



**Sukh**Ayurveda

Abundant Health & Rejuvenation





## REJUVENATION THERAPIES

- **Shirodhara, Complete** Time tested, authentic treatments that gently erase the pressures and stress of day-to-day life. Refresh and reclaim your vital energies. Induces calm sleep.  
Our Signature Therapy

**Procedure:** A therapeutic head and body massage is followed by soothing medicated oils streamed onto your forehead and scalp.

**75 minutes**

**Rs. 2,350.**

- **Shirodhara, Simple** Improves and enhances your mental well-being.

**Procedure:** Hand picked, organically grown herbs from traditional gardens in Kerala are used in medicated oils that are streamed onto your forehead and scalp after a head massage is performed by a trained therapist.

**30 minutes**

**Rs. 1,500.**

- **Abhyangam** A proven traditional treatment that relieves you of pain, improves vision, reverses aging, and nourishes the body. Improved physical tolerance, blood circulation, and a glowing skin put back the zest for life!

**Procedure:** Medicated oils are used to massage a person's head and body according to his/her temperament for a unique healing experience. Movements are performed for complete healing

**45 minutes**

**Rs. 1,000.**

- **Pizhichil** Primarily meant as a rejuvenating procedure that promotes inner balance, this technique also eases joint stiffness.

**Procedure:** Warm healing oil is poured over the body in a rhythmic pattern. A gentle massage revives the body.

**60 minutes**

**Rs. 2,350.**

- **Takradhara, Complete** A holistic treatment for anti-aging, removal of stress and fatigue, nourishment, enhanced physical tolerance, improved blood circulation. Inner balance, peacefulness, and restful sleep are also some other results of this traditional therapy.

**Procedure:** A therapeutic head massage followed by body massage is performed with Ayurvedic oils. The herbal decoctions are combined with pure butter milk and poured onto the forehead and scalp.

**75 minutes**

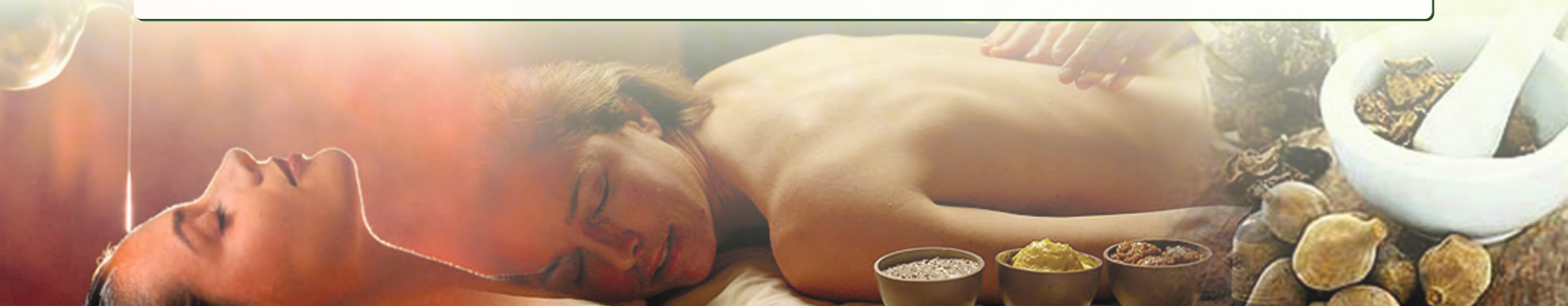
**Rs. 2,350.**

- **Takradhara, Basic** A simple way to banish fatigue and stress, and promote sound sleep.

**Procedure:** The herbal decoctions are combined with pure butter milk streamed onto the forehead and the scalp.

**30 minutes**

**Rs. 1,500.**





■ **Ksheerdhara, Complete**

A popular headache and stress relieving Ayurvedic treatment that relaxes the mind

**Procedure:** The body is massaged with pure Ayurvedic oils. The herbal decoctions and pure milk are allowed to stream onto the forehead and scalp after a therapeutic head massage is performed.

**75 minutes**

**Rs. 2,350.**

■ **Ksheerdhara, Basic**

A popular headache and stress relieving Ayurvedic treatment that relaxes the mind .

**Procedure:** The herbal decoctions and pure milk are allowed to stream onto the forehead and scalp after a therapeutic head massage is performed.

**30 minutes**

**Rs. 1,500.**

■ **Swedanam**

This age old procedure cleanses the body of impurities, strengthens the lymphatic, digestive, and blood circulatory systems. It promotes all round well being and relaxes the mind. Some of the effects are reduction of generalized body pain, increased joint flexibility and softer, brighter skin.

**Procedure:** A full body medicated steam bath.

**15 minutes**

**Rs. 700.**

■ **Sarvanga Dhara**

Relieves fatigue, soothes, strengthens and tones your body, checks dryness.

**Procedure:** Cool stream of herbal decoction is poured on entire body.

**45 minutes**

**Rs. 1,800.**

■ **Udvardanam**

Lose weight with this fat reduction technique that improves digestion and heightens skintone.

**Procedure:** Massage using special herbal powder is performed in a rhythmic upward motion by a skilled therapist.

**45 minutes**

**Rs. 1600**

■ **Elakizhi, Patrapinda Swedam, Complete**

This valuable treatment strengthens back and spine, relieves joint aches and rejuvenates the entire body. Your skin glows, and a well rested de-stressed body and mind can go about daily work with ease and sleep well at night. This is also a curative procedure for stiffness and inflammation.

**Procedure:** Herbal leaves and spices are bound into a bundle, a herbal bun, and soaked in warm medicated oils. A skilled therapist applies this to your body with focus on painful areas.

**60 minutes**

**Rs. 1,500.**





## OUR WEIGHT LOSS THERAPY

A combination of 20 Ayurvedic Therapy Sessions customized for you along with 2 sessions of diet counselling and 8 sessions of Yoga.

Ayurvedic therapies/massages mobilises the fat, and to some extent removes cellulite. Yoga helps in consumption of the extra fat and figure correction. Diet counselling gives you the knowledge of food/food habits which helps you lose weight.

**4 Weeks, 5 Sessions per week**

**Rs. 25,000.**

## OUR CURATIVE THERAPIES

### ■ Kadivasti, Complete

Complete healing for lower back pain and spinal disorder, numbness, and restoring reflexes. Ideal for desk bound executives and stressed lifestyles. Improves, the body's ability to assimilate nourishment and its tolerance. Strengthens blood circulation, and benefits your lower back.

**Procedure:** Specially prepared, warm medicated oil is poured over the lower back and then kept in place by a flour dough boundary. Also, a full body oil massage is done for complete healing.

**75 minutes**

**Rs. 2,350.**

### ■ Kadivasti, Simple

Therapy for lower back ache and spinal disorder. Stimulates and nourishes the nervous system.

**Procedure:** Warm medicated oil is poured over the lower back and then kept in place by a flour dough boundary. A series of treatments are recommended to treat the back pain and spinal disorders.

**30 minutes**

**Rs. 1,500.**

### ■ Navarakizhi

This Ayurvedic procedure treats the symptoms of a high stress lifestyle. Reduces high cholesterol and high blood pressure, relieves joint pain, strengthens muscles, and treats rheumatism.

**Procedure:** This is a special massage conducted with a herbal bun that contains medicated rice that has been cooked in a herbal decoction, pure milk and medicinal herbs.

**60 minutes**

**Rs. 1,875**

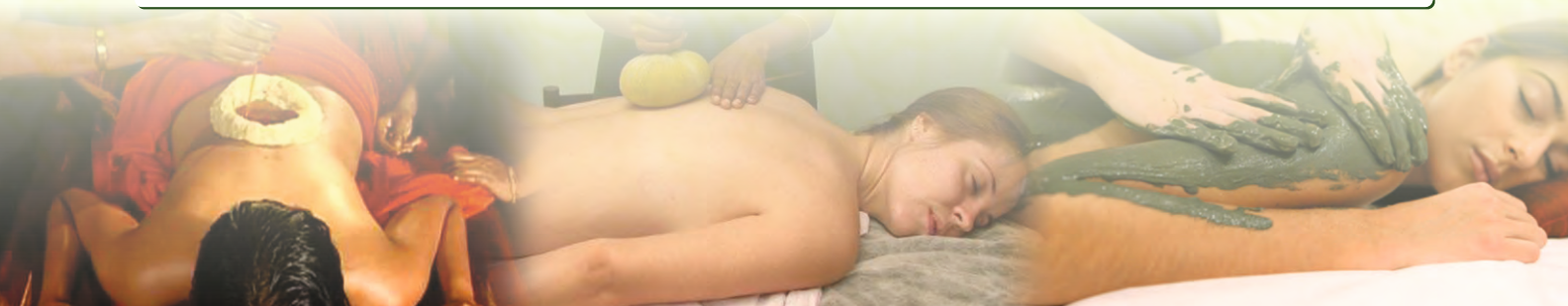
### ■ Nasyam

A head and neck toxin cleanser that relieves headaches, migraine, facial paralysis, and treats mental distress and disorders.

**Procedure:** Medicated herbal decoctions, oil and ghee are poured in drops through the nose.

**30 minutes**

**Rs. 800**





## OUR BEAUTY THERAPIES

- **Shiro-Abhyangam** A stress and fatigue relieving massage which nourishes the scalp and checks dry hair.
- Procedure:** Key pressure points of your head, forehead and neck are massaged using medicated hair oil.

**30 minutes**

**Rs. 700.**

- **Mukha-Abhyangam** Tones up facial muscles, relieve stress headaches, and re-hydrate facial skin.

**Procedure:** Face is massaged in upward and circular movements using facial creams.

**30 minutes**

**Rs. 700**

- **Mukhalepam** This treatment gently removes the darkening effects of the sun from your skin, reduces wrinkles and gives a natural glow to the skin.

**Procedure:** Pure herbal face pack is applied and allowed to dry according to your body type.

**30 minutes**

**Rs. 400**

- **Padabhyangam** Removes tiredness and promote restfulness. Dry feet are also refreshed in this therapy.

**Procedure:** Key pressure points in your feet are massaged with medicated oils or creams.

**30 minutes**

**Rs. 700.**

- **Special Ayurveda Kumkumadi Facial** A wrinkle soothing, skin nourishing, tissue cleansing, facial tension melting treatment.

**Procedure:** Your face will be cleansed with rose water, scrubbed and massaged with nourishing gel and kumkumadi oil. Finally, a face pack is applied.

**45 minutes**

**Rs. 1,000.**









Experience the gentle simplicity of ancient traditions of healing - Ayurveda, Yoga, and Meditation - in a sanctuary called Sukh Ayurveda.

For nearly a decade, the Sukh Ayurveda health center has served its community in NOIDA with holistic integrated therapies. Individuals, families, and organizations have benefited from treatments for rejuvenation, abundance of health and energy.

The team at Sukh Ayurveda is led by Vaidya Ruchi Gulati, a B.A.M.S. (Bachelor of Ayurvedic Medicine & Surgery) and M.D. (Ayurveda) from renowned Delhi and Rajasthan Universities. She has over a decade of experience in pure Ayurvedic practice, training, research, yoga, and meditation.



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