

ABHYANGAM (NORMAL MASSAGE)

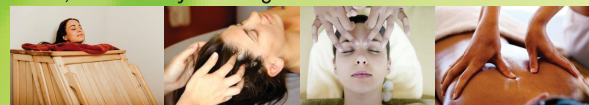
A full body massage with warm medicated oil. Gentle to moderate pressure with hands and fingers are used for an effective massage. Massage is done in four to five standard positions. It improves blood circulation and tones up muscles relaxing mind and body, relieving body pain and inducing good sleep.



**Time :60mints
₹ 2000**

ABHYANGAM (MARMA MASSAGE)

This ancient form of treatment uses the fingers to stimulate the marma points, thereby promoting physical and mental recuperation. This therapy strengthens the organ systems and tissues, relieves physical and mental blockages of energy, improves lymph drainage, relaxes muscles and improves quality of sleep. This massage includes Face, Head, whole body massage & steam bath.



**Time: 85 mints
₹ 2500**

PART MASSAGE (SPECIFIC PARTS)

This is a traditional ayurvedic massage which is done for a specific part using warm herbalised oil that improves circulation & relieves pain in that region.



**Time: 30 mints
₹ 800**

STEAM BATH

Herbal steam bath is a simple and effective therapy to cleanse the body from toxins. A herbal steam bath (known as Bashpa Swedana) involves sweating caused by steam. Such a steam bath can help remove toxins from the body. It is a part of the cleansing therapy usually done after a massage.



**Time: 20 mints
₹ 500**

KIZHI (PODI KIZHI/ ELA KIZHI/ MUTTA KIZHI)

Certain Herbal powders/ medicinal leaves/ medicated powder with egg , tied in boluses. Very effective in rheumatic disorders, spinal disc complaints, paralysis.



**Time : 60mints
₹ 2000**

UDVARTHANAM

It is an Ayurvedic Treatment procedure in which medicated powders or pastes are used to massage the body in opposite direction of body hairs with adequate pressure. Very effective in case of obesity.



**Time: 60 mints
₹ 2400**

SHIRODHARA

Shirodhara is a traditional ayurvedic method of healing, that has been in use since ancient times to bring the mind, body and soul to a harmonious level. Touted as one of the most purifying and rejuvenating treatments, this therapy is designed in such a way that it not only eliminates the harmful AMA toxins from the body but also relieves stress, gets rid of mental exhaustion and treat a host of disorders.



**Time : 60 Mins
₹ 3000**

PIZHICHIL

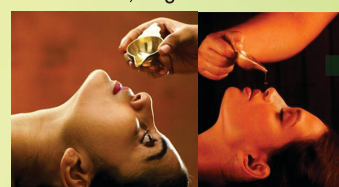
This is an ayurvedic treatment pouring oil throughout the body. Which enhances muscular tone and improves cells viability & vigour and also Detoxify body .



**Time: 60 mints
₹ 4000**

NASYAM

Nasyam is an ayurvedic treatment which aimed at purifying the head region and nasal passages thereby eliminating Headaches, Migraine and Sinus related disorders.



**Time : 20 mints
₹ 700**



MATRA VASTI

Basti is beneficial for overall detoxification and cleansing and helps with gastrointestinal diseases; chronic constipation; common cold; heart, neck, joints and lower-back aches; as well as mental imbalance.

**Time : 15 Mins
₹ 700**

HERBAL FACE PACK

Face pack by using traditional secret combination of medicinal herbs.The body care herbal face pack is specially formulated to help the revitalize skin. It also acts as a skin softener and moisture retainer, which restores long lasting natural fairness and softness.



₹ 1000

CUPPING THERAPY

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.



**Time: 20 mints
₹ 500**

LEECH THERAPY

Leech Therapy is an ancient and advanced practice in Ayurveda. It uses leeches (Hirudo medicinalis) to draw out impure blood from a patient through a specially-made incision. Only the blood from the infected area is drawn out this way. The disease-affected region is first carefully cleaned and wiped dry.



**Time : 15 mints
₹ 1000**

Champeya is an ayurvedic Clinic where authentic and traditional Kerala Ayurveda is practiced and is reputed for its quality of care & service rendered. The word Champeya is name of a plant defined with *Michelia champaca* in various botanical sources. *Champaca* also has many medicinal benefits. It is used to treat skin conditions, fight inflammation, and is popular in Ayurvedic medicine. It is used to detoxify the body, promote proper digestion, work as a diuretic, and cure fevers.

Ayurveda is an ancient system of natural and medical healing originated in India. Ayur means Life and Veda means Science. Thus the Ayurveda means the science of life. It gives a total approach to health, healing and longevity. This holistic system of medicine is supposed to be the oldest form of health care system available on planet today. This unique system of healing believes in not only treating the ailments of body alone but also the mind and spirit.

We offer you holistic care for your multiple conditions through diet, lifestyle, medicine and therapies. Our therapists are trained in Kerala panchakarma treatments and we will offer you one of the best experience in Fortkochi. We offer semi - private/ private rooms for your in- patient stay and care. Thus we provide effective & authentic ayurvedic treatment.



Dr Harsha Gasper

AYURVEDIC TREATMENT PACKAGES

Rejuvenation Treatment (2 treatment per Day)

Time: 90 mints

These treatments which helps to improve blood circulation & nerve supply. It enhances immunity and maintains youth and nourishes your skin. As per doshas we will advice the daily season treatments.

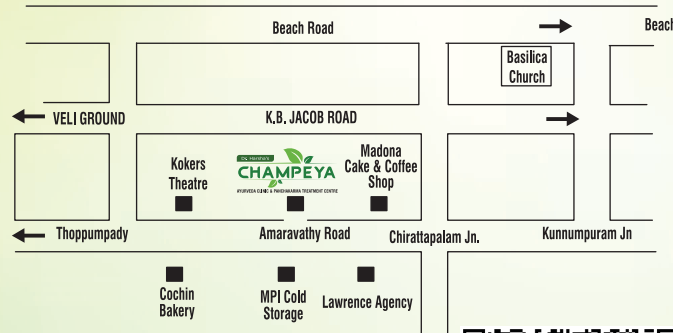
1 DAY PLAN : 3500/-

3 DAYS PLAN : 10000/-

7 DAYS PLAN: 24000/-

14 DAYS PLAN: 45000/-

21 DAYS PLAN: 65500/-



LOCATION SCAN ME



WORKING HOURS : 10:00 AM TO 06:00 PM



Welcome to the world of Ayurveda

Dr. Harsha's

CHAMPEYA[®]

AYURVEDA CLINIC & PANCHAKARMA TREATMENT CENTRE

"Green is more Caring"

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