



SWASTIYASTU AYURVAIDYALAYA

Ayurvedic Panchakarma & Wellness – Delhi

✦ Ayurvedic Therapies

Therapy	Duration	Rate (INR)
Abhyanga (Full Body Oil Massage)	60 minutes	Rs. 2000
Abhyanga – Extended (Relaxation Focus)	90 minutes	Rs. 2800
Udvartana (Herbal Powder Massage)	60 minutes	Rs. 2200
Shirodhara (Oil Dripping on Forehead)	45–60 minutes	Rs. 2500
Abhyanga + Shirodhara (Combo Therapy)	90 minutes	Rs. 4000
Nasya (Nasal Therapy)	30 minutes	Rs. 800
Kati Basti (Lower Back Therapy)	30–40 minutes	Rs. 1500
Griva Basti (Neck Therapy)	30–40 minutes	Rs. 1500
Janu Basti (Knee Therapy)	30–40 minutes	Rs. 1600
Netra Tarpana (Eye Rejuvenation)	30 minutes	Rs. 1200
Pizhichil (Oil Bath Therapy)	60–75 minutes	Rs. 2800
Njavarakizhi (Navarakiri – Rice Bolus)	60 minutes	Rs. 2800
Elakizhi (Herbal Leaves Bolus Therapy)	60 minutes	Rs. 2600
Podikizhi (Dry Powder Bolus Therapy)	60 minutes	Rs. 2500
Kashayadhara (Herbal Decoction Dripping)	45–60 minutes	Rs. 2600
Takradhara (Buttermilk Shirodhara)	45–60 minutes	Rs. 2600
Mukha Abhyanga (Simple Oil Massage)	30 minutes	Rs. 1000
Ayurvedic Facial (Full Treatment)	60 minutes	Rs. 2000
Pada Abhyanga (Foot Massage)	30 minutes	Rs. 1000
Shiro Abhyanga (Head Massage)	30 minutes	Rs. 1000
Basti (Medicated Enema – Anuvasana/Niruha)	30–40 minutes	Rs. 1500

◆ Special Value Packages

Package	Details	Rate (INR)
Abhyanga + Shirodhara + Nasya	Deep Relaxation Combo (90–100 mins)	Rs. 4200
Detox Package – Basic (3 Days)	Abhyanga, Svedana, Nasya, Light Basti	Rs. 6000
Detox Package – Classical (12–13 Days)	Vaman / Virechan, Snehapana, Abhyanga, Svedana, Nasya, Basti	Rs.24,000–30,000
Rejuvenation Package (5 Days)	Full-body and mental refresh	Rs. 9500
Pain Management Program (7 Days)	Joint & spine focus with bastis	Rs. 12,000
Stress Relief & Sleep Therapy (7 Days)	Shirodhara, Abhyanga, Nasya	Rs. 13,000
Weight Loss Package (7 Days)	Udvartana, Basti, Abhyanga, Ayurvedic Diet & Lifestyle	Rs. 13,500
Beauty & Wellness Package (5 Days)	Facial, Abhyanga, Hair & Skin Care Treatments	Rs. 10,000 / Rs. 12,500
Keraleeya Signature Package (7 Days)	Pizhichil, Njavarakizhi, Elakizhi, Shirodhara	Rs. 15,000



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✿ Ayurvedic Facials

Facial Type	With Dr. Consultation	Without Prescription
Anti-Ageing Facial	Rs. 2500	Rs. 2000
Glow Facial	Rs. 2500	Rs. 2000
Pigmentation Facial (incl. Nasya)	Rs. 2800	Rs. 2200
Sensitive Skin / Acne Facial	Rs. 2500	–

→ Includes doctor-prescribed internal medicine and herbs for long-term results when opted with consultation.

📍 Contact Us

Swastiyastu Ayurvediyalaya

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