



AyurvedaGramTM
The Heart of Healing

Beautiful Ayurveda

Male grooming - The Mind-Body-Spirit Ritual

Ayurvedic grooming rituals are designed to make everyone feel good about themselves, so that the essential inner radiance shines out, irrespective of age.

This 100% natural, male ritual counters the effects of stress, high testosterone (which gives dry skin), razor cuts and burns to the face, dead dull skin and general fatigue.

ROYAL BODY CARE - 2 hours
INR 4250

This is a single treatment which moves smoothly from a body scrub through a wrap and a final glow-rub - the latter a kind of facial for the body. The purpose is to repair skin damage and gain clean, well moisturized, tended skin.

The treatment will start with a wet rub of tulsi water all over the body, to moisten the skin and make the scrub more effective.

Different scrubs made from purely natural ingredients (such as oatmeal, tomato) will be used depending on the dosha mix for the person.



The ingredients will be exfoliators as well as moisturizers to make the process gentle on the skin.

The scrub will move from the toes up, using circular movements, at a strength which will remove the dead skin without hurting the new tender skin below. Special attention will be given to areas like elbows and heels. In the end your skin should feel soft and smooth.



After the scrub, a rinse of manjishtha roots boiled in warm water (kashayam) will remove the dead skin cells.

You now go into a traditional steam box for a herbal steam bath which relaxes and opens your pores.

A paste made by our doctors, of Ayurvedic ingredients like eladichoornam and fruit pulp, mixed with olive oil is now smoothed on your whole body. You then lie for 20 minutes to allow the paste to absorb into the open pores. The paste is gently rinsed off with a cold cucumber wash.

The body is now completely covered with specially formulated very fine pastes derived from grooming rituals of the old royalty of Kerala. A special pressure relaxation massage is now done for 45 minutes.



To leave a moisturizing protection, honey is stroked and patted in to encourage the skin to a final glow.

The ritual ends with a luke warm bath with natural ingredients. Once more a gossamer- light patina of honey protects and moisturizes your soft smooth skin .

ROYAL FACIAL - 1 hour INR 2000

You must concentrate throughout on the skin sensations. This is why active touch happens only on a specific body part at any time throughout this facial.

Tired feet need tending for their stiffness, dully paining nerve ends and at worst, slight swelling. Before the facial, we apply triphala powder and banana leaf paste to each foot, wrapping it thereafter in banana leaves. This draws toxins from the body and helps in relaxation. We will also place your hands in an Ayurvedic hand bath.



After a hibiscus-water wipe, gentle cleansing is administered to the face using curds. Curds being rich in protein and lactic acid unclogs skin pores.

Exfoliation is next, with wheat bran and a traditional scrub called Inja which has been softened overnight in water. Inja is made from the bark of a tree and has natural anti-bacterial properties which help in skin ailments. Being strong, it is a male face-exfoliation scrub.

Pores are now opened using a manjishtha (herbal) kashayam, since manjishtha helps get a glowing complexion. A papaya rub (natural Vitamin A) and crushed ice cubes, paves the way for a deep face massage with aloe vera and tulsi water.

Aloe vera improves skin-elasticity through natural moisturizing, helping counter the effects of aging and skin damage

You will now relax for about 20 minutes after application of a face pack made in-house from apple and Nyavara (medicated) rice. The Ashtanga Hridayam says Nyavara nourishes the skin and cures skin disorders.

While you relax under the face pack, the banana pack on your feet will be removed and the feet gently rubbed in medicated water. Your hands will be massaged and inserted into aloe vera gloves.



The face pack will be removed with milk. Finally a gentle finger-tip massage will take you into the end of this ritual - a slow patting of the face to stimulate the skin cells into a glow.