



❖ PRUSHTHAVANSH (SPINE) BASTI	₹ 970	❖ VIDDHA CHIKITSA	₹ 630
Therapy for back stiffness and spine relaxation Time: 45 minutes All the above basti treatments are followed by Nadisweda		Viddha is vedhana where needle pricking is done to alleviate pain from local region. Time: 20 minutes	
G. PANCHKARMA PROGRAMS ARE ALSO CONDUCTED UNDER THE GUIDANCE OF DOCTORS FOR TREATMENT AND PREVENTION AS WELL		H. DOCTOR'S CONSULTATION	
❖ ANUVASANA	₹ 620	❖ FIRST CONSULTATION	₹ 740
Anuvasana is administration of unctuous drugs (oil or ghee) through rectal canal in order to eliminate the vitiation of Vata. The treatment is to be taken immediately after the meals On request meals can be arranged with extra charges. Time: 30 minutes		❖ FOLLOW UP CONSULTATION	₹ 450
❖ ASTHAPANA	₹ 870	I. PACKAGES	
Asthapana is administration of decoction of drugs through rectal canal in order to eliminate the vitiation of Vata. The treatment is to be taken on empty stomach. Time: 45 minutes		❖ ABHYANGAM	
❖ NASYAM (1 Session)	₹ 520	• 60 MINUTES (12 UNITS) VALIDITY: 6 MONTHS	₹ 14830
Nasyam is administration of oil through nasal canal to eliminate urdhva jatrugat vitiated dosha. Time: 20 minutes		• 60 MINUTES (25UNITS) VALIDITY: 1 YEAR	₹ 28960
		• 90 MINUTES (12 UNITS)VALIDITY: 6 MONTHS	₹ 22300
		❖ WEIGHT MANAGEMENT PACKAGE	₹ 33460
		VALIDITY: 3 MONTHS	
		❖ UDVARTANA	
		• 60 MINUTES (5 UNITS)	₹ 6950
		• 60 MINUTES (10 UNITS)	₹ 13130
		*Abhyangam treatment is to be taken on light stomach. All costs are subject to GST as applicable	
		W.e.f. 29/1/2020	



15 / 17 Maharshi Karve Marg, Mumbai - 400 004
Tel.: (022) 6757 0111, Extn. 754 / 756, 2383 0111, 75065 11101, Fax : (022) 6757 0777
Email: write@saifeehospital.com, Website: www.saifeehospital.com

SAIFEE HOSPITAL

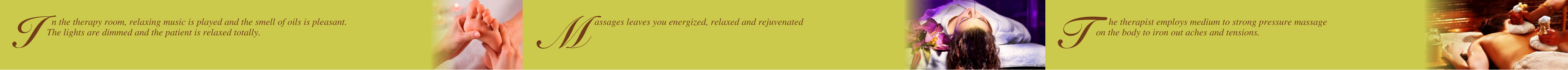
Under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)



Health and Wellness Centre Healing throught Ayurveda
Complementary & Alternative Medicine Department



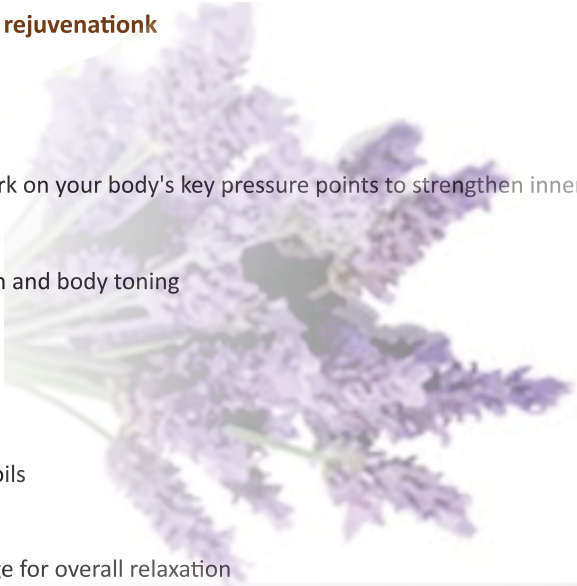
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CHOOSING A THERAPY : It is a good idea to look at what therapies are available and how they work. Individuals should explore what is available and choose what suits them.

AYURVEDA REJUVENATING THERAPIES

A. ABHYANGAM		
❖ Classical Herbal oil massage for relaxation and total rejuvenationk		
30 MINUTES	₹	770
60 MINUTES	₹	1550
90 MINUTES	₹	2270
❖ MARDANA		
A signature massage with almond and herbal oils to work on your body's key pressure points to strengthen inner energy	₹	1750
Time: 60 minutes		
❖ UDVARTANA	₹	1550
Massage with ayurvedic herbal powder for fat reduction and body toning		
Time: 60 minutes		
❖ HERBAL COOLING MASSAGE	₹	970
Unforgettable cooling experience for supple skin		
Time: 40 minutes		
❖ AROMA MASSAGE	₹	1450
Banish fatigue and replenish skin with soothing aroma oils		
Time: 60 minutes		
❖ PADATALABHYANGAM		
Step out with lighter feet after a traditional foot massage for overall relaxation		
15 MINUTES	₹	230
30 MINUTES	₹	420



B. SWEDANAM		
❖ NADISWEDA		
Medicated herbal steam treatmentq	₹	410
Time: 10 minutes		
❖ PINDSWED		
Created specially for tired and worn out bodies. A nurturing massage using gentle strokes and medicinal boluses dipped in herbal decoction and milk to rejuvenate completely		
• FULL BODY PINDSWED	₹	1550
Time: 60 minutes		
• PARTIAL PINDSWED	₹	1020
Time: 30 minutes		
C. SHIROPAKRAM		
❖ SHIROABHYANGAM		
Relaxing hot oil head massage followed by hot towel treatment	₹	300
Time: 20 minutes		
❖ SHIRODHARA		
• TELDHARA	₹	1550
Calm your mind and draw in the serenity of your surrounding with our traditional treatment of pouring ayurvedic oil on your forehead		
Time: 45 minutes		
• TAKRADHARA	₹	870
Most popular and soothing therapy for hair with herbal liquids		
Time: 30 minutes		
D. NETRADHARA		
Truly soothing effect for eyes with medicated rose water	₹	230
Time: 15minutes		



NETRATARPAN		
Stress relieving therapy for eyes with upper body massage	Time: 30 minutes	₹ 720
E. MUKHABHYANGAM		
Deep cleansing, face massage and face pack with back massage		
❖ VARNAMUKHABHYANGAM		
Time: 60 minutes		₹ 1320
❖ MUKHABHYANGAM WITH LEPANAM		
Time: 40 minutes		₹ 720
❖ MUKH SUDHIKARAN LEPAN		
Time: 30 minutes		₹ 520
F. AYURVEDIC THERAPEUTIC TREATMENTS		
❖ GREEVABASTI		
Therapy for neck stiffness		₹ 820
Time: 30 minutes		
❖ KATI BASTI		
Therapy to strengthen the lumber region		₹ 820
Time: 30 minutes		
❖ JANU BASTI		
Traditional therapy for osteoarthritic knee joints		
For one knee		
Time: 30 minutes	₹	410
For two knees		
Time: 45 minutes	₹	820

