

Samshudhi Naturopathy, Panchkarma and Yoga Retreat
(Complete Solution to Physical, Mental, Social and Spiritual Health)

Rate List		Rate List	
Udwartanam	900	Nabhibasti	900
Deep Tissue Massage	900	Karnbasti	600
Potli Massage	900	Karnapoorna	300
Narvarice Massage	1000	Nasyam	600
Hot Stone Massage	1000	Herbal Facepack	300
Pizichil Massage	2000	Special Head Massage	300
Body Scrub Massage	800	Steam Bath	200
Fruit Massage	800	Mud Bath	300
Face Massage	300	Shuddhikriya	200
Oil Massage	700	Netratarpan	500
Ice Massage	800	Jacuzzi	1000
Shirobasti	1100	Yoga Classes	2000 pm
Sarvang Massage	1100	Asthma Bath	200
Greevabasti	900	Liver Detox (3 days)	5000
Katibasti	900	Virechan(3 days)	5000
Janubasti	900	Hip Bath	200
Spine Basti	1200	Wetsheet Pack	300
Shirodhara	1000	Enema	150
Takradhara	1000	Sauna Bath	200
Hridaya Basti	1000	Ganjilep	400