



MAHARISHI AYURVEDA HEALTH CENTRE

RENDLESHAM

Prices from January 2017 (inclusive of VAT)

Providing B&B accommodation within the Peace Palace, per night	£60
Providing B&B accommodation in MGV home, per night	£40
Providing B&B accommodation in MGV home, per night shared bathroom	£30
Meals : providing lunch	£12
Meals : providing supper	£8
Full 1 hour Maharishi AyurVeda consultation, 1 hour	£105
Pre and post Panchakarma consultation	£90
Consultation by visiting Vaidya 1 hour first or follow up	£130
Consultation by visiting Vaidya 30 minute follow up	£90
BASIC TREATMENTS	
Panchakarma – 3 days	From £640
Panchakarma – 5 days	From £1090
Panchakarma – 7 days	From £1585
Panchakarma – 10 days	From £2180
SEPARATE TREATMENTS (additional or separate from above)	
Abhyanga Vata - relaxing	£155
Abhyanga Pitta - cooling	£155
Abhyanga Kapha - stimulating	£155
Shirodhara - soothing stream of oil on forehead	£105
Shiro basti - to sooth an overactive mind	£95
Takradhara - to settle mind/improve sleep	£110
Udvertana stimulating massage with specially prepared paste	£165
Garshan - dry massage to stimulate circulation	£105
Potikihli - dry potali	£105
Vishesh - deep muscle massage	£155
Patra potali heat treatment for joints	£105
Local patra potali	£85
Pizichilli -warm oil poured over the body combined with massage	£230
Uzhichil invigorating massage for clarity and strength	£196
Netra tarpana - to refresh the eyes	£50
Karana purana - ear treatment	£50
Matra basti - nourishing oil enema	£55
Janu basti - knee treatment	£50
Griva basti - neck treatment	£50
Kati basti - lower back pain	£50
Hrid (heart) basti for heart and emotions	£50
Padabhyanga - foot and lower leg massage	£55
Swedana - herbal steam treatment	£78
Swedana - local	£40
Nasya - nasal drops with massage and fomentation for sinuses	£120
TASTE OF PANCHAKARMA	
One Day Wonder with full body massage, swedana (steam) and shirodhara (oil poured over forehead.	£210

Our first testimonials for December 2016 :

'From the very moment I arrived in the clinic I was cosseted. I started my treatment and transcended into it , the feeling of the silence and the deep attention of the techs to every deep and correct massage attention. I had the deep muscle massage which really smoothed out the knots. Its utter silence in the room and the deep bliss afterwards is palpable'

'Wonderful facilities ,excellent technicians, a thoroughly pleasant and relaxing experience'

'The treatment definitely benefited my muscles, I found that movement was more smooth and easy. Muscular blocks were eased and remain so'

Maharishi AyurVeda Health Centre Rendlesham Ltd

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