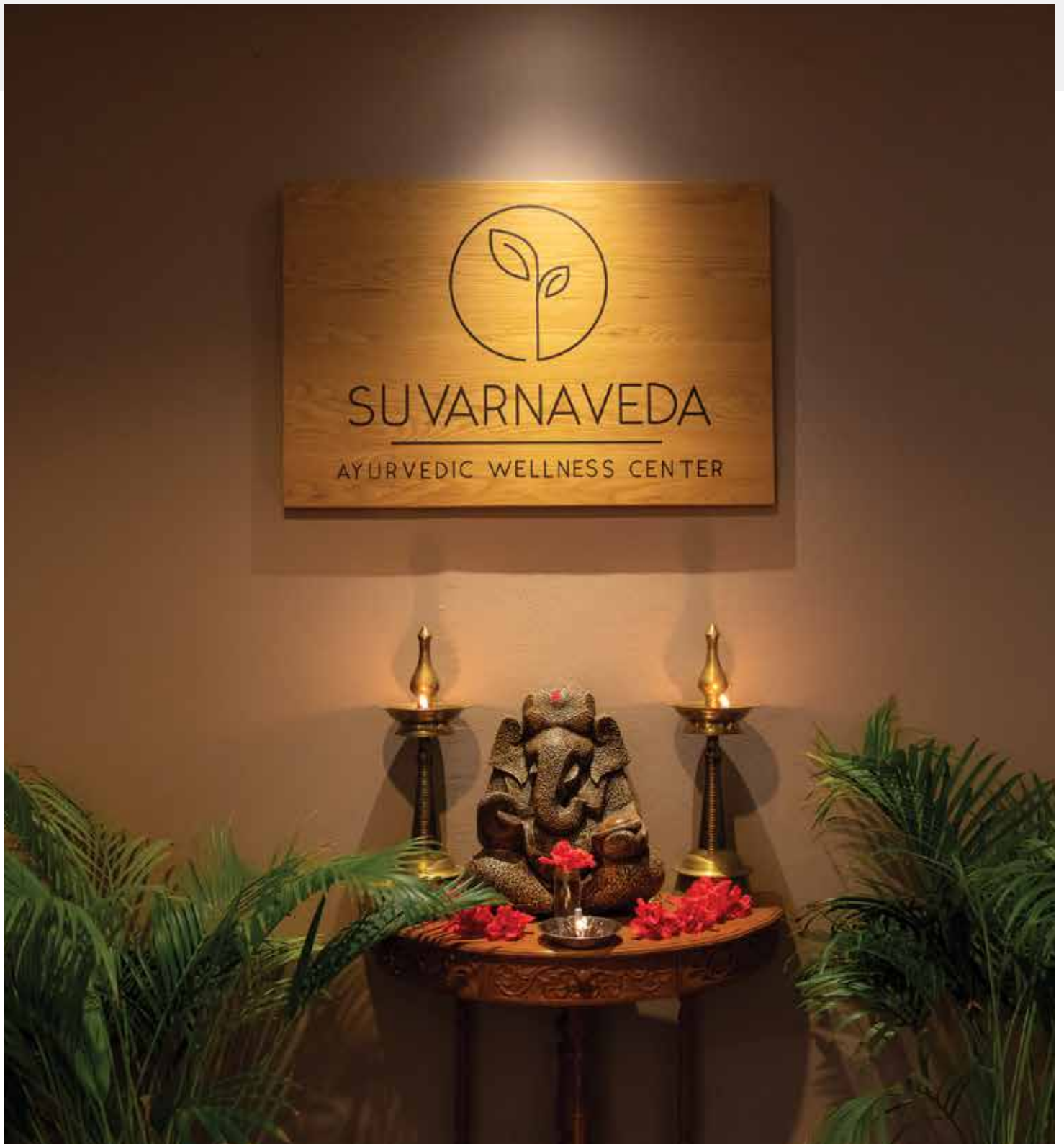


SUVARNAVEDA

WELLNESS



Taking care of your mind, body, and soul.







Detox Programs

• Gentle Cleanse

 **4 Days**  **8,000 ₪**



Traditional therapies to relax your mind. Feel revived and rejuvenated from the day-to-day hectic lifestyle. Aids in improved energy & quality of sleep.

• Periodic Cleanse

 **7 Days**  **15,000 ₪**



Ayurvedic therapies detailly curated to enhance the body cells to rejuvenate. Helps subside localized aches and pains alongside improving digestion, assimilation & excretion.

• Dynamic Cleanse

 **10 Days**  **22,000 ₪**

This cleanse targets enhanced well-being by boosting the immune system and balancing the doshas. Aims to detoxify accumulated toxic molecules by improving circulation and boosting energy levels.

• Super Cleanse

 **15 Days**  **26,000 ₪**

Transformative journey through an ultimate Ayurvedic cleanse. The cleanse aids in getting rid of unwanted fat and cellulites, toning the body & enhancing energy levels.

• Master Cleanse

🕒 21 Days

💰 34,000 ₹

Aims to eliminate chronic conditions like allergies, joint pain, obesity, asthma, etc., by removing deep-seated toxins through rejuvenating and reviving the whole system.



Rejuvenation Therapies

• Royal Makeover

🕒 120 Mins

💰 3,500 ₹

The therapy includes Abhyangam +Udhwarthanam + Kayalepam + Glow facial that makes you feel royal with the luxury & pampering of Ayurveda. The therapy begins with a traditional body massage followed by an exfoliating scrub and a steam bath.

• Detox Day Therapy

🕒 100 Mins

💰 2,600 ₹

A combination of special Ayurvedic therapies i.e., Abhyangam & Pottali Pinda Sweda using detoxifying herbal oils and bolus bundles which aids in cleansing your body alongside improving blood circulation bringing you immense relaxation.

• Rejuvenation Therapy

🕒 90 Mins

💰 2,500 ₪

A perfect combination of Abhyangam & Patra Pinda Sweda which helps revive & rejuvenate from the hectic schedules of your day-to-day lives. Relieves minor aches, spasms & pains, improves nerve conduction & blood circulation.

• Relaxation Therapy

🕒 90 Mins

💰 2,400 ₪

The therapy consists of two procedures Abhyangam & Shirodhara which provide utmost relaxation and sound sleep.



Signature Therapies

• Abhyangam

🕒 60 Mins

💰 2,000 ₪

Warm medicated oil infused with herbs is rhythmically massaged all over the body, nourishing and relaxing the whole system.

• Udhawarthanam

🕒 60 Mins

💰 2,000 ₪

Medicated powder is massaged all over the body. Aids in weight loss, reduction of cellulitis and exfoliates the skin by improving blood circulation.

• Shirodhara

🕒 45 Mins

💰 1,500 ₪

Medicated oil is dropped gently on the forehead to induce a calming effect to your mind.

• Ayurvedic Wellness Consultation

🕒 45 Mins

💰 500 ₪

Comprehensive pulse analysis to derive your body constitution and diagnose the root cause of health problems along with suggestions to treat the same.



Herbal Facials

• Ayurveda Glow Facial

🕒 45 Mins

💰 1,500 ₪

Herbal Facial that helps rejuvenate the skin by bringing an instant glow, suitable for all skin types.

• Honey Herbal Facial

🕒 45 Mins

💰 1,500 ₪

An Ayurvedic facial done using exclusive herbs and organic honey, scrapes out dead skin, and tightens it. Marma therapy is done on the face to improve circulation in facial nerves.



Traditional Therapies

• Podikizi

🕒 60 Mins 💰 1,800 ₪

Medicated herbal oil massage with a hot compress.

• Shastishali Pinda Sweda

🕒 60 Mins 💰 2,000 ₪

Medicated rice bolus with herbal oil massage that helps in strengthening the body.

• Nasyam

🕒 45 Mins 💰 1,200 ₪

Nasal purgation therapy benefits sinus, congestion, post nasal drip & migraine.

• Kati Vasti

🕒 45 Mins 💰 1,500 ₪

Medicated oil is retained on the lower back in a rhythmic way for a certain time. Helps in lumbar spondylitis, sciatica, back pain, numbness, etc.

• Greeva Vasti

 45 Mins

 1,500 ₪

Medicated oil is retained on the back of the neck & shoulder. Aids in relieving back pain, neck pain, office syndrome, spondylitis, numbness in hands etc.

• Janu Vasti

 45 Mins

 1,500 ₪

Medicated oil is dripped & retained on knees. Ideal for those with knee pain, cartilage tear, joint stiffness, arthritis, gout etc.

• Anti-stress Massage

 45 Mins

 1,500 ₪

Medicated herbal oil massage on the head, neck & shoulder.

• Pristhabhyangam

 45 Mins

 1,500 ₪

Back massage with a warm medicated oil to relieve stress and tension caused while sitting for long hours in the wrong positions.

• Takradhara

 60 Mins

 1,800 ₪

Medicated buttermilk is dripped on the frontal forehead in a rhythmic movement for a certain time to relax, cleanse and promote the health of the scalp.

Aids in conditions such as hair fall, dandruff, psoriasis, migraine, early graying of hair, baldness, etc.

• Kaya Lepam

🕒 60 Mins

💰 2,000 ฿

Body pack made with a herbal paste. Helps to rejuvenate and revive skin.

• Shiro & Pada Abhyangam

🕒 45 Mins

💰 1,500 ฿

A relaxing head & foot massage.



Bangkok's Most Trusted
Ayurvedic Wellness Centre

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