

HARITHA

VILLAS + SPA

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Haritha Jungle Spa & Ayurveda

Haritha Spa Packages

At Haritha, we believe your physical and spiritual well-being is important for an optimal wellness experience. Now you can enjoy a free morning yoga session and an evening meditation session with any of the day packages, in addition to unlimited access to sauna and steam room.

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Haritha Jungle Spa Menu

7 day Package - 700\$

Beauty and relax

This week long beauty and wellness journey has been especially designed to let your inner beauty shine from within. Before starting the treatment, our Resident Ayurvedic Doctor will conduct a basic consultation to determine the dosha state of your body, either vatha, pitha or kapa. Then we will customize facial and body beauty treatments to suit the dosha state of your body, using the secrets of ancient Ayurvedic techniques to enhance your natural beauty.

*Sample package (Treatments has to be customized as per the guest's body conditions and weather conditions)

Day 1	M	Consultation/ prescription of Ayurveda medicine/ Foot or face massage - 60 mins
	E	Full body massage - 60 mins
Day 2	M	Abyanga/ Steam bath/ herbal bath - 90 mins
	E	leg massage - 60mins
Day 3	M	Abyanga/ Steam bath/ herbal bath - 90 mins
	E	Head neck and shoulder massage - 45 mins
Day 4	M	Herbal facial therapy/ Foot massage - 75 mins
	E	Abyanga massage - 60mins
Day 5	M	Ubtan/Herbal bath - 60 mins
	E	Abyanga massage - 60 mins
Day 6	M	Ubtan - 60 mins
	E	Flower bath - 60 mins
Day 7	M	Udvarthana - 60 mins
	E	Herbal bath - 30 mins

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Haritha Jungle Spa Menu

10 day Package - 900\$

Detox and Relax

The essence of Ayurveda revolves around cleansing the body of its impurities; in fact, this is a core preventive care prescribed in ancient Ayurvedic scripts. First, our Resident Ayurvedic Doctor will conduct a basic consultation to determine the dosha state of your body, either vatha, pitha or kapa. Then, your ten-day detoxifying wellness journey will be formulated to suit your body constitution, to bring back the natural balance of your body through century old herbal recipes. The root causes of many diseases will be eliminated with this treatment, while boosting your immunity.

*Sample package (Treatments has to be customized as per the guest's body condition and weather condition)

Day 1	M	Consultation/ prescription of Ayurveda medicine - 60mins
	E	Abyanga - 60mins
Day 2	M	Abyanga/ steam bath/ herbal bath - 90mins
	E	Foot massage - 30mins
Day 3	M	Abyanga/ steam bath/ herbal bath - 90mins
	E	Leg massage- 45mins
Day 4	M	Consultation/Head massage/ Shirodhara - 80mins
	E	Leg massage - 45mins
Day 5	M	Consultation/Back massage/ Shirodhara - 80mins
	E	Face massage - 30mins
Day 6	M	Consultation/ Shirodhara/ foot massage - 75mins
	E	Herbal bath - 90mins (12.00noon)
Day 7	M	Herbal facial therapy - 75mins
	E	Pindasweda back massage - 45mins

Continued -

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Haritha Jungle Spa Menu

10 day Package - 900\$(Continued)

Detox and Relax

Day 8	M	Pindasweda - 90mins
	E	Hands massage - 30mins
Day 9	M	Pindasweda - 90mins
	E	Herbal inhalation
Day 10	M	Consultation/ follow up advices/ prescription of medicine - 30mins
	E	Flower bath - 60mins

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Haritha Jungle Spa Menu

14 day Package - 1240\$

Detox Relax Anti-cellulite

Following a consultation with our Resident Ayurvedic Doctor to determine the dosha state of your body, vatha, pitha or kapa, the treatment will be specifically tailored to detoxify, to reduce cellulite and to promote weight loss, depending on your body conditions. Be energized, while burning the excess fat in your body. Rediscover good health, balance and vitality in your body.

*Sample package (Treatments has to be customized as per the guest's body condition and weather condition)

Day 1	M	Consultation/ prescription of Ayurveda medicine and diet - 60mins
	E	Leg massage - 45mins
Day 2	M	Abyanga/ steam bath/ herbal bath - 90mins
	E	Leg massage - 45mins
Day 3	M	Abyanga/ steam bath/ herbal bath - 90mins
	E	Pindasweda (back massage) - 30mins
Day 4	M	Consultation/ Udvartana - 75mins
	E	Abyanga - 60mins
Day 5	M	Udvartana/ Steam bath - 75mins
	E	Back massage - 30mins
Day 6	M	Udvartana/ Steam bath/ Herbal bath - 90mins
	E	Foot massage - 30mins
Day 7	M	Herbal facial therapy - 75mins
	E	Abyanga - 60mins
Day 8	M	Ubtan/ Steam bath
	E	Abyanga - 60mins

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Haritha Jungle Spa Menu

14 day Package - 1240\$(Continued)

Detox Relax Anti-cellulite

Day 9	M	Ubtan/ Steam bath - 75mins
	E	Abyanga - 60mins
Day 10	M	Pindasweda - 90mins
	E	Foot massage - 30mins
Day 11	M	Pindasweda - 90mins
	E	Foot massage - 30mins
Day 12	M	Consultation/ Head neck and shoulder massage - 45mins
	E	Abyanga - 60mins
Day 13	M	Udvarthana/ Steam bath/ Herbal bath -90mins
	E	Abyanga - 60mins
Day 14	M	Udvarthana/ Steam bath/ Herbal bath - 90mins
	E	Consultation - flower bath - 45mins

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Haritha Jungle Spa Menu

21 day Package - 2090\$

Detox Relax Rejuvenate

Consult our Resident Ayurvedic doctor at Haritha to blend an ultimate rejuvenating package to suit your body type, the dosha state, belonging to either vatha, pitha or kapa. Our sensual anti-aging treatments will detoxify and rejuvenate your whole body removing wrinkles and restoring vitality.

*Sample package (Treatments has to be customized as per the guest's body condition and weather condition)

Day 1	M	Consultation/ prescription of Ayurveda medicine and diet - 60mins
	E	Abyaga - 60mins
Day 2	M	Nasya (pratimarshya) Abyanga/ steam bath/ herbal bath - 90mins
	E	Foot massage - 30mins
Day 3	M	Nasya (pratimarshya)/ Abyanga/ steam bath/ herbal bath - 90mins
	E	Face neck shoulder massage - 45mins
Day 4	M	Nasya (pratimarshya)/ Abyanga/ steam bath/ herbal bath - 90mins
	E	Head neck and shoulder massage - 30mins
Day 5	M	Consultation/ Head massage/ Shirodhara - 75mins
	E	Foot massage - 30mins
Day 6	M	Consultation/ Back massage/ Shirodhara - 75mins
	E	Foot massage - 30mins
Day 7	M	Consultation/ Shirodhara/foot massage/ herbal bath - 75mins
	E	Kati vasti - 30mins
Day 8	M	Consultation/ Shirodhara/foot massage/ herbal bath - 75mins
	E	Kati vasti - 30mins

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Haritha Jungle Spa Menu

21 day Package - 2090\$(Continued)

Detox Relax Rejuvenate

Day 9	M	Herbal facial therapy - 75mins
	E	Abyanga - 60mins
Day 10	M	Udvarthana/ Steam bath/ Herbal bath - 90mins
	E	Slimming massage - 60mins
Day 11	M	Udvarthana/ Steam bath/ Herbal bath
	E	Slimming massage - 60mins
Day 12	M	Pindasweda - 90mins
	E	Slimming massage - 60mins
Day 13	M	Pindasweda - 90mins
	E	Slimming massage - 60mins
Day 14	M	Ubtan/ Steam bath - 75mins
	E	Abyanga - 60mins
Day 15	M	Ubtan/ Steam bath - 75mins
	E	Abyanga - 60mins
Day 16	M	Consultation/ Foot massage - 40mins
	E	Slimming massage - 60mins
Day 17	M	Udvarthana/Steam bath/ Herbal baths
	E	Slimming massage - 60mins
Day 18	M	Udvarthana/ Steam bath/ Herbal baths
	E	Slimming massage - 60mins

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Haritha Jungle Spa Menu

21 day Package - 2090\$(Continued)

Detox Relax Rejuvenate

Day 19	M	Consultation/Navarakizi - 110mins
	E	Foot massage - 30mins
Day 20	M	Consultation/ Navarakizi - 110mins
	E	Foot massage - 30mins
Day 21	M	Consultation/Navarakizi - 110mins
	E	Flowerbath - 20mins

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