

MESSAGES	DURATION (MIN)	PRICE (MUR)
Head & Neck Massage	30	700
Neck & Back Massage	40	1100
Head, Neck & Back Massage	45	1300
Back Massage	30	700
Anti-stress massage with essential oils	45	1300
Nasyam		
Administration of herbal extract through the nostrils, followed by a herbal oil massage and steam for head and face. Effective for headache, sinusitis, migraine, stress.	20	600
Mukha Abhyangam & Muka Lepam (Ayurvedic facial)		
A gentle massage of the face with a special oil to nourish, cleanse and beautify the tissues, bringing a smooth youthful glow to the complexion, thus reducing wrinkles. After a steam, a face pack is applied to make the skin softer and glowing.	45	1000

MASSAGES	DURATION (MIN)	PRICE (MUR)
Pada Abhyangam (Ayurvedic foot massage)		
A stimulating massage is done to the feet and legs, increasing blood flow as well as relieving tiredness, while cleaning and stimulating the nerve endings.	30	1000
Thalapothichil		
Head massage followed by a head pack to relieve from stress and give a glow to the hair.	45	1600
Abhyangam (2 hands massage)		
A traditional Ayurvedic massage to rejuvenate the body and maintain physique.	50 + 5 min steam bath	1400
Abhyangam (4 hands synchronised massage)		
A traditional Ayurvedic massage to rejuvenate the body and maintain physique.	50 + 5 min steam bath	1700

MASSAGES	DURATION (MIN)	PRICE (MUR)
<p><b>Kativasthi</b></p> <p>Specially prepared warm medicated oil is kept over the lower back for some time. It is beneficial for any type of back pain and spinal disorder, like sciatica, lumbado or slipped disc.</p>	<p>45 + 5 min steam bath</p>	<p>1800</p>
<p><b>Sirovasthi</b></p> <p>A mixture of lukewarm herbal oil is poured into a cap fitted on the head continuously. It is very effective in severe headache, stress, depression, neurological disorders, facial paralysis, numbness.</p>	<p>45 + 5 min steam bath</p>	<p>1900</p>
<p><b>Elakizhi (Patraswedam)</b></p> <p>This massage promotes better circulation within the affected areas, promoting increased perspiration and tonifying the skin.</p>	<p>55 + 5 min steam bath</p>	<p>2100</p>
<p><b>Udwarthanam (Powder massage)</b></p> <p>A mixture of herbal powder is massaged directly onto the body in the opposite direction of the blood flow. This acts as a natural exfoliant and is very effective for reducing body fat. This massage tones the skin and muscles, while improving blood circulation.</p>	<p>55 + 5 min steam bath</p>	<p>2100</p>

MASSAGES	DURATION (MIN)	PRICE (MUR)
Podikizhi	55 + 5 min steam bath	2100
<p>This massage helps detoxifying the body and in reducing body/muscular pain. It is also very effective for people suffering from arthritis.</p>		
Thakradhara		
<p>Pouring of medicated buttermilk over the forehead or whole body. It prevents greying of hair, insomnia, depression, mental stress &amp; skin diseases.</p>		
Forehead	45	2100
Body	60	2600

MASSAGES	DURATION (MIN)	PRICE (MUR)
<b>Ksheeradhara</b>		
A relaxing ayurvedic healing treatment that alleviates fatigue, improves memory and helps with lack of vitality by pouring herbal milk over the forehead or the body. It is also effective in curing insomnia, chronic headaches and has been found to be very effective in providing a profound relaxed feeling to the central nervous system.		
Forehead	45	2100
Body	60	2600
<b>Dhara</b>		
Oil is dripped gently and continuously across the forehead to revitalize the mind and body. Dhara is also a special massage therapy for stress and strain, while reducing hypertension.	55 + 5 min steam bath	2300
<b>Kadhikizhi</b>		
This is a special herbal powder massage to improve the mobility of joints and strengthen muscles and nerves.	55 + 5 min steam bath	2300

MASSAGES	DURATION (MIN)	PRICE (MUR)
Navarakizhi	60	2400
An excellent treatment to impart luster to the skin and nourishment to the body through the skin.		
Pizhichil	55 + 5 min steam bath	2600
This is one of our special soft massages to rejuvenate the whole body.		
It also helps in the healing of rheumatic diseases, blood pressure, pain in the joints and diabetes.		
Special Kid's Massage	30	600
Soft pressure massage from head to toes.		
Doctor's Consultation Fee		700
Yoga Classes	Please contact us for more details.	

KAIRALI'S BEAUTY CARE	DURATION (MIN)	PRICE (MUR)
<p><b>Kairali's Royal Makeover*</b></p> <p>This is KAIRALI's special therapy to make you feel Royal.</p> <ul style="list-style-type: none"> <li>• Head massage</li> <li>• Body scrub</li> <li>• Ayurvedic massage with medicated oil</li> <li>• Eye wash</li> <li>• Face massage</li> <li>• Body wrap</li> <li>• Head pack</li> <li>• Steam bath</li> </ul>	120	3900
<p><b>Body</b></p> <p><b>Kairali's Body Scrub</b>            Detoxication of the skin in the steamer, exfoliation with fruit-based salts, followed by a gentle massage.</p>	60	1600
<p><b>Facials</b></p> <p><b>Kairali's Herbal Facial</b></p> <p>The herbal facial will help to maintain the youth and natural beauty of the skin through natural &amp; herbal products.</p>	60	900

*\*Appointment must be taken at least 24 hours' prior.*

## KAIRALI'S BEAUTY CARE

DURATION (MIN)

PRICE (MUR)

### Kairali's Gold Facial

The Gold Facial, based on Ayurveda, is a powerful anti-ageing treatment, with revitalizing and rejuvenating effects. Gold is one of the softest metals and is easily absorbed by the skin. It helps lymphatic drainage and facilitates the removal of toxins and wastes. It also stimulates blood circulation and improves skin elasticity, accelerating cell renewal and reversing oxidation damage.

90

1300

### Kairali's Pearl Facial

Based on Ayurveda, the Pearl Facial uses products which contain powder of pearls. Research has revealed that pearls influence the transfer of melanin (natural pigment) to the skin surface, filtering the sun's rays and counteracting sun damage. Pearls also contain powerful nutritive elements, like amino acids, minerals and proteins, which strengthen the skin and improve its moisture retention ability. The facial gives way to a healthy radiant skin, with an even colour tone.

90

1200



## KAIRALI'S BEAUTY CARE

DURATION (MIN)

PRICE (MUR)

### Kairali's Thermoherb Facial Mask

The Thermoherb Mask is a mini face-lift, which deep cleanses, restores balances and tightens the skin. Based on an ancient thermal mask, it has been improved with herbal extracts. The mask hardens, generates heat and creates the ideal temperature between itself and the skin, at which skin absorption is highly efficient. As it hardens, it tightens the pores, sculpting the facial contours, minimizing wrinkles and improving skin elasticity. The Thermoherb mask itself contains extracts of rose, basil and mint.

75

1400

### Kairali's Vegetable Peel

A powerful treatment for texturizing the skin, Vegetable Peel makes the skin clear, smooth and free from blemishes. It has been used in the treatment of scars and blemishes, restoring health and beauty to the skin. The herbal extracts not only help to heal and soothe the skin, but also aid the regeneration of new cells.

40

900

### Kairali's Pigmentation Treatment

This treatment helps to resurface the skin, removing ageing signs, making the skin smoother and more youthful. It helps to remove dark pigmented areas, blotches and blemishes, giving way to an even colour tone. The products help to rehydrate the skin and improve its moisture retention ability.

75

1200

## KAIRALI'S BEAUTY CARE

DURATION (MIN)

PRICE (MUR)

### Bridal Package

- 2 Gold Facials
- Manicure
- Pedicure
- Body Scrub
- Full legs waxing
- Full arms waxing
- Under arms waxing
- Oriental waxing

5500

### Threading

Eyebrows or lips (Threading)

100

### Waxing *(as from)*

Eyebrows or lips

175

Bikini

200

Brazilian

300

Oriental

400

## KAIRALI'S BEAUTY CARE

DURATION (MIN)

PRICE (MUR)

Underarms

200

Half legs

300

Full legs

500

Full arms

400

Back

400

Chest

350

### **Hands & Feet**

Manicure

600

French Manicure

700

Pedicure

700

French Pedicure

800

## PACKAGES

## PRICE (MUR)

### Relaxation Therapy

#### 3 Days

Day 1 : Abhyangam + steam bath  
Day 2 : Navarakizhi  
Day 3 : Full Body Thakradhara

5000

#### 7 Days

Day 1 : Abhyangam + steam bath  
Days 2 - 4 : Dhara  
Days 5 - 6 : Full Body Thakradhara  
Day 7 : Abhyangam + steam bath

11000

### Spine Care Therapy

#### 7 Days

Day 1 : Abhyangam + steam bath  
Days 2 - 4 : Elakizhi + steam bath  
Days 5 - 7 : Kativasthi + Spine care massage + steam bath

12000

## PACKAGES

## PRICE (MUR)

### 14 Days

Day 1	: Abhyangam + steam bath	26500
Days 2 - 5	: Elakizhi + steam bath	
Days 6 - 9	: Pizhichil + steam bath	
Days 10 - 14	: Kativasthi + Spine care massage + steam bath	

### Spine Management With Detoxification

### 14 Days

Day 1	: Abhyangam + steam bath	29800
Days 2 - 4	: Elakizhi + steam bath	
Day 5	: Elakizhi + Snehavasthi + steam bath	
Day 6	: Elakizhi + Kashayavasthi + steam bath	
Day 7	: Pizhichil + Snehavasthi + steam bath	
Days 8 - 10	: Pizhichil + steam bath	
Days 11 - 14	: Kativasthi + Spine care massage + steam bath	

### Sino Care (Therapy For Sinusitis)

### 7 Days

Day 1	: Abhyangam + Nasyam + steam bath	11500
Days 2 - 4	: Special Siro Abhyangam + Nasyam	
Days 5 - 7	: Sinus care massage + Nasyam + Dhumapanam	
1 yoga session of 1 hour will accompany the therapy		

## PACKAGES

## PRICE (MUR)

### Migraine Therapy

7 Days

17500

Days 1 - 3 : Abhyangam + Special Marma care massage + Nasyam

Days 4 - 7 : Shirodhara + Dhumapanam

3 Yoga sessions of 1 hour each will accompany the therapy

14 Days

Days 1 - 5 : Abhyangam + Special Marma care massage + steam massage

Days 6 - 10 : Shirodhara + Dhumapanam

Days 11 - 14 : Sirovasthi + Dhumapanam

5 Yoga sessions of 1 hour each will accompany the therapy

32500

### Manoshanti Chikitsa (Stress Management & Psychiatric Care)

14 Days

Day 1 : Abhyangam + steam bath

Days 2 - 5 : Thalapothichil + Nasyam

Days 6 - 10 : Shirodhara + steam bath

Days 11 - 14 : Sirovasthi + steam bath

5 Yoga & Meditation sessions of 1 hour each will accompany the therapy

29500

## PACKAGES

## PRICE (MUR)

### Suthika Paricharan (Post Natal Care for Mothers 3 Weeks After Delivery)

A special diet will be advised and Ayurvedic medicine\* will be prescribed to strengthen the muscle nerves.

#### 14 Days

Days 1 - 3	: Raksha Dhupan + Suthika Abhyangam + steam bath + Suthika Bandhan + herbal bath	35000
Days 4 - 6	: Suthika Abhyangam + Nadiswedam + Suthika bandhan + herbal bath	
Days 7 - 10	: Pizhichil + Special Abdominal massage + herbal bath + Suthika Bandhan	
Days 11 - 14	: Lepamam + Shirodhara + steam bath + herbal bath + Suthika Bandhan	

\*At extra cost.

### Kairali Soundarya Chikitsa (Beauty Care Therapy)

#### 7 Days

Day 1	: Abhyangam with special skin care oil + steam bath	16000
Days 2 - 5	: Body scrub with herbal products + Abhyangam	
Day 6	: Special hair care with herbal pack + Mukha Lepam	
Day 7	: Mukha Lepam + pedicure + manicure	

## PACKAGES

PRICE (MUR)

### Weight Reduction Programme

A special diet will be advised and Ayurvedic medicine\* will be prescribed.

#### 21 Days

Day 1 : Abhyangam + steam bath

Days 2 - 20 : Podikhizi + steam bath

Day 21 : Abhyangam + steam bath

5 Yoga sessions of 1 hour each will accompany the therapy

37000

\* At extra cost.

*Note: Packages and Prices may vary according to doctor's recommendation.*



PRODUCT	QUANTITY	DESCRIPTION	PRICE (MUR)
Kairkare	200 ml	Prevents dryness of the skin, improves blood circulation and tones up the body. Regular use of this oil leads to a youthful and glowing skin.	400
KairKare Plus	200 ml	Relieves aches and pains and improves blood circulation. Also good for sprains and numbness.	400
Kairoil	500 ml	Promotes hair growth and protects the scalp from skin ailments. Makes the hair healthy and lustrous.	450
Kairpack	25 gm	Reduces wrinkles and makes the skin youthful. Suited for all skin types.	200
Kairbal	200 ml	Removes dead cells and revives the skin, giving the skin its natural glow.	200
Kairbossom	200 ml	Beauty enhancement	500
Herbal Tea	100 gm	Very effective for cold & cough	250
Arnica Herbal Shampoo	200 ml	A natural shampoo and contains extracts of arnica. It is very effective for dry hair.	300

PRODUCT	QUANTITY	DESCRIPTION	PRICE (MUR)
Murivenna	500 ml	-	350
Herbal Henna Shampoo	200 ml	Contains lawsonia intermis which gives strength to the hair.	300
Lipidex	60 capsules	For management of obesity and overweight. Also aids in reducing cholesterol levels, prevents lipid deposition in the arterial intima and maintains years of healthy active and vigorous life.	300
Spazyme	30 capsules	To treat gastric upsets and to stimulate the gastric enzymes for better digestion and improved bowel function	100
Massage Book	—	Ayurvedic herbal massage book	500

## SPA ETIQUETTE

### Reservation

We recommend you arrive 15 minutes prior to your appointment schedule for check-in and change, so as to avoid shortening the duration of your session. A 50% deposit is required to confirm the reservation.

### Environment

We strive to deliver a relaxing and pleasant spa experience to our guests. We thus request you to respect the peace and tranquility of our environment, and to avoid using a mobile phone within our premises.

### Cancellation / Change

If you wish to cancel or change your appointment, we request you to let us know at least 3 hours prior to your scheduled time. Otherwise, we will be obliged to bill you 50% of your treatment. No refund is applicable on package cancellation.

### Payment

We accept cash, cheque, debit card and credit card (Visa / Mastercard).

### Your belongings

Kairali is not responsible for your belongings and will not be responsible for any loss of any of your properties while you are at the spa. You must ensure that you have taken all your belongings along with you before you leave the spa.

### Outfit during the treatment

Most body treatments are enjoyed without clothing. However, you can wear whatever is comfortable for you. Disposal underwear is provided.

### Health considerations

Please notify our Doctor before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. We recommend that no alcohol be consumed before, during or immediately after your treatments.

### Punctuality

We recommend you arrive 15 minutes prior to your appointment schedule for check-in and change, so as to avoid shortening the duration of your session.

### Recommendations

To extend the benefits of our treatments, we recommend you to drink lots of water after your sessions so as to eliminate the toxins that have been released. We recommend you to use our relaxation room after your session.