



THINK OF IT AS YOGA FOR YOUR NOSE

Experience cleansing actions that bring to life a whole new freshness and clarity.

Jala-Neti is a yogic cleansing technique which is the oldest and most researched aspect of sinus irrigation. This technique is suitable for everyone for its remarkable effects on treating sinus infections, allergies, headaches and even stress.

Jala-Neti also called Nasal irrigation or nasal lavage; involves flushing out the nasal passages with warm saline water followed by rapid breathing to remove mucus and debris from sinuses, tear ducts and Eustachian tubes. Jala-Neti improves the entire olfactory system. Jala-Neti improves the lost sense of smell, and thereby benefits the relationship with taste, vision and digestive processes.

Jala-Neti is a method of nasal irrigation or washing of the sinuses in a unique manner using a special pot called the Neti Pot or the Jala Neti Pot.

MYR 250 per session with Ceramic Neti Pot.

For bookings and enquiries, we invite you to contact
V Botanical Spa at Ext 591 (9am to 9pm).

All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

Limited time offer 30
minutes of FREE
Therapeutic Yoga



INTEGRATED WELLNESS
conscious living

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