



Cleopatra's Spa treatment menu (Ayurveda)

Ayurveda is an ancient Indian therapy that originated 5000 years ago. The therapy is ever successful with time-tested methods. Balance is the key to clarity of the senses and tranquillity of the mind and soul. In order to maintain a healthy Dosha, Dhadhus and Angi, balance is essential to ensure the ultimate condition of the body. Dosha's are the governing forces of our bodies composition; Vata, Pita and Kapha. These are responsible for our movements, metabolism and protection of our body. Dhadhus are the tissues of the body and Angi is the digestive fire.

An imbalance of stress, diet and lifestyle can affect the body greatly. Ayurveda explains how to maintain a healthy lifestyle in the fit and well and how to cure disease in the ailing. Ayurveda offers a variety of different treatments to maintain the complete condition of the body. Massage proves to be the most popular, of which there are various types; herbal leaf bag, rice bag, with milk and oil bath.

Cleopatra's Spa transports you back to Kerala home of Ayurvedic treatments with authentic traditional therapy and healing. Treatments by appointment only, at Cleopatra's male and female spa.

Experience the healing touch of Ayurveda for various ailments like arthritis, asthma, allergic respiratory disorders, diabetes, hypertension, spine and neck problems, headache, gastro-intestinal disorders, gynaecological problems, depression etc. different traditional massages of Kerala

Ayurvedic packages

Each individual is a blend of constitutional elements held in a delicate balance. Ayurveda looks to re-harmonize the living body and to restore its natural state of equilibrium. Ayurvedic packages are various treatment programs of 7,14,21 and 28 sessions. The programme varies according to the different body constituents called Doshas. Our Moh & Doh qualified Ayurvedic doctor will design an effective program targeting your preferred results.