

AYURVEDIC THERAPEUTIC MASSAGE RATE CARD



saruashakti

AYURVEDA AND YOGA

SINGLE TREATMENTS

	South Africans Citizens & SADEC Members	International non South Africans
ABHYANGA*	R580	R840
Massage ONLY (neck - ankles)		
BODY	🕒 60 mins	
MUKHABHYANGA	R310	R450
Face & Neck		
FACE	🕒 30 mins	
SHIROABHYANGA	R360	R522
Includes neck and shoulders		
HEAD	🕒 40 mins	
PISTHABHYANGA	R360	R520
Neck to hips		
BACK	🕒 30 - 40 mins	

*Complete your treatment by adding a 15min steam bath R120/R175

TRADITIONAL TREATMENTS

	South Africans Citizens & SADEC Members	International non South Africans
UDVARTHANAM	R980	R1420
<i>Herbal Powder Massage</i>		
Performed by 2 therapists. An invigorating massage, loved as part of a weight loss programme. A great exfoliator & lymph stimulator.		
*Udvarthanam, known as the weight loss massage, helps melt fat. This massage supports any detox and weight loss programme.		
Recommended as part of a minimum 7-day package. Price on request		
BODY	🕒 60 mins	
TRADITIONAL KALARI	R1100	R1600
<i>Marma Hand Massage</i>		
Also known as hand massage. The Rejuvenator. The Curer.		
The Traditional Kalari, the prevention of premature aging, addresses the vital energy points. It tones the entire body and improves blood circulation. Not recommended for those seeking a passive session. Performed on a mat on the floor.		
BODY	🕒 60 mins	
SHIRODHARA	R810	R1200
<i>Continuous flow of liquid on the forehead</i>		
Attended by 2 therapists. Includes poorva and paschat karma.		
Pre & Post-operative procedure. 🕒 90 mins		
NASYA ONLY	R490	R685
<i>Administer medicated oil to nostrils</i>		
Includes poorva & pashchat.		
Karma incl recovery time. 🕒 40 - 60 mins		
VASTI	<i>The pooling & retention of medicated oils</i>	
Greeva (neck) Kati (back) Janu (knee) Netra (eyes)		
A treatment to address specific conditions and most effective with consecutive treatments of 7/14/21/28 days.		
PANCHA-KARMA	<i>Detoxification</i>	
Plan your personalised "Home Detox Programme" with the support and guidance of Sarvashakti.		
Available on enquiry.		

Extra time spent in consultation pre/post treatment is charged out at a minimum time of 30 mins @R350/R500 per ½ hour.

CONSULTATION

	South Africans Citizens & SADEC Members	International non South Africans
ONLINE OR IN PERSON	R660	R960
Includes a dosha quiz & related Ayurvedic Lifestyle introduction. Personalised daily routine guide sheet		
	🕒 60 mins	

COMBO'S

	South Africans Citizens & SADEC Members	International non South Africans
CONSULTATION + ABHYANGA	R1020	R1480
Include the above + a 40min Abhyanga (Ayurvedic Therapeutic Body massage)		
*Perfect as a first time visit or an introduction for the seeker of an Ayurvedic lifestyle adjustment		
ABHYANGA + MUKHABHYANGA	R785	R1150
For a full body experience.		
BODY	FACE	🕒 75 mins
ABHYANGA + SHIROABHYANGA	R830	R1200
Stress relief		
BODY	HEAD	🕒 75 mins
ABHYANGA + MUKHABHYANGA + SHIROABHYANGA	R1100	R1600
The indulgent necessity.		
BODY	FACE	HEAD
🕒 120 mins		