

Ayurveda, an ancient medical science originating in India, teaches us the holistic tradition that integrates mind, body, and spirit. These rituals are designed to detoxify, purify, and restore balance, well-being, and energy to the body and mind. They release physical tension, harmonise energies, and deeply nourish your core, bringing tranquillity and peace to every cell of your body. Our treatments are tailored to your individual needs based on your body constitution.

Among the various Ayurvedic practices in India, Traditional Kerala therapies are regarded as the most authentic and classical methods of promoting health. We are Ananda - The Blissful Wellness, a unit of Vivekananda Group from Kerala, providing our services since 1963. Founded by Late Dr. KVC Narayanan Nair and carried forward by Late Dr. CN Jathavedan, we continue our legacy and services through the third generation.

Welcome to AMOD by Ananda - The Blissful Wellness. Enjoy our signature services and authentic Ayurvedic treatments.

Dr. Sreejath Jathavedan

APPOINTMENT INFORMATION

We encourage you to arrive at least 10 minutes prior to your scheduled treatment to ensure total relaxation and enhance treatment results. This will allow you time to slip into disposable cloths, take an experience shower, and use the steam, sauna or to simply relax. Arriving late for your appointment will simply limit your treatment time, reducing its full benefit and your enjoyment. Your treatment will end on time to prevent inconvenience to the next guest and the same treatment price will apply.

CANCELLATION POLICY

We kindly request that if you need to cancel your appointment, please provide us with a 24-hour notice to avoid a 50% surcharge. In the event of a 'no show,' a 100% surcharge will be applied. We appreciate your understanding and cooperation in this matter.

RESERVATIONS

We recommend making a reservation at least one day in advance.

HOURS OF OPERATION

Monday through Sunday - 07:30 hrs. - 19:30 hrs.



SPECIAL CONSIDERATIONS

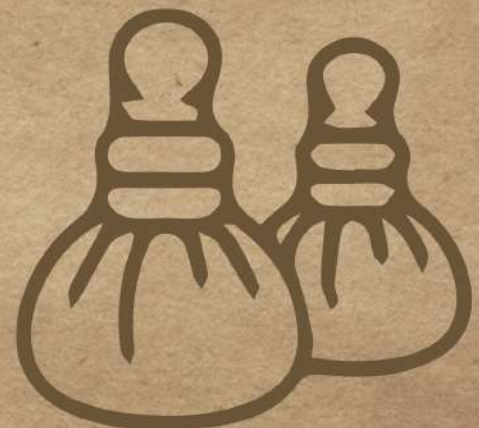
- *Your health and safety come first. Please help us by completing the lifestyle consultation form and Doctor Consultation, also inform us of any physical condition that may prevent you from partaking of some of our treatments.*
- *Please leave all your valuables in the locker provided when visiting the Center.*
- *As the center offers each guest the chance to relax and rejuvenate, we appreciate you turning off or switching your mobile phones to silent mode.*
- *Alcohol and smoking are strictly prohibited.*
- *We kindly request that you inform us of any allergies, ailments, or disabilities, particularly if you have conditions such as high blood pressure, heart disease, diabetes, or if you are pregnant.*
- *For your convenience and comfort, we offer disposable underwear and slippers during your visit. Additionally, during the massage, appropriate draping will be provided to ensure your privacy and relaxation. Wearing Casual clothing / Disposable undergarments during treatment is a necessity.*
- *We provide male to male & female to female services only.*

GIFTS AND PACKAGES

A unique way to celebrate, say thank you or simply show your appreciation to someone dear, gift vouchers for a-la-carte treatments and packages are available.

Please contact our Representative for more details.

****All prices are inclusive of tax.***



BODY MASSAGE & SCRUB

ABHYANGAM

Duration : 45 Minutes, Price Rs: 1900 Four Hands / 1500 Two Hands

The body is treated to an application of medicated oil, meticulously massaged by the therapist on either side, with particular focus given to the vital marma points and joints. The session begins with a soothing head and neck massage, progressing to a comprehensive full-body massage in both prone and supine positions. The benefits include alleviating bodily pain, reducing muscular stiffness, providing full body rejuvenation, enhancing circulation, stimulating the nervous system, and promoting stress release.



SIRO ABHYANGAM

Duration : 20 Minutes, Price Rs: 1000

This Head Massage is a therapeutic practice that involves the careful and deliberate application of a specially formulated medicated oil to the head and neck region, with meticulous attention given to targeting the vital marma points. The benefits include alleviating headaches, inducing profound rejuvenation, enhancing circulation, stimulating nerve endings, promoting mental stress relief, and inducing relaxation of tension.

PADABHYANGAM

Duration : 20 Minutes, Price Rs: 1500

This application of medicated oil encompasses the foot and extends to the legs, with a specific focus on attending to the vital marma points. This therapeutic technique involves the skilful manipulation of the oil, providing nourishment and targeted stimulation to the feet and legs. The benefits of this treatment include pain relief, rejuvenation, improved circulation, stimulated nerve endings, stress release promotion, and relaxation of tension.

UDWARTHANAM

Duration : 45 Minutes, Price Rs: 2250

This massage involves applying medicated Powder all over the body, massaging in the opposite direction of the hair roots. Two therapists work on each side, focusing on muscles and joints. The benefits include reducing "Kapha" problems, alleviating pain and stiffness, promoting weight loss, removing dead skin cells, reducing underlying fat deposition, and improving body complexion.

UDWARTHANAM WITH OIL

Duration : 45 Minutes, Price Rs: 2400

This session begins with a soothing head and neck massage, along with focused attention on the shoulders. Following this, a full body massage is conducted using medicated powder, applied in the opposite direction of the hair roots. Special care is taken to address the muscles and joints, aiming to provide relief and relaxation. The benefits include reducing full body stiffness, aiding in weight loss treatments, removing dead skin, lightening the body, and reducing body weight along with underlying fat deposition.

UDGARSHANAM

Duration : 45 Minutes, Price Rs: 2500

This Medicated Powder Massage applies a mixture of medicated powder and milk all over the body, with two therapists providing comprehensive coverage in both prone and supine positions. Special attention is given to the skin, offering a thorough full-body treatment. The benefits include removing dead skin, lightening the body and skin, reducing fat deposition, improving body colour, and enhancing skin tone.

POTTALI MASSAGE & PAIN RELIEF

CHOORNAPINDA SWEDAM

Duration : 45 Minutes, Price Rs: 2250

This Kizhi treatment involves the preparation of a potali (bundle) containing more than 16 herbal powders, which is then heated with a special oil. This heated bundle is rhythmically beaten across the entire body, followed by a massage using the same oil. The benefits of this list include pain relief, reduced muscular stiffness, rejuvenation, improved circulation, nerve stimulation, stress release, and effectiveness for specific arthritis types, making it beneficial for swelling conditions.

PATHRAPINDA SWEDAM

Duration : 45 Minutes, Price Rs: 2500

Kizhi therapy utilises a heated herbal potali containing more than 10 herbal leaves and powders. It is applied to the body with rhythmic massage, providing rejuvenation, improved circulation, and nerve stimulation. It also releases body stress and relieves muscular stiffness.

***Prior appointment of minimum 30 minutes for preparation.**

JAMBEERAPINDA SWEDAM

Duration : 45 Minutes, Price Rs: 2550

This Kizhi therapy involves applying a heated blend of herbal powders, lemon, and garlic oil onto the body with rhythmic massage. It improves circulation, stimulates nerves, relieves stress, and reduces muscular stiffness. It is highly effective for swelling and pain.

***Prior appointment of minimum 30 minutes for preparation.**

VALOOKAPINDA SWEDAM

Duration : 45 Minutes, Price Rs: 2250

A sand-filled Kizhi, heated and rhythmically applied to the entire body, along with accompanying massage, enhances circulation, alleviates body stress, relieves muscular stiffness, and provides relief from deep tendon and muscular pain.



SHASHTIKA SALI PINDA SWEDAM

Duration : 45 Minutes, Price Rs: 2700

Using a Kizhi [potali] made of Navara rice heated in milk and Kurunthotty decoction, the body is gently beaten in a specific rhythm and massaged with the same. This traditional practise promotes body cooling, and muscle strengthening, enhances body colour and softness, and lightens the skin. Additionally, it effectively removes dead skin cells and diminishes darkness.

***Prior appointment of minimum 1 hour for preparation.**

KAADI KIZHI

Duration : 45 Minutes, Price Rs: 2250

Kizhi treatment utilises a heated blend of navadhanya and herbal powders applied rhythmically on the body. It effectively relieves swelling, and intense pain, improves circulation, releases body stress, and relieves muscular stiffness, especially for conditions like diabetic neuropathy.

STRESS RELIEF & RELAXATION

PIZHICHIL

Duration : 45 Minutes, Price Rs: 3500

A continuous stream of lukewarm medicated oil is poured onto the entire body in a rhythmic motion by two therapists, followed by a soothing massage. This treatment effectively reduces pain and stiffness. It is especially beneficial for athletes, promoting body lightness, muscle nourishment, and alleviating joint stiffness.

DHANYAMLA DHARA

Duration : 45 Minutes, Price Rs: 2500

A lukewarm dhanyamlam stream is poured over the body in a rhythmic motion by two therapists, followed by a gentle massage. This specialised treatment effectively reduces diabetic pain, numbness, swelling, and joint stiffness.



KASHAYA DHARA

Duration : 30 Minutes, Price Rs: 2500

A specialised medicated decoction, at a lukewarm temperature, is gently poured in a rhythmic motion on both sides of the body by two therapists. This is followed by a soothing massage, providing a highly effective treatment for reducing "Vatha" problems, as well as relieving pain and stiffness.

***Prior appointment of minimum 1 hour for preparation.**

KSHEERAKASHAYA DHARA

Duration : 30 Minutes, Price Rs: 2700

Two therapists pour a stream of lukewarm milk decoction, a special medicated mixture with milk, in a periodic motion on both sides of the body. This is followed by a gentle massage. It is a highly effective method for reducing "Pitha" problems, pain, and stiffness.

***Prior appointment of minimum 1 hour for preparation.**

SIRODHARA

Duration : 30 Minutes, Price Rs: 3250

This message involves pouring a stream of lukewarm oil, specifically medicated oil, in a periodic motion onto the head while receiving a gentle massage. This treatment is highly effective for reducing physical and mental stress, providing tension relief, and addressing sleep disorders, and is often included in rejuvenation packages. For optimal results, it is recommended to combine it with a full body massage.

TREATMENT PROCEDURES

SIRO PICHU

Duration : 20 Minutes, Price Rs: 2000

Head Treatment - Cotton soaked in medicated oil is placed on crown of head. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

THALAPOTHICHIL

Duration : 30 Minutes, Price Rs: 2000

Head Treatment - Covering the head with specially prepared medications. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 45 minutes for preparation.**

THAKRA DHARA

Duration : 30 Minutes, Price Rs: 2700

Medicated Buttermilk Bath - Stream of Luke warm medicated butter milk decoction [special medicated decoction with butter milk] is poured over whole body in periodic motion simultaneously on both sides by two therapists and followed by a gentle massage. Treatment procedure Under Doctor's supervision.

***Prior appointment of minimum 24 hours for preparation.**

SIRO VASTHI

Duration : 30 Minutes, Price Rs: 2000

Head Treatment - A cap is wrapped around head and Luke warm medicated oil filled to it. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

URO VASTHI

Duration : 30 Minutes, Price Rs: 1950

Chest Treatment - A ring is made around chest and Luke warm medicated oil filled to it. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

KATI VASTHI

Duration : 30 Minutes, Price Rs: 1700

Low Back Treatment - A ring is made around lumbar or low back and Luke warm medicated oil filled to it. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

JANU VASTHI

Duration : 30 Minutes, Price Rs: 1700

Knee Treatment - A ring is made around the knee and lukewarm medicated oil is filled into it. The treatment procedure will take place under the doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

GREEVA VASTHI

Duration : 30 Minutes, Price Rs: 1750

Neck Treatment - A ring is made around neck and Luke warm medicated oil filled to it. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

KASHAYA VASTHI

Duration : 30 Minutes, Price Rs: 2000

Decoction Enema - Enema made of medicated decoction, oil, honey, powders, salt, etc. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 2 hours for preparation.**

SNEHA VASTHI

Duration : 30 Minutes, Price Rs: 1250

Oil Enema - Enema made of medicated oil. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 20 minutes for preparation.**

MATHRA VASTHI

Duration : 20 Minutes, Price Rs: 1000

Oil Enema – Enema made of medicated oil. Treatment procedure under Doctor's supervision.

NASYAM

Duration : 20 Minutes, Price Rs: 700

Nasal Drop – Medicated special nasal oil dropped in to nose, followed by fumigation and gargling. Treatment procedure under Doctor's supervision.



KARNAPOORANAM

Duration : 20 Minutes, Price Rs: 700

Ear Drop – Medicated special ear oil dropped in to ear. Treatment procedure under Doctor's supervision.

NETHRA KSHALANAM

Duration : 20 Minutes, Price Rs: 1000

Eye Care - Medicated special decoction is made for washing the eyes. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 30 minutes for preparation.**

NETHRA THARPANAM

Duration : 30 Minutes, Price Rs: 1250

Eye Care - A ring is made around eyes and Luke warm medicated ghee filled to it. Treatment procedure under Doctor's supervision.

***Prior appointment of minimum 45 minutes for preparation.**



FACIAL & BEAUTY CARE

HERBAL FACIAL

Duration : 30 Minutes, Price Rs: 1500

Special Facial with face massage, steam, scrub and face pack. Face beautification and removing blackish discoloration along with improving skin tone and glow.

SPECIAL NAVARA FACIAL

Duration : 45 Minutes, Price Rs: 1750

Special Facial with face massage, steam, scrub and face pack with navara milk and pottali massage over face. Face beautification and removing blackish discoloration along with improving skin tone and glow.

***Prior appointment of minimum 30 minutes for preparation.**

GOLDEN KUMKUMADI FACIAL

Duration : 60 Minutes, Price Rs: 2000

Special navara facial with Kumkumadi [saffron] oil application. Face beautification and removing blackish discoloration along with improving skin tone and glow.

***Prior appointment of minimum 30 minutes for preparation.**

FACE PACK

Duration : 20 Minutes, Price Rs: 1000

Face Care Pack – Application of herbal mukhalepam with milk or rose water to face.
Face beautification and removing blackish discoloration along with improving skin tone and glow.

HAIR PACK

Duration : 20 Minutes, Price Rs: 1500

Hair care Pack – Application of herbal thali powder, henna and neelayamari to head and hair.
Improves hair growth, strengthening the existing hair and stimulates hair follicle.

***Prior appointment of minimum 30 minutes for preparation.**

EXPRESS PEDICURE

Duration : 30 Minutes, Price Rs: 750

EXPRESS MANICURE

Duration : 30 Minutes, Price Rs: 750

REGULAR PEDICURE

Duration : 20 Minutes, Price Rs: 500

REGULAR MANICURE

Duration : 20 Minutes, Price Rs: 500

EYE BROW THREADING

Duration : 15 Minutes, Price Rs: 100

BLACK HEAD REMOVAL

Duration : 20 Minutes, Price Rs: 100

OTHER SERVICES

STEAM BATH

Duration : 15 Minutes, Price Rs: 500 / 700 (with oil)

Steam Bath - This treatment takes place in an enclosed chamber where herbal steam is gently infused to provide a nourishing medicinal steam bath. This soothing treatment reduces body heaviness and stiffness, promotes sweating to lighten the body, and aids in weight management.

SAUNA BATH

Duration : 15 Minutes, Price Rs: 500

SWIMMING POOL

Duration : 60 Minutes, Price Rs: 200

Membership : 4000 per month

1 single person - Unlimited pool usage for 1 month.

GYM

Membership : 2000 per month

POOL + GYM

Membership : 5000 per month

AYURVEDIC DOCTOR CONSULTATION

Price Rs: 200

SPECIAL PROGRAMS

ANANDA'S WEIGHT LOSS PROGRAM

30 Days Program

Includes:

Treatments - 10 Abhyangam, 10 Udwarthanam, 10 Dhanyamla Dhara,
10 Jambheera Pinda Swedam

Gym Membership - 1 Month

Pool Membership - 1 Month

Free Doctor Consultation & Diet Plan

*Extra charges if internal medications needed.

~~Rs: 100000~~ Rs: 60000

15 Days Program

Includes:

Treatments - 5 Abhyangam, 5 Udwarthanam, 5 Dhanyamla Dhara,
5 Jambheera Pinda Swedam

Gym Membership - 15 Days

Pool Membership - 15 Days

Free Doctor Consultation & Diet Plan

*Extra charges if internal medications needed.

~~Rs: 50000~~ Rs: 35000



ANANDA'S BODY COOLING PROGRAM

Includes: Abhyangam + Shastikasali Pinda Swedam + Sirodhara

~~Rs: 7850~~ Rs: 5000

ANANDA'S REJUVENATION PROGRAM

Includes: Abhyangam + Pizhichil + Pathra Pinda Swedam + Sirodhara
+ Steam bath

~~Rs: 11650~~ Rs: 7500

ANANDA'S PERFECT GLOW PROGRAM

Includes: Abhyangam + Udgarshanam + Threading + Special Navara Facial
+ Steam bath

~~Rs: 6750~~ Rs: 4700

ANANDA'S ROYAL MAKEOVER PROGRAM

Includes: Abhyangam + Udwarthanam + Manicure + Pedicure + Sirodhara
+ Special Navara Facial + Steam bath

~~Rs: 11150~~ Rs: 7200

ANANDA'S DETOXIFICATION PROGRAM

Includes: Abhyangam + Udwarthanam + Jambheera Pinda Swedam + Pizhichil
+ Steam bath

~~Rs: 10700~~ Rs: 7000

SPECIAL MEMBERSHIP PACKAGES

**PAY FOR 10 ABHYANGAM
& GET 4 ABHYANGAM EXTRA (4 HANDS)**

~~Rs: 26600~~ Rs: 19000

Validity: 6 Months

**PAY FOR 10 ABHYANGAM
& GET 4 ABHYANGAM EXTRA (2 HANDS)**

~~Rs: 21000~~ Rs: 15000

Validity: 6 Months

**PAY FOR 20 ABHYANGAM
& GET 10 ABHYANGAM EXTRA (4 HANDS)**

~~Rs: 57000~~ Rs: 38000

Validity: 1 Year

**PAY FOR 20 ABHYANGAM
& GET 10 ABHYANGAM EXTRA (2 HANDS)**

~~Rs: 45000~~ Rs: 30000

Validity: 1 Year

VALUE BASED PACKAGES

- **Pay Rs: 50000 and get services worth 75000, validity 1 year.**
- **Pay Rs: 75000 and get services worth 125000, validity 1 year.**
- **Pay Rs: 100000 and get services worth 200000, validity 2 year.**

***Package applicable for family members & friends sharing basis also.**

***Services taking will be deducted in actual cost from the account balance.**

***In case of refund, services amount in actual cost will be reduced from (paid amount only; not from the benefit amount) and the balance amount will be refunded.**

****All prices are inclusive of tax.***