

purespa

the wisdom of Ayurveda

Malabar escapes

purity at lake Vembanad & **serenity** at Kanam estate





purespa | purity at lake Vembanad

purespa introduction



Our **purespa** at **purity** & **serenity** offers a special experience to the guest whose aim is to discover the wondrous world of Kerala, yet does not want to miss out the positive effects of an ayurvedic treatment.

The menu offers a wide range of treatments which suite the guest's time and needs. They range from 1 day to 14 days and give plenty of time for leisure or exploring the exciting world around **purity** and **serenity**. All treatments happen in consultation with our in-house Ayurveda doctor. Dr. Nidhin Mohan is the in house Ayurveda Physician diagnosing and prescribing a perfect balance of wellness therapies. He is happy to meet the guests for a preliminary consultation and advice on a personalized treatment package. Based on individual needs and the available time within the guest's holiday schedule he will match the ideal treatment combination. He will also advise, if the guests wish, to supplement their personalized treatment with an Ayurveda based diet. Dr. Nidhin will meet the guests on daily basis and follow up the progress of your treatment.

The **purespa** at **purity** has 2 treatment rooms and 5 of our suites have en suite spa facilities, offering additional privacy during the treatments.

The **purespa** at **serenity** has 2 treatment rooms.



purespa | consultation with Dr. Nidhin

purespa individual treatments



we created 3 effective ayurveda treatment packages: **Detox, Destress & Beautify**.

Detox - the deeper cleansing

Ayurveda relies on freeing the body of toxins, restoring cellular nutrition, facilitating complete restoration of functions and re-establishing the balance of the doshas. To serve the purpose of fast natural beauty a faster and deeper cleansing and re-balancing is accomplished by using Ayurveda's traditional detoxification therapy. The detox and rejuvenating therapy in Ayurveda teaches ways to become naturally youthful and healthy, which is not just limited to the physical body but extends to subtle qualities and vitality of a person.

Hence detox-rejuvenation therapy is regarded as an integral part of ongoing self-care. It helps to retain energy and offers a fresh start in the process of making health-supporting lifestyle changes. All these healing therapies remove toxins, restore and optimize the ability to nourish the skin, attain energy balance and reduce the effects of aging.

The Packages include various detox therapies such as Abhyangam, Herbal steam, Dhanyamla dhaara, Patrapinda sweda, Choorna sweda & Annalepam.



Detox - 07 Days Package

- Day 1. Abhyangam and Dhanyamla Dhaara
- Day 2. Patrapinda sweda and Herbal Steam
- Day 3. Patrapinda sweda and Herbal steam
- Day 4. Patrapinda sweda and Dhanyamla Dhaara
- Day 5. Choorna sweda and Head massage
- Day 6. Choorna sweda and Head massage
- Day 7. Choorna sweda and Annalepam

Package Rate 470 Euro per person

The Prices quoted are for Ayurveda treatments net including taxes
Accommodation and other facilities are not included.

Detox - 14 Days Package

- Day 1. Abhyangam and Dhanyamla Dhaara
- Day 2. Abhyangam and Herbal Steam
- Day 3. Abhyangam and Dhanyamla Dhaara
- Day 4. Abhyangam and Dhanyamla Dhaara
- Day 5. Patrapinda sweda and Dhanyamla Dhaara
- Day 6. Patrapinda sweda and Dhanyamla Dhaara
- Day 7. Patrapinda sweda and Head massage
- Day 8. Choorna sweda and Head massage
- Day 9. Choorna sweda and Kashaya Dhaara
- Day 10. Choorna sweda and Kashaya Dhaara
- Day 11. Choorna sweda and Annalepam
- Day 12. Abhyangam and Annalepam
- Day 13. Abhyangam and Annalepam
- Day 14. Abhyangam and Annalepam

Package Rate 900 Euro per person

The Prices quoted are for Ayurveda treatments net including taxes
Accommodation and other facilities are not included.

purespa destress treatments



Destress - the relaxation therapy

Stress reduction assumes that we must first incur the stress and then figure out a way to reduce it. Stress prevention is a way of life that doesn't require a huge time commitment and aims not to allow stress to affect us in the first place. While our modern world has disconnected us from the natural cycle, ayurveda suggests a lifestyle in harmony with nature.

This program is designed for enhancing the overall well-being of any normal healthy person by helping in nourishing the body, revitalizing the nervous system, overcoming fatigue, promoting sound sleep, improving the sense of well being and increasing work efficiency.

Packages include specially planned programs such as Shirodhaara, Thalapodichil, Kashaya dhaara, Kayalepam & Abhyangam.



Destress - 07 Days Package

- Day 1. Abhyangam + steam and Paadabhyangam
- Day 2. Kashaya dhaara and Thalapodichil
- Day 3. Kayalepam and Thalapodichil
- Day 4. Kayalepam and Shirodhaara
- Day 5. Annalepam and Shirodhaara
- Day 6. Annalepam and Shirodhaara
- Day 7. Annalepam and Paadabhyangam

Package Rate 630 Euro per person

The Prices quoted are for Ayurveda treatments net including taxes
Accommodation and other facilities are not included.

Destress - 14 Days Package

- Day 1. Abhyangam + steam and Paadabhyangam
- Day 2. Abhyangam + steam and Paadabhyangam
- Day 3. Abhyangam + steam and Paadabhyangam
- Day 4. Kashaya dhaara and Thalapodichil
- Day 5. Kayalepam and Thalapodichil
- Day 6. Kayalepam and Shirodhaara
- Day 7. Kayalepam and Paadabhyangam
- Day 8. Thalapodichil and Paadabhyangam
- Day 9. Thalapodichil and Paadabhyangam
- Day 10. Abhyangam and Shirodhaara
- Day 11. Mukha lepam and Abhyangam
- Day 12. Shiroabhyangam and Paadabhyangam
- Day 13. Annalepam and Thalapodichil
- Day 14. Annalepam and Paadabhyangam

Package Rate 1190 Euro per person

The Prices quoted are for Ayurveda treatments net including taxes
Accommodation and other facilities are not included.

purespa beautify treatments



Beautify - heal and rejuvenation rituals

Ayurveda beauty care deals with overall well-being of the body, including skin care, hair growth, eye sight, hands and nail care. The best part of this holistic program is removing all the toxic wastes from the body and uplifting the purification process, which lays emphasis on internal beauty. There is a sense of mental peace and tranquility which is reflected by the appearance disguised with cosmetics. In other words Ayurveda emphasizes on internal beauty and rather than externally made up beauty.

This renewal and restoration program providing a transformative journey for body and mind, an enrichment of the spirit and an enhancement of life. All these healing therapies remove toxins, restore and optimize the ability to nourish the skin, attain energy balance and reduce the effects of aging.

Packages include traditional herbal treatments such as Annalepam, Mukhalepam, medicated lepam & Ksheera dhaara.

purespa beautify treatments



Beautify - 03 Days Package

Day 1. Annalepam and Mukha lepam
Day 2. Medicated lepam and Face massage
Day 3. Ksheera dhaara and Mukha lepam

Package Rate 220 Euro per person

The Prices quoted are for Ayurveda treatments net including taxes
Accommodation and other facilities are not included.

Beautify - 05 Days Package

Day 1. Annalepam and Mukha lepam
Day 2. Annalepam and Face massage
Day 3. Medicated lepam and Face massage
Day 4. Ksheera dhaara and Face massage
Day 5. Ksheera dhaara and Mukha lepam

Package Rate 315 Euro per person

The Prices quoted are for Ayurveda treatments net including taxes
Accommodation and other facilities are not included.



purespa | serenity at Kanam estate

purespa detoxifying treatment description



Abhyangam

Full body massage to energize & rejuvenate by applying ayurvedic oils

A rejuvenating and relaxing traditional Ayurvedic massage of the whole body aimed at strengthening the body tissues. The medicated oil selected as per each individual's need is applied by an experienced therapist to enhance the circulation from the heart to each cell. A special oil is applied to the head, behind the ears and on the soles. Application on the head increases the firmness of the hair, stimulates the nervous system and the sensory organs. Application behind the ears relieves the pain of the lower jaw, neck, head and ears. Application on the soles makes the feet strong.

Benefits

Improve muscle tone and increase joint flexibility, while leaving you relaxed.

It maintains the health & texture of the skin and improves the complexion.

This therapy reduces the ill-effects of aging, increases the life-span and releases physical and mental stress from the body.

It promotes sleep and vision and cures loss of sensation, tiredness and stiffness.

Patra Pinda Sweda

Muscle relaxation through a massage with poultice made of fresh herbs

A special fomentation therapy where the body perspires through applying therapeutically active fresh herbs bundled into bags of muslin called "pottalis", followed by a relaxing medicated oil massage. Extensive physical activity, working continuously in the same posture or travelling long distances affects deeper tissues like the bones, joints, muscles, tendons and ligaments.

Benefits

The effect of the herbs and heat helps to ease the heaviness, stiffness and fatigue from the body, improves the blood circulation, making every muscle supple, while reducing aches & pains.

It produces sweat and relaxes the muscles.

It induces sound sleep.

purespa detoxifying treatment description



Choorna Sweda

A massage with poultice made with rare dry herbs firms & tones the muscles.

This 'Utkarika Sweda' uses a special herbal powder bundled into bags of muslin called 'pottalis'. Two therapists give the massage in a rhythmic synchronized manner with circular strokes, starting from the extremities to the core of the body (Pratiloma Gati).

Benefits

This reduces swelling in the body, improves lymphatic circulation & drainage.

Helps in firming & toning the muscles, reduces the subcutaneous fat and is beneficial in reducing pain associated with rheumatism.

Sarvanga Kashaya Dhara

Detoxifies & enhances blood circulation by pouring a herbal decoction on the body.

'Kayaseka', is detoxification of the body through perspiration by pouring a decoction of herbs - with the help of special brass vessels called Kindi - in a continuous stream over the whole body. The blood circulation from the heart to the skin is enhanced by massaging the body with a medicated oil, which is selected for the individual's needs.

Benefits

The heat generated from the decoction of herbs opens every pore in the skin and releases the toxins.

It effectively reduces swelling of the body, helps to preserve health and enhances general well-being.

purespa relaxation treatment description



Shirodhara

Mind & body relaxation by pouring warm ayurvedic oil on forehead and simultaneously massaging the body.

Stress and mental fatigue due to a hectic lifestyle is today one of the major causes of ill-health. 'Shirasseka' - a caressing flow of healing oils, gently oscillating on the forehead - is Ayurveda's answer to manage stress, calm the mind and allowing healing energy to flow through the nerves to the whole body. Medicated oil, selected for each individual's needs flows from a specially designed vessel on the forehead as a continuous uniform stream, while the body is simultaneously massaged with gentle and long strokes.

Benefits

Producing a total relaxation of mind and body.

It removes imbalances such as insomnia, headache, anxiety and high blood pressure.

Takradhara- (Medicated buttermilk) – help in alleviating psoriasis.

Takradhara is an effective treatment on people with a predominant pitta constitution.

purespa relaxation treatment description



Pada Abhyangam

Ayurvedic foot massage

In the ancient Ayurveda texts emphasis was given on the care of the feet. In this special therapy both feet and lower legs are massaged with focus on the marma points, followed by soaking them in warm decoction of herbs and medicated oil.

Benefits

Pada Abhyangam promotes sleep and vision, enhances blood circulation, prevents fungal infection of the feet and improves digestion.

The application of oil strengthens the feet, reduces tiredness, stiffness, cures loss of sensation and softens the skin.

Thala Podichil

Intensive hair and head treatment with ayurvedic oil and a fresh pack of local herbs

A traditional Kerala therapy practiced from ancient times, especially in the summers. A special herbal paste made of gooseberries and other herbs in fresh buttermilk is applied on the head and covered with a banana leaf.

Benefits

This is highly effective in enhancing the quality texture and strength of hair and reduces hairfall.

A sensation of coolness on the scalp helps to relax the mind, improves sleep and reduces headaches.

purespa beautify treatment description



Annalepam

Hydrating & cooling skin wrap with fresh herbs, rice and milk body pack

Payasa, a pudding of medicinal rice made in milk and a decoction of special herbs, is gently applied by two therapists in a rhythmic synchronized manner with long strokes. This therapy is concluded by wrapping the body with banana leaf, which provides the required cooling and rehydrating sensation and revives the energy.

Benefits

This treatment is very helpful to reduce pain and swelling in cases of rheumatism.

It also reduces the effects of weakness, old age and general debility.

It is highly effective when the skin is dehydrated and lustreless due to a long exposure to the sun.

Kaya Lepam

Traditional therapy for healthy and glowing skin using honey to nourish & salt to exfoliate

“Pradeha Sweda” uses a special lukewarm mixture of herbs, milk, honey and alkali water made of rice and salt, which is applied on the body. The body is wrapped with soft cotton cloth. The therapy is concluded with a soothing full body massage that rejuvenates the senses and the body.

Benefits

The combination of rice alkali and salt exfoliates the body, cleanses and tones the skin.

The herbs used are highly effective in reducing inflammation and swelling due to rheumatism, joint pains and stiffness.

Milk and honey have a property that revitalizes and rehydrates the skin and restores its softness and lustre.

purespa beautify treatment description



Mukh Lepam with Shiroabhyangam

Ayurvedic facial with a herbal pack for natural glow and radiance

A relaxing and tension relieving massage of the head, neck and shoulders concentrating on the vital points with specific medicated oil. A cleansing, exfoliating and nourishing facial herbal paste is applied, it draws out impurities and toxins from the pores, rebalances the pigment and improves the complexion of the facial skin.

A nourishing, rehydrating and cooling herbal poultice application. The therapy is concluded by applying a few drops of the renowned 'Kumkumadi Thailam' with gentle, uplifting strokes with the fingers.

Benefits

It helps to relax knotted muscles, improves blood circulation and provides an immense soothing effect to the nervous system.

It moisturizes the skin, firms the facial muscles and reduces the effects of aging.

It brings glow, luster and radiance to the skin.



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