

Feel like a Queen

Beauty rituals of the Royal families of Kerala, derived from Ayurveda forms the signature beauty treatment offered by Ayurvedagram as an optional extra to its guests.

'Feel Like a Queen' is a 3 hour ritual which can either be indulged in as a Day Spa experience in a single luxurious day or if a resident of Ayurvedagram can be spread over 3 days in 3 totally pampered segments of time.

The experience is made up of:

The Queen's Facial:

Cost : Rs. 2000/- | Duration: 1 hour

Feel the healing magic of fruits, honey, lemon, rose water and cucumber in this signature facial.

With rose water cleansing between each ritual, enjoy a stimulant face massage for 5 minutes, a honey - scrub deep cleanse and a honey--and-lemon pre - mask. Then relax, eyes closed under cucumber pads as the now baby - soft face acquires the nourishment it needs for 20 minutes under our specially created fruit - based mask. A final massage with our recipe mix of an Ayurvedic ingredient and fruit paste, which leaves the skin glowing as well as soft.

Now step out with royal confidence after a light application of our own Swarnamukhi cream, knowing you look as good as you feel.



Soft Radiance - Body scrub :
Cost : Rs.2200 | Duration : 1 hour

Lie back totally relaxed, while slowly, body segment by body segment, 2 therapists work to smoothen and soften the entire body.

Coconut water begins the process, hydrating and moisturizing the skin, the cytokinins in it working to repair age-damage. A natural scrub, based on Ayurvedic principles is now gently massaged into the moisturized body over 30 minutes so that the soft skin under the debris of wear and tear and urban pollution, can emerge.

Once again the anti infection, and moisturizing properties of coconut water are used to cleanse the debris away while protecting the uncovered softness.

In a further pampering for the baby-skin, mashed papaya mixed with coconut water is retained for 15 minutes as a paste on the body, while you enjoy a head or foot rub. The paste is then gently cleaned off.

Now steam gives the soft skin a delicate sheen, opens and unclogs pores over 10 minutes.

For those not having the Body Glow, the open pores are now closed with a special cold rose-wash

The Final Radiance - Body Glow :
Cost: Rs. 2,500 | Duration: 1 hour

With specially formulated pastes derived from Ayurveda beauty rituals of the old royalty of Kerala the body is now completely covered and then put through a deep relaxation massage for 4 minutes

For 15 minutes, soothing uni-directional strokes encourage the body to relax into the pastes and let them bring a final glow to the pampered skin.

The final bath is with luke-warm water and special natural ingredients. This finishes with a sluice with a bucket of rose water, an application of rasnadi choornam and a gentle light application of Swarnamukhi

PACKAGE RATES

If taking **Feel like a Queen** (ie all 3 treatments): Rs. 6000
Soft Radiance : If taking both body scrub and body glow Rs. 4300

