengthens body tolerance, decreases effects of aging, and removes fatigue, stress and pain. Conclude the experience with snana, a medicated shower.

ELAKIZHI (HOT HERBAL POUCH THERAPY)

Duration 60 minutes - ₹ 3600

In this treatment, fresh herbs are processed in a medicated oil and made into poultices with which hot compressions are given all over the body. This therapy promotes lubrication of joints and relieves back ache, whilst enhancing blood circulation and expels toxins.

UDVARTHANA+SNANA (HERBAL POWDER MASSAGE)

Duration 60 minutes - ₹ 3600

Udwarthana is the application of a combination of oil and herbal powder on the body that exfoliates and rejuvenates your skin. The treatment acts as a catalyst to give you a well-toned body through weight reduction. This natural blend also scrubs and cleanses to uplift skin texture and complexion. Conclude the rejuvenating experience with snana, a medicated shower.

HAIR AND HEAD THERAPIES

SHIRODHARA

Duration: 60 minutes - ₹ 4200

A traditional form of ayurvedic therapy which involves continuous pouring of specific medicated oil over the forehead which helps to release mental stress and induce sound sleep.

KESHYAA

Duration 60 minutes - ₹ 2400

Enriching herbal powders infused in medical oils and natural protein conditioner, massaged into the scalp, to balance and restore hair's vitality and shine, with a relaxing neck and shoulder massage, while the hair mask seeps in for deep conditioning and restoring. Relax for a while and leave the infused treatment on the hair and scalp for deeper treatment benefit.

SHIROABHYANGA (HEAD AND SHOULDER MASSAGE)

Duration 30 minutes - ₹ 1750

This stress relieving massage is done with warm herbal oil for the head and shoulder.

EXPRESS THERAPY

PADABHYANGAM (FOOT MASSAGE)

Duration 30 minutes - ₹ 1750

This massage of the feet with warm medicated oil improves blood circulation and relieves muscular ache.

PRISHTABHYANGAM WITH KIZHI

Duration 30 minutes - ₹ 2250

A therapy where hot compressions are given with herbal poultices preceding an oil massage. Recommended for back ache and improve blood circulation.

NASYA

Duration 30 minutes - ₹ 1250

The administration of medicated oil through the nostrils, it eliminates toxins out of head, neck and shoulders, elimination of excess mucus, treats loss of smell and taste and benefits the working of the sense organs.

AYUH SPA SIGNATURE THERAPIES

JIVANTIKA (COMBINATION OF ABHYANGA & SHIRODHARA)

Duration 90 minutes - ₹ 5500

A revitalizing treatment to obliterate fatigue and to restore well being. This therapy commences with head massage, neck and shoulder massage followed by a full body massage which creates definitive relaxation. The remedy concludes with shirodhara which releases mental stress and induces sound sleep.

SVAASTHYA (COMBINATION OF ABHYANGA & ELAKIZHI)

Duration 90 minutes - ₹ 4800

This treatment commences with the traditional full body massage and concludes with Elakizhi. It helps reduce pain and swelling and improves circulation. This therapy promotes lubrication of joints, relieve joint aches, fatigue and strengthens body tolerance.

PUNARJANI (COMBINATION OF ABHYANGA & HERBAL FACIAL)

Duration 90 minutes - ₹ 4400

This treatment lets you escape into paradise with full body ayurvedic massage which improves circulation, strengthens immunity, and the herbal sensuous facial that brightens and conditions the facial skin and enhances the glow.

TEJASWINI (COMBINATION OF ABHYANGA & HERBAL BODY SCRUB WITH COCOA & SPICES)

Duration 90 minutes - ₹ 4800

Indulge in ayurvedic traditional full body massage followed by the sensuous cocoa and spices scrub which boost your skins moisture content and stimulate cell renewal. Because cocoa is an anti oxidant, it also helps to protect your skin against wrinkle causing skin changes.

DINACHARYA

Duration 120 minutes - ₹ 6000

Optimal health + Daily Rejuvenation

Ayurveda recommends as a daily regime. The five senses are pampered to unconditional cleansing and relaxation in the process and this treatment focuses on rejuvenation, detoxification and imparts a healthy life style.

DINACHARYA INCLUDES:

Anjana: The application of a medicated liniment to the lower eyelids. This treatment enhances the natural beauty of our eyes and improves eyesight.

Nasya: The administration of medicated oil through the nostrils, which cleanses and remove, accumulated phlegm from the respiratory tract.

Gandusha: A procedure where the mouth is completely filled with medicated fluids as per the physician's discretion. The fluid is held in the mouth and then released which improves oral hygiene and maintains clarity and brings about a feeling of freshness.

Dhumapana: Inhalation of medicinal smoke which enhances sense of smell.

Karnapoorana: A classical Ayurvedic procedure recommended for ear disorders in which medicated oil is administered to the ear.

This process is continued with Abhyanga, Udwarthana and concluded with Snana.

AANANDINI (COMPLETE BEAUTY THERAPY)

Duration 180 minutes - ₹ 8000

A sensuous massage designed to refine skin texture and lift away surface impurities and toxins, providing a holistic healing concentrating the head, face and body. It includes Rejuvenation Massage, Fruit Massage, Herbal Scrub, Herbal Facial & Herbal Head pack. Natural fruit puree extracts provide vitamins, minerals and antioxidants which brighten and condition the skin. A touch of honey will visibly renew and improve skin texture, leaving the skin supple and revived.

FACE THERAPIES

MUKHALEPAM (HERBAL FACIAL)

Duration 60 Minutes - ₹ 2250

This herbal facial treatment opens clogged pores, restores moisture to the tissues, and adds a healing dimension to the facial skin. Rediscover a blemish-free skin tone and enhanced complexion.

MUKHAKANTHI (MINI FACIAL)

Duration 30 minutes - ₹ 1250

Experience the sensuous herbal face massage followed by the face pack that glows your facial skin.

What should guests wear during a treatment?

Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

THE AYURVEDA REJUVENATION PACKAGES

WELLNESS DAYS (Duration 3 days)

Special Package Rate - ₹ 12,500

Heavenly escapades with 3 days to glorious treatments including authentic Kerala Ayurvedic Massages to improve circulation and strengthen immunity, Herbal Facial to enhance glow and radiance and Shirodhara to help reduce stress & induce sleep

	MORNING	EVENING
DAY-01	Udwarthanam	Elakizhi
DAY-02	Abhyangam	Herbal Facial
DAY-03	Abhyangam	Shirodhara

WELLNESS DAYS (Duration 2 Days)

Special Package Rate - ₹ 10,000

Pamper yourself with treatments including Keshya, to deeply condition hair and restore vitality, Kerala Body Massages to foster faster healing of strained muscles & sprained ligaments and the signature therapy of Ayurveda, Shirodhara that relieve stress & aids relaxation.

	MORNING	EVENING
DAY-01	Elakizhi	Herbal Head Massage + Keshya (Head pack)
DAY-02	Abhyangam	Shirodhara

WELLNESS BREAKS (Duration 2.5 hrs.)

Special Package Rate - ₹ 7,000

Turn back the clock with our Anti-sagging body scrub & wrap, Herbal Facial and Fruits Massage that brightens and conditions skin. Re-discover a blemish free skin tone, enhanced complexion & relaxed state of body and mind.

- Rejuvenation Massage
- Herbal Scrub
- Herbal Facial
- Fruit Massage
- Herbal Wrap

The above rates are subject to Government taxes as applicable
Kindly inform our doctor or therapist of any allergies or intolerances.

LE MERIDIEN KOCHI

N 9° 52' E 76° 17'

T +91 484 2705777

lemeridien.com/kochi