



MAHARISHI AYURVEDA HEALTH CENTRE

RENDLESHAM

Prices from March 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	£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, Abhyanga Pitta - cooling or Abhyanga Kapha - stimulating	£155
Avagaham – bath for pain in lower extremities	£75
Facial massage - relaxing and soothing	£85
Shirodhara - soothing stream of oil on forehead	£105
Shiro basti - to sooth an overactive mind	£95
Takradhara - to settle mind/improve sleep	£110
Udvardhana— increases metabolic rate, removes ama, unctuousness and excess fat	£165
Garshan - dry massage to stimulate circulation	£105
Potikihli - for rheumatism, arthritis, joint and back problems. Pre Panchakarma treatment	£105
Vishesh - deep muscle massage	£155
Patra potali heat treatment for joints	£105
Local patra potali - for rheumatism, arthritis, joint and back problems	£85
Patra potali - full body	£150
Pizichili -warm oil poured over the body with massage for joint problems and stiffness	£230
Pindasveda - nourishment to the body, removes stiffness of joints, cooling effect	£150
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
Yakrt basti - external treatment for digestion and liver disorders	£60
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