

# Ceylon AyuWay Paradise

## MENU

<b>Consultation</b>	60 minutes	\$ 24
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## FACIALS

Chavi Facial	60 minutes	\$ 34
Draksha Nourishing Facial	60 minutes	\$ 34
Jiva Signature Facial	90 minutes	\$ 39
Deluxe Ayu Facial	90 minutes	\$ 39
Champak Ultimate Facial	90 minutes	\$ 49

## MASSAGE

Ayu Signature Face Massage	60 minutes	\$ 19
Ayu Solace Head Massage	60 minutes	\$ 26
Ayu Healing Foot Massage	60 minutes	\$ 26
Deluxe Ayu Head Neck Shoulder Massage	60 minutes	\$ 29
Ultimate Special Massage	60 minutes	\$ 39

## BODY MASSAGE

Calming Preggy Massage	30 minutes	\$ 29
Aroma Soothing Massage	60 minutes	\$ 39
Signature Thai Massage	60 minutes	\$ 39
Ayu Royal Massage	60 minutes	\$ 44
Traditional Ayu Massage	60 minutes	\$ 44
Ultimate Deep Tissue Relaxing	90 minutes	\$ 49
Hot Stone Therapy	90 minutes	\$ 49

## AYURVEDA

### Uttara Antam

Pichu	45 minutes	\$ 16
Janu Vasthi	30 minutes	\$ 19
Kati Vasthi	45 minutes	\$ 19
Greeva Vasthi	45 minutes	\$ 19
Shirodhara		
One Day	50 minutes	\$ 34
Two Days		\$ 46
Three Days		\$ 69
Shirovasthi	60 minutes	\$ 29
Pizhichil	60 minutes	\$ 44

### Dakshina Antam

Akshi Parisheka	20 minutes	\$ 14
Akshi Tarpana	30 minutes	\$ 29
Akshi Tarpana with Akshi Parisheka	50 minutes	\$ 36

### Pratichi Antham

Upanaha		\$ 14
Parisheka	20 minutes	\$ 14
Steam Bath	20 minutes	\$ 16
Herbal Bath	30 minutes	\$ 19
Patra Pinda Sweda	45 minutes	\$ 29
Churna Pinda Sweda	45 minutes	\$ 29
Navarakizhi	60 minutes	\$ 46

### Prachi Antham

Udwarthanam	60 minutes	\$ 39
Udwarthanam with Steam Bath	75 minutes	\$ 40
Acupuncture	1 session	\$ 30

## PANCHAKARMA

Vamana Karma		\$ 76
Vireka Karma		\$ 24
Nasya Karma	45 minutes	\$ 19
Anuwasana Basti	120 minutes	\$ 26
Rakthamokshana		\$ 29

## BODY TREATMENTS

### Scrubs

Coconut Jiva Scrub	60 minutes	\$ 26
Ayu Signature Scrub	60 minutes	\$ 26

### Wraps

Ayu Signature Aloe Wrap	60 minutes	\$ 26
Champak Detoxing Wrap	60 minutes	\$ 26
Jiva Hydration Wrap	60 minutes	\$ 29

### Add on

Steam Bath	20 minutes	\$ 11
Herbal Bath	30 minutes	\$ 14

## AYU PACKAGES

### Ayurveda Three Days Package

**\$ 94**

1st Day	Shirodhara	40 minutes
2nd Day	Pizhichil	60 minutes
3rd Day	Patra Pinda Sweda	45 minutes

### Palash Three Days Package

**\$ 94**

1st Day	Ayu Royal Body Massage with Steam Bath	90 minutes
2nd Day	Ayu Healing Foot Massage	60 minutes
3rd Day	Ayu Signature Facial	60 minutes

**Champak Four Days Package**

**\$ 119**

1st Day	Chakra Balancing Massage With Steam Bath	90 minutes
2nd Day	Champak Detoxifying Wrap	60 minutes
3rd Day	Pathra Pinda Sweda	45 minutes
4th Day	Ayu Healing Foot Massage	60 minutes