

“In Ayurveda there are more than 150 types of treatments.

We have only listed a few that we can explain over this brochure. For a full list of services you may also visit us at the closest location.”

“We also provide online consultation for all our clients”



The Delhi Centre of the Kairali Ayurvedic Group has been accredited by the National Accreditation Board for Hospitals & Healthcare Providers (NABH) under Panchakarma Clinic (PC) category. The accreditation recognises the contribution made by the Kairali Center in the Healthcare & Wellness sector in India. It implies that the center maintains the best practices for Ayurvedic treatments, highest degree of cleanliness, customer friendly approach, transparency and professionalism in its dealings with respect to the provided services and the projection of the same. Kairali follows the same ethics & protocol in all our centres focusing on best services and all associated decorum. It is just a matter of time before we will be proud to announce NABH accreditation of all our centres PAN INDIA .

Kairali Ayurvedic Centre Pvt. Ltd.

Corp off.: D-130, Ambedkar Colony, Mehrauli, New Delhi - 110030

Tel.: +91-11- 65664447, Mobile: +91-8826899074

Customer Care: +91-9555156156, Fax: +1(815)-301-8798

Web: www.kairalicentres.com, www.kairali.com



30 Years

Improving health through Ayurveda



Kairali Ayurvedic Centre

INDIA JAPAN MAURITIUS UAE
THAILAND BULGARIA CZECH REPUBLIC REUNION



Kairali Ayurvedic Centre

Founded in 1989, “Kairali Ayurvedic Center” has over 30 years of experience. Using the ancient science of Ayurveda as its only means Kairali established itself as the pioneer in Ayurvedic treatment centres by setting its first centre at New Delhi and never looked back.

Now with 35 locations all over the world Kairali is one of the fastest growing Ayurvedic brand.

Armed with an innate vision, knowledge and the expertise of their forefathers, who’s work had started over half a century earlier, Kairali committed itself to this noble endeavour and ensured the spread and popularization of the Ayurvedic way of life and well-being lasting its spell throughout the world are now presenting the subject in various forms such as Day Care Centres, as well Healing Retreats which has leads to their award winning facility “KAIRALI-THE AYURVEDIC HEALING VILLAGE”

Ayurveda in Sanskrit means “Science of life”. The ancient science of medicine and positive health first originated in India , is still relevant and beneficial to modern life. Not just a Preventive medicine Ayurveda emphasizes healthful and enlightened lifestyle concept that’s gaining wide acceptance across the globe.

Ayurveda is the best nature based science to relax, revive and rejuvenate the body and mind. With all natural and Bio products Kairali offers the most authentic treatments close to nature.

Practised in its most pristine form , with traditional Ayurvedic herbal oils and medicines, we offer proven remedies and treatments for all your physical ailments and stress without any side effects by our skilled masseurs from Kerala.

Kairali’s Signature treatment for Weight Loss, Stress and Strain, Hair Fall, Royal Makeover & Holistic Packages are the most sought after treatments and would be the best way to be introduced to the subject. You may also try our shortened single sessions to understand the subject.



ABHYANGAM



In this therapy special herbal oil is applied on the full body from head to toe in various positions. These massage techniques help the body to sooth muscles, increase vigour and rejuvenate all the senses. Abhyangam has been found very effective for improving eyesight longevity, blood circulation and mental alterness this also helps to induce peaceful sleep. It is the best massage to delay ageing and as a preventive massage for overall good health.

SIRODHARA

This is a signature Ayurvedic massage for mind, body and soul. In this technique a nonstop continuous stream of oil is made to drop gently on the forehead from a particular height through a specially made apparatus.

Sirodhara when taken relaxes,rejuvenates the body, improves immune system, creates a complete soothing sensation, and also deeply relaxes the nervous system.Regular treatment of Sirodhara increases blood circulation to the brain, improving memory and nourishes the hair & scalp.This is the best massage therapy to release stress and strain.



UDWARTHANAM

The body is scrubbed using combination of exfoliating herbal powders with special strokes enabling deep cleansing of the skin and its pores by breaking down cellulite under the skin. This also stimulates blood flow and eliminates toxin accumulation from your tissues. It softens and exfoliates dead skin cells, thereby giving a lustrous glow to the skin, improves mobility of joints and reduces the blood cholesterol. Prolonged use helps rid your body of cellulite and excessive fat.

PIZHICHIL

This is one of our special massage therapy to restore vigour and vitality of the whole body. This is mild massage where warm oil is squeezed on the body as the body is continuously massaged slowly with light pressure. This massage enhances the blood circulation and thus helps to balance mind and body. This therapy protects from illnesses and improves the immune system adding vitality and health to life. It also aids in healing of rheumatic diseases, high blood pressure, pains in the joints and diabetes.



NASYAM

The face, chest and shoulders of the patient's body is massaged with herbal oil instigating it to perspire. Herbal medicine in precise dose as prescribed is measured and poured into the nostrils, as the patient slowly inhales. Throughout the process the expanse around the nose, neck, shoulders, palms and feet are massaged vigorously. This is very effective in disorders such as migraine, sinusitis, chronic cold and chest congestion.



KADIKIZHI

Kadikizhi is a very effective ayurvedic treatment where the patient's whole body is massaged with muslin poultices that are stuffed with powdered pulses and seeds. These bundles are fomented with an herbal starch steam and used for massaging with expertise. Kadikazhi is very effective in relieving several aches and pains, obesity related problems, also improves joint mobility and is beneficial for combating diabetes.



ELAKIZHI

Herbal poultices (bundles) are prepared with various herbs and medicated powders. These poultices are warmed in medicated oils and used to massage the entire body, neck, shoulders, hands and back, shifting the person from side to side. This therapy promotes better blood circulation within the affected area thereby promoting increased perspiration, which helps the skin to eliminate dead skin. It also helps to tone the skin and can be superbly relaxing.

NAVARAKIZHI

The whole body is massaged with Navara-rice bundles which are cooked in milk and herbal decoctions. This massages firms and rejuvenates the skin. It is an excellent treatment to impart luster to the skin and nourishment for the body through the skin. This is one of the best massages to get a soft and glowing skin. It also cures various ailments like rheumatism, emaciation of limbs and certain skin and muscular diseases.



Kaircin Facial Oil

Youthful Radiant Skin

Key Ingredients
Saffron & Lotus

Benefits:

- Prevents pimples, pigmentation scars and wrinkles
- Contains anti-aging properties
- Removes stretch marks & dark circles
- Nourishes and tones the skin



DHANYAMLA DHARA

Dhanyamla Dhara is another ayurvedic treatment where the infusion is prepared with cereals, and vinegar attained from citrus fruit. This concoction is bundled in a piece of linen cloth and is then immersed in a pot of water. Which is boiled for a specific time. Then the medicinal liquid is poured over different parts of our body, in a rhythmic manner from a hanging apparatus and followed with a gentle massage. It is useful for conditions like obesity, rheumatism, asthma, spinal disorders and spondylitis.

THALAPOTHICHIL

This treatment is renowned for its ability to heal problems related to head and neck regions. Alzheimer's disease, certain psychosomatic diseases, insomnia, hypertension, mental ailments, hair loss, greying are some of the most common conditions treated with this therapy. In this therapy, the patient's scalp is completely covered with high value medicinal paste. The healing property of the herbs calms down the nervous system and soothes the nerves.

AYURVEDIC TREATMENTS

🌿 Panchakarma 7, 14, 21 or 28 days

Panchakarma is Ayurveda's ultimate purification and detoxification treatment that creates ease and harmony from within, strengthens the immune system, and restores balance and wellbeing. By reversing the degenerative process, Panchakarma improves overall wellness and youthfulness. Panchakarma means "five therapies". The series of these five therapies help remove deep rooted stress and illness-causing toxins from the body while balancing the doshas (energies that govern all biological functions).



🌿 Weight Loss 14 or 21 days

A unique health program using Kairali's signature Ayurvedic services to help you lose excess weight as well as improve your shape. Using all natural products methods we have designed this package for various durations to get the desired results you are looking for.



🌿 Aches And Pains 3, 7 or 14 days

This is a special ayurvedic treatment for arthritis, spondylitis, rheumatism arthritis, back pain, joint pains and knee pain. A unique set of treatments using Kairali's special therapies and services that cures aches and pains and promotes muscle relaxation



Treatments are available for

- ✳ Sinusitis & Migraine
- ✳ Rejuvenation Therapy
- ✳ Psoriasis and other skin disorders
- ✳ And many more.
- ✳ Piles
- ✳ Post Pregnancy Rejuvenation.
- ✳ Hair Loss

DAY PACKAGES

Royal Makeover 120 mins & 150 mins

This is one of Kairali's most special therapy to make one feel royal. This starts with traditional foot massage, head massage, body massage, powder massage and facial and completed with steam bath.

This luxurious pampering of the body with the through scrub to remove the dead cells from the skin along with the oil massage makes the mind and body absolutely relaxed, content and one feels royal.

Holistic Package (Abhyangnam+Nasyam+Elakizhi) 100 mins

This is combination of our special ayurvedic therapies where we will massage your whole body, relaxing and relieving it from the stressful lifestyle you are leading. It will also leave you fresh and glowing.

Relax Package (Abhyangam + Facial + Face Pack) 65 mins

A special massage of the whole body with herbal oil to completely relax the body and mind an herbal facial to cleanse and exfoliate the skin followed by a herbal face pack to bring radiance and glow to the skin.

Rejuvenation Package (Abhyangam + Shirodhara) 90 mins

A full body, medicated, herbal oil massage treats the whole person - body, mind and spirit - while balancing the doshas or the individual's energy patterns and a deeply relaxing, stress therapy where herbal oil/milk/buttermilk is repeatedly poured onto the forehead. It soothes away mental stress and results in a profound sense of relaxation and inner peace.

Revive Package (Abhyangam + Podikizhi)90 mins

A full body massage with herbal oils that rejuvenates the whole body and mind while balancing the energy patterns and a special therapy where the whole body is massaged with herbal powder tied into bundles in muslin cloth until the warmth induces the skin to sweat. The sweat washes away toxic waste from the body and rejuvenates the body and skin.

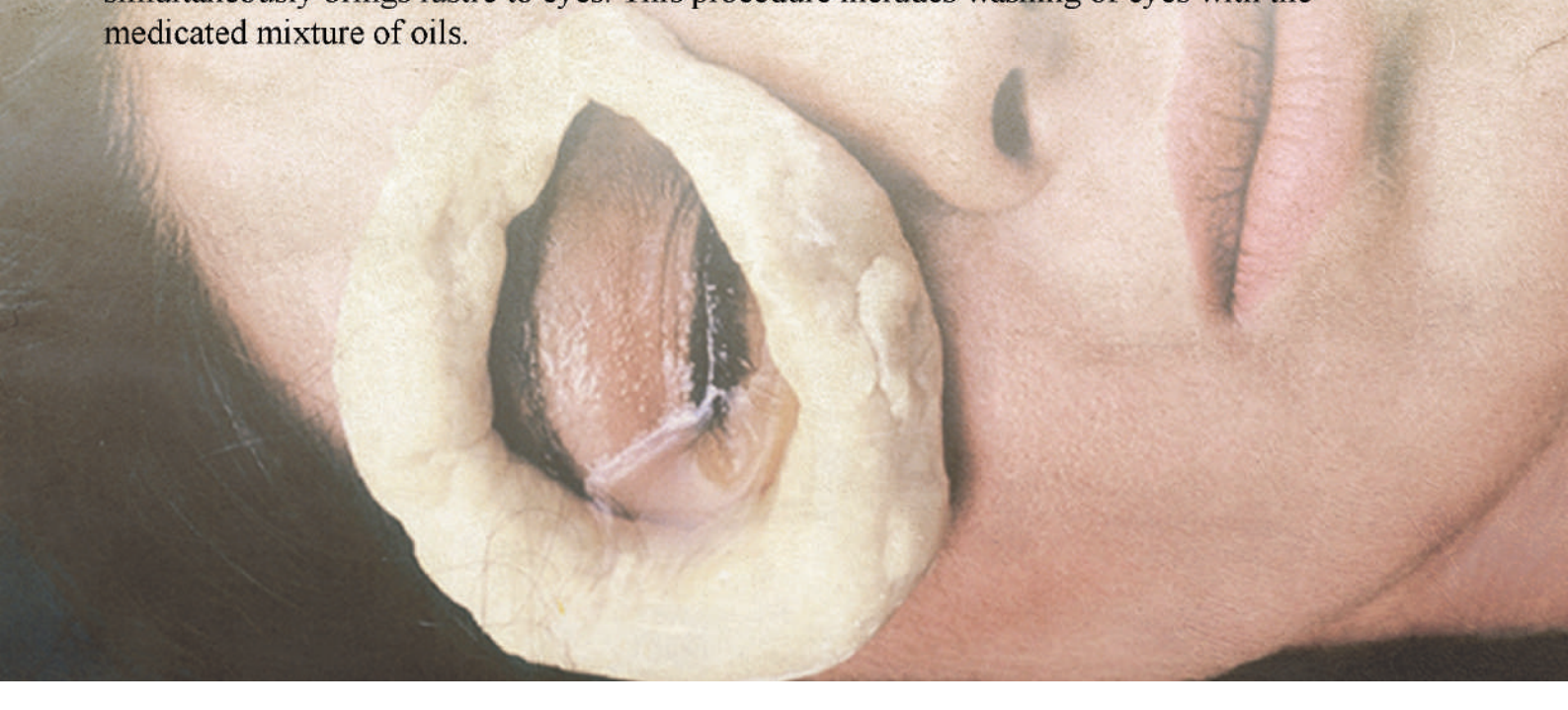
SIROVASTI

Lukewarm, medicated oil is applied to the entire head. A leather cap is then placed on the head and the required oil is poured maintaining a particular temperature, for required duration. This is a very effective treatment for migraine, deafness, diseases effecting the cranial nerves, facial palsy, insanity, diseases of head and eye, chronic cold, sinusitis, rheumatism, arthritis, abscesses and wounds. In fact this is one treatment that has some effect on all diseases.



NETRADHARA

It is an effective Ayurvedic treatment for the eyes that eliminates fatigue and pain from the eyes, relieves their muscular tension, helps to improve the eye sight, reduced wrinkles and simultaneously brings lustre to eyes. This procedure includes washing of eyes with the medicated mixture of oils.



WELLNESS PACKAGES

Stress Buster

A special ayurvedic stress buster program of head massage with specialized herbal oils suited for your body type. These amazingly relaxing therapies gently and totally releases stress and tension from the body.

Beat the gym package

A special program for people who want to get fit and muscular but don't want to strain themselves at the gym - this is a unique "Get Fit the Ayurvedic Way" package. A special 10 or 20 session (as per your need) will help you maintain and improve your physique without burdening it with long runs or heavy weight lifting.



KAIRALI MEMBERSHIP

Kairali offers membership program for our esteemed and privileged patrons to maintain the health of their loved ones and themselves.

Via this membership program one can avail discounted services and products. For more information contact our nearest branch

FACIALS

Herbal Facial 20 mins, 30 mins & 40 mins

This customized facial incorporates unique ayurvedic massage techniques with herbal oil along with freshly blended herbs to thoroughly cleanse, exfoliate and there by slow down and reduce signs of aging. The nourishing herbal mask brings radiance and glow to the skin.

Navra Glow Facial 20 mins, 30 mins & 40 mins

The special medicated rice, cooked in medicated milk and herbs provides ultimate nourishment to the skin. The medicated special blended oil heals the skin of its various problems like acne, dead skin and leaves your skin plump, supple and rejuvenated, with natural radiance.

PETITE MASSAGE

Head Massage 15 mins & 20 mins

It is a traditional ayurvedic massage with special oils to induce a state of calm, peace and tranquillity. It promotes a high level of alertness and concentration. This massage also helps to prevent hair loss, premature greying of hair and strengthening the hair roots. and also relax muscles of the face.

Shoulder Massage 20 mins & 30 mins

This massage is done with medicated special oils combined with pressure points and massage techniques. This relaxing massage eases the tensed muscles.

Neck Massage 15 mins & 20 mins

The special oils and massage techniques are selected to suit the individual and the neck is massaged carefully which is often the stress area and requires a lot of attention. The massage gently brings back the mind and body back to a healthy balance.

Back Massage 20 mins & 30 mins

Various Forms of pressure and movements with the hands along with the lukewarm medicated herbal oils is applied on the spine and back. This eases away tension and clears energy blockages.

Foot Massage 15 mins, 20 mins & 30 mins

This is a perfect massage to relieve stress and relax the aching feet. The massage is focussed on specific pressure points known to improve health.

BODY WRAP & SCRUB

NAVARA LEPAM

Creamy body wrap 60 mins

A luxurious wrap with a special rice (Navara Rice) and milk which leaves the skin supple & moisturized. The wrap is mixed along with other herbs, which will be soothing for the skin.

KAYA LEPAM

Herbal Body Wraps 60 mins

A complete natural based body wraps to exfoliate and revive skin texture. This wrap contains turmeric, sandal and various herbal ingredients that cools the skin and protects from harsh and hot climate.

NAVARA SCRUB

Luxurious Scrub..... 60 mins

Navara Scrub with special powdered rice and herbs is applied over the whole body and scrubbed. Followed to which special oil is applied to protect the skin from further damages. This techniques literally polishes the skin removing the dead cells.





The Ayurvedic Healing Village Palakkad, Kerala (India)

“RELAX , REVIVE AND REJUVENATE WITH AYURVEDA IN THE LAP OF
MODERN HOLISTIC LUXURY”

Kairali's The Ayurvedic Healing Village located in Palakkad, Kerala, deep in the heart of the birthplace of Ayurveda; is the ideal place for an Ayurvedic health retreat based on authentic Vedic knowledge. There is no better place to get inside nature and rejuvenate with natural medicine than the sweet scented forests of Kerala's Pala trees.



“Blend with the magnificent diversity of mother nature ”



Time spent at this unique jungle paradise allows you to experience the authentic healing practices of ancient India, while relaxing in the lap of modern holistic luxury. Palakkad is fast becoming a favourite for Kerala tour packages, and is likely to become known as one of the best tourist destinations in India.

Kairali-The Ayurvedic Healing Village

One among **50** Top wellness
destinations of the world



A WEEKEND THAT COULD LAST FOREVER

www.ktahv.com

KAIRALI AWARDS

- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "Best Luxury Ayurveda Spa - Regional Winner-South West Asia" by World Luxury Spa Awards 2018.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) is in Hall of Fame and has been awarded the "Certificate of Excellence" by TripAdvisor 2018.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "Leading Wellness & Spa Brand" by SOUTH ASIAN TRAVEL AWARDS 2018.
- ❧ Kairali Ayurvedic Centre Delhi has been recognised as First Panchakarma Clinic in India accredited by NABH, Quality Council of India in 2017
- ❧ Awarded "Service Excellence" under Wellness category" by ASSOCHAM in 2017
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "Wellness Brand of the Year" by India Health & Wellness Award 2017.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "Best Luxury Ayurveda Spa - Regional Winner-South West Asia" by World Luxury Spa Awards 2017.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "Health and Medical Travel: Destination of the Year" by Medi Travel Excellence Awards 2017, ASSOCHAM India.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded India's Leading Spa Resort" by World Travel Award 2016.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "Wellness Brand of the Year" by India Health & Wellness Award 2016.
- ❧ Kairali Ayurvedic Centres has been awarded "Fastest Growing Ayurvedic Chain of the Year" by Right Choice Awards 2016.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded India's Leading Spa Resort" by World Travel Award 2015.
- ❧ Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been awarded "AYUSH Brand of the Year" by India Health & Wellness Award 2015.



"Best Luxury Destination Spa"
by World Luxury Spa Award
in 2018



"Certificate of Excellence"
by TripAdvisor 2018



"India's Leading Spa Resort"
by World Travel Award 2018



**"First NABH Accredited Panchkarma
Clinic in Delhi NCR"**
by Quality Council of India 2017



Spa Asia Crystal Award
for Best Ayurvedic Center



"Best Luxury Destination Spa"
by World Luxury Spa Award
in 2017



"India Health & Wellness"
Award 2017



"Service Excellence Award"
by ASSOCHAM 2017



"Best Health and Medical Travel"
by Medi Travel Excellence Award
in 2017



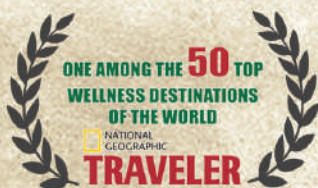
"India's Leading Spa Resort"
by World Travel Award 2016



"Fastest Growing Ayurvedic Chain"
Of the Year by Right Choice
in 2016



"Brand of the Year Ayurvedic Spa"
by Brand Achievers Award 2015



**Top 10 in Asia & Top 50 Wellness
destinations in the world**
by National Geographic



"Top 100 Franchise"
Opportunity by the
Franchising World in 2015



"Ayush Brand of the Year"
by India Health & Wellness Award
2015



"Best Destination Spa - National"
by Indian Salon &
Wellness Award 2015