LANKA PRINCESS

AYURVEDA HOTEL SRI LANKA

AYURVEDA prices individual Treatments 01.11.2023 – 31.10.2024

	AYURVEDA TREATMENTS	MINUTES	EURO
	Foot massage	20	17,00
	Face massage	20	20,00
	Head massage	20	20,00
	Intensive massage	35	41,00
	Synchronic body massage	35	41,00
	Powder massage	20	38,00
	Thermo massage / Oil-rice-herbal massage	30	40,00
	Special massage	20	29,00
	Sarwangadhara / Oil poring treatment	30	56,00
	Uro vasti / Oil treatment for chest	30	45,00
	Kati vasti / Oil treatment for back	30	45,00
	Gandusha / Mouth cleaning	10	11,00
	Nasya / nose & sinus treatment	15	15,00
	Nethraparisheka / Eye treatment with coconut water	15	15,00
	Nethratarpana / Eye treatment with ghee	15	17,00
	Shirovasti / Head treatment with oil	30	45,00
	Shiropaste / Head treatment with paste	30	31,00
	Special paste	15-45	17,00
	Herbal steam bath	15	19,00
	Herbal bath	15	19,00
	Herbal inhalation	15	19,00
	Acupuncture	30	19,00
	Consultation Ayurveda doctor	15-45	19,00
	Meditation private lesson *	60	17,00
	Meditation private lesson *	90	25,00
	Yoga private lesson *	60	17,00
	Yoga private lesson *	90	25,00

These treatments will be prescribed by our doctors

* Discounted trial lesson 60 min. for mediation or yoga € 10,00. Discounted packages of 3, 5, 8 or 10 hours available.

	TREATMENTS IN GYM	MINUTES	EURO
	Relaxing Head massage	30	20,00
	Reflexology Foot massage	30	20,00
	Back massage	30	30,00
	Intensive massage	30	30,00
	Fat burning massage	60	50,00
	Body & Head massage	80	60,00