

Abhyanga Snanam

Abhyanga Snanam is an ancient oleation therapy for many ailments. A deep relaxing full body massage is given with a small amount of heated sesame oil to the skin using gentle strokes by skilled therapists, giving you a healthy body and mind.

This practice results in a series of benefits such as healthy appetite, alertness, peaceful sleep, reduced stress, anti aging and detoxification of the blood which solves immune system problems.

60min **RM340**

90min **RM450**

Shirodhara

The word "shiro" means head and the word "dhara" means stream. Shirodhara involves pouring of warm stream of herbal oil on the head or over your third-eye chakra. This beautiful deeply relaxing treatment is thought to work by relaxing the hypothalamus in the brain.

It can also normalize the functions of hormones that regulate sleep, emotions and migraines. Shirodhara is also effective in treating mental conditions such as anxiety and mental stress.

60min **RM340**

Udwarthanam

Udwarthanam is a dry massage using herbal powders. This massage stimulates hair follicles as well as breaks down subcutaneous fat storage. The treatment involves upward stroking, where the powder is rubbed with gentle force on the body.

Udwarthanam reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body but the results of such massage heavily vary from person to person. This treatment softens and exfoliates the skin, improves muscle tone and is a favoured treatment for those with sensitive skin. In addition, Udwarthanam improves blood circulation and is also known to be effective against certain skin diseases.

60min **RM340**

Navarakizhi

Navarakizhi is a treatment in which a special type of rice (which is harvested in 60 days) prepared in milk processed with herbal decoction is tied in boluses and used for rubbing on the body parts which are intended to receive nutrition and strength.

The process is carried out until proper sweating occurs. This treatment is used to improve muscle strength, rejuvenate, re-energize and beautify the body. In other cases, it helps to provide relief from pain, inflammation and stiffness (catch) associated with bone, joint, neuromuscular and musculoskeletal pains.

50min **RM295**

Podikizhi

Podikizhi is a form of sweat inducing therapy which uses ingredients such as rock salt, turmeric, coconut, fresh ginger, clove, cinnamon, cardamom and tulasi leaves. This is one popular treatment from the list of highly effective remedies offered by Ayurveda for pain relief. Herbs are heated and applied to affected areas in a bolus and for a fixed duration of time to heal pains and related conditions, strengthen and rejuvenate joints, muscles and soft tissues.

The treatment is beneficial for inflammations of spinal muscles behind the neck, lower back aches, cervical spondylites and frozen shoulder.

50min **RM295**

All prices are in Ringgit Malaysia and subject to change without notice. All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.