



Fruit Massage

Treat your skin with a soothing, nutrient-rich Fruit Massage. Enriched with Vitamins and Nutrients, the Massage Creams keeps your skin moisturised and protected



Ayurveda Face Pack

Made for every type of skin helps to rejuvenate your skin from the outside so that your skin is gorgeous inside out. It helps prevent breakouts and protects you from skin issues.



Stress Management Programme

Therapy works well for people stressed out due to work and a hectic lifestyle. The Ayurvedic approach to stress management is focused on relieving the stress from the Nervous System, while improving the relaxation of the entire body.

Hair and Dandruff Treatments

To safeguard your hair from dandruff we are having varieties of natural Ayurveda treatment packages. There by we can get you protected from dandruff and keep your hair healthy and beautiful.



Pedicure Manicure Treatment

Includes a feet & Hand massage that benefits the internal nervous system and the body as a whole. It is more inclined towards natural, non-chemical-oriented products, as a result, there are a lot of takers for ayurvedic massages of the feet



Body Purification Programme

Body purification is an essential part of life to safeguard your health from dangerous diseases. Susrutha has different packages to support you for cleansing your body.



Udwarthanam (Weight Loss Treatment)

Having an athletic body is the dream of every individual. Obesity is the main villain causing distress and depression. Susrutha can help you in weight loss with our health care programmes mainly focused with medicated powder massage otherwise udwarthanam.



Ayurveda Detoxification Treatment

Toxins are killing agent for living cells that can cause dangerous diseases and ageing. Detoxifying the body with purificatory therapies that can support you to enhance your health.



Medicated Valukaswedam

Dry massages with Valuka pottely is beneficial for the skin and the circulatory system. It helps to take away the extra cellular fluids which is hampering your health. Medicated Valuka pottely sweda is a magical treatment which can support the people suffering with joint problems and arthritis the herbal powders which is present inside the pottely can make wonderful effect inside your body and complete satisfaction for the physician who is treating the disease.



Post Delivery Special Treatment

This treatments are aimed to ensure post pregnancy care for both mother and child. Back Pains, General Body Pain and other illness are treated for 15 days under this package. Home consultation is ensured here.



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Online Consultation Available



Susrutha

Institute of Ayurvedic Sciences
and Panchakarma Hospital

HAIR | SKIN | BODY | MIND





Ela Kizhi (Full Body)

Kizhi is one of the most popular therapies used to tackle joint pain, muscle cramps, stress and arthritis. A mixture of herbal powder or fresh herbs is seasoned in medicated oil and tied into a fine nuslin cloth., dipped in lukewarm oil and massaged into the body for 45 minutes. The treatment is effective in cases of rheumatic complaints and reduce unwanted accumulation of fluids.



Head and Shoulder Massage

Head, shoulder massages soothe away tensions in your upper body, breaks down knots and improve your flexibility. It helps you get relief from headaches and migraines by stimulating the nerves on your scalp and the blood circulation within your head.

Full Body Massage + Steam

Hebraized steam relaxes the body, reduces tension and opens the pores and channels of circulation, (for best results steam bath is taken after Abhyanga.) Swedana promotes penetration of the medicinal effects deep into the body tissues. Loosened impurities are eliminated through the sweat glands and gastrointestinal tract, thus purifying tissues and eliminating accumulated toxins from the body.



Powder Massage (Full Body)

A mixture of herbal powder seasoned in medicated oil and tied into a fine nuslin cloth., dipped in lukewarm oil and massaged into the body. The treatment is effective in cases of rheumatic complaints and reduce unwanted accumulation of fluids.



Aroma Massage (Full Body)

A light, calming massage using a blend of oils which works the whole body. The blend of incredible oils and the luxurious massage will send you into complete relaxation, and you'll leave feeling renewed.



Ayurvedic Facial

Ayurvedic facials are herbal treatments administered to treat skin-related issues. It helps in achieving skin beauty and giving radiance. It purifies, revitalizes and rejuvenates the skin giving it a glow.

Full Body Massage + Shirodhara

Warm medicated oil is massaged into the skin to loosen and dislodge toxins accumulated within the tissues. The massage facilitates the flow of blood and lymph and promotes absorption of the healing qualities of the oil. The Treatment consists of gentle pouring of warm herbal oil over the middle of the forehead for 45 minutes gentle stimulating the nerves on the forehead. The rejuvenative therapy can bring better sleep, calm emotions, improve memory and reduce anxiety, stress and depression. The treatment is profoundly relaxing and balancing to the entire nervous system, taking you into a deeply relaxed state.



Shirodhara

The Treatment consists of gentle pouring of warm herbal oil over the middle of the forehead for 45 minutes gentle stimulating the nerves on the forehead. The rejuvenative therapy can bring better sleep, calm emotions, improve memory and reduce anxiety, stress and depression. The treatment is profoundly relaxing and balancing to the entire nervous system, taking you into a deeply relaxed state.



Aloe Cream Massage (Full Body)

Aloe vera hydrates and moisturizes your skin. It enhances your skin's elasticity and makes it healthy. The massage will eliminate all the inconvenient consequences of stress, relax your back and relieve tension.



Reflexology

This therapeutic massage over reflex points starts healing and soothing effect throughout the muscles and glands on the corresponding area of the body.



Spine Care Treatment

This special selective treatment is for the management of a healthy spine. This soothing program is designed to meet the needs of the spine.

Nasyam

Ayurveda nasal treatment helps to alleviate problems of excess mucus and blocked sinuses. An invigorating face massage prior to a herbal steam inhalation is given to loosen and melt the accumulated mucus in sinuses. Herbal nasal drops are then administered to release mucus from the sinus passages.



Rejuvenation Massage

The purpose of body massage is generally for the treatment of body stress or pain. A Relaxing body massage has the capacity to heal you from all the stress and strain.

