



FAZLANI NATURES NEST

Where Nature Comes Home

Wellness Resort & Spa



Amarine

Medi-Spa

DIAL 1111 for a
Signature Wellness Experience





Amarine

Medi-Spa

The Pursuit for Wellness

Wellness within
is mindfulness and acceptance of what you are,
what you feel inside and how its always changing.

Every time you are tempted to react in the same old way,
ask if you want to be a prisoner of the past or a pioneer of the future.

So surrender yourself to new experiences with our signature treatments
which offers a rich collection of Naturopathy, Ayurveda and International
therapies designed to create a whole new aura around you.

Let the Journey Begin...



STRESS BUSTER

"Stress Does Not Kill Us, Its Our Reaction To It"

Naturopathy

Hydro Therapy

Helps to facilitate movement, promote healing and relieve pain with the curative use of water.

Hips, Arms and Feet	30 min	1500
Spinal Spray	30 min	2000
Jaccuzi and Underwater Massage	30 min	3000

Reflexology	30 min	2000
A refreshing treatment involving application of pressure to the feet and hands without the use of oil or lotion.	60 min	3000

Yoga Nidra	60 min	2000
A relaxed body state where the individual is drawn in a new world of consciousness through verbal instructions.		

Chromo Therapy	60 min	3000
A therapy using colours to adjust body vibrations to frequencies that result in health and harmony.		

Shiatsu	30 min	3500
A Japanese massage technique of stretching, holding postures and leaning body weight.		

Ayurveda

Herbal Oil Massage	30 min	2200
A relaxing massage for a specific body part (head, back or feet) using lukewarm medicated oil with a gentle massage.		

Thalapothichil	45 min	2500
A therapeutic process in which lukewarm medicated oil is poured over the head in a uniform rhythmic way along with simultaneous gentle massages.		

Ksheerdhara	90 min	4500
Pouring of medicated milk over the head, which is infused with relevant herbs, complimented with an Abhyangam treatment (full body massage).		

Shirodhara	90 min	5500
A popular ayurveda practice involved the pouring of a specially prepared liquid herbal oil in a steady stream over the head along with an Abhyangam treatment.		



DETOX & REJUVENATION

"Eliminate what does not help you evolve"

Naturopathy

Hydro Therapy Helps to facilitate movement, promote healing and relieve pain with the curative use of water. This treatment is combined with a steam bath or sauna.	90 min	3000
Shat Kriyas A series of cleansing rituals to restore the body to its natural state by eliminating all the accumulated radicals.	60 min	2000
Acupuncture An ancient oriental form of medicine using thin needles on the body to help release the nerve blocks and energy lines.	30 min	3000
Cupping Therapy Another oriental form of medicine where special cups are placed on the skin for suction to help with pain, inflammation, blood flow and relaxation.	30 min	3000
Helio Therapy A rejuvenation treatment through a plantain leaf body wrap and a medicated oil sun bath.	45 min	3500
Vibro Massage A vibrating device which focuses on motor points of your muscle to increase muscle mass and strength.	60 min	3500
Mud Therapy Body is layered with special medicated muds and baked under the sun.	60 min	4000

Ayurveda

Navarakizhi Nourishing and cooling massage with oil and special rice (navara) poultices dipped in milk. Special treatment from Kerala for curing neuro-muscular disorders.	90 min	3500
Panchkarma Panchakarma is a five-fold ayurvedic therapy which aims at cleansing the toxins from the body for a complete detoxification.	14 days	(Price On Request)

Doctor's Consultation is chargeable and varies based on the nature of the treatment.
All prices are in INR (Indian Rupees) | Government taxes are charged extra.



BEAUTY, SKIN CARE AND ANTI-AGING

"Beauty Lies in the Eye of the Beholder"

Naturopathy

Facial Massage with Aroma Oils & Herbs Recommended treatment for nourishment and circulation on the face.	30 min	2500
Body Scrubs Sandalwood Jasmine & Orange/ Chocolate/ Neem Tulsi/ Lemon & Orange	60 min	3000
Seaweed Massage and Pack Natural extracts for rich nutrients and build immunity	30 min	3000
Helio Therapy A rejuvenation treatment through a plantain leaf body wrap and a medicated oil sun bath.	45 min	3000
Mud Therapy Body is layered with special medicated muds and baked under the sun.	60 min	4000

Ayurveda

Ayurveda Face Pack Usage of medicated face pack infused with relevant herbs.	30 min	1500
Fruit Body Wrap A therapeutic process in which natural fruits are infused into your skin and cocooned. Enjoy a foot and head massage.	60 min	3000
Aloe Vera Body Wrap A therapeutic process in which natural aloe vera gels are spread to tighten the skin. Enjoy a foot and head massage.	60 min	3000
Soundarya Facial Your face is massaged with herbal beauty oils or with natural herbal packs. The concoction is made into a paste form that feeds & cleans the skin.	60 min	3500
Navarakizhi Nourishing and cooling massage with oil and special rice (navara) poultices dipped in milk. A specialty treatment from Kerala.	90 min	3500

Signature Bridal Package Curated combination of Naturopathy and Ayurveda treatments which includes facials, body scrubs, pedicures, manicures, body packs and wraps based on the body constitution. Treatment duration will be based on the nature of the treatments recommended and expected results.	(Price on Request)
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REHABILITATION THROUGH NATUROPATHY

"You Never Fail Until You Stop Trying"

Magneto Therapy An alternative therapy that uses magnets of varying sizes and strengths that are placed on the body to relieve pain and treat diseases.	45 min	1500
Hydro Therapy with Packs Helps to facilitate movement, promote healing and relieve pain with the curative use of water. Partial and full body stimulation with ice packs.	30 min	2500
Acupressure An ancient oriental form of alternative medicine where physical pressure is applied with the aim of clearing blockages of energy in the body.	30 min	3000
Acupuncture An ancient oriental form of medicine using thin needles on the body to help release the nerve blocks and energy lines.	30 min	3000
Yoga Therapy A engaging session which includes a combination of physical postures, breathing techniques and meditation.	60 min	3000
Chromo Bath Treated water is exposed to sun for specified hours in Chromo Therapy devices which helps in the process of recovery.	60 min	3000
Meridian Massage An ancient oriental massage technique where gentle to medium pressured strokes are implemented across the body to loosen toxins at the cellular level.	60 min	5000

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REHABILITATION THROUGH AYURVEDA

"Tough Times Dont Last, Tough People Do"

Greeva Vasti: Warm medicated oil is poured and retained over the neck region for a specific period of time and massaged.	30 min	2200
Kativasti: A treatment where a frame of black gram paste is performed on your lower back and is filled with specially prepared warm herbal oil.	30 min	2200
Urovasthi: Warm medicated oils are poured over the chest region through a vessel prepared by herbal paste for a specific period of time.	30 min	2200
Navarakizhi Nourishing and cooling massage with oil and special rice (navara) poultices dipped in milk. A treatment from Kerala for curing neuro-muscular disorders.	90 min	3500
Abhyangam + Medicated Steam Bath Full body massage combined with a closed boxed steamed treatment to sweat out the toxins, improve muscle tone and increase flexibility.	75 min	3500
Dhanyamala Dhara An Ayurvedic massage therapy, which includes pouring of a medicinal liquid over different body parts. During the treatment, the body is covered with a cloth for maintaining the heat.	90 min	4000
Pizhichil Treatment A combination of an oil massage and heat treatment in a synchronized rhythm which is carried out on throughout the body other than the head.	90 min	4500
Ksheeradhoomam Treatment A very effective treatment for facial paralysis, trigeminal neuralgia, speech disorders, pimples, skin problems and nervous disorders of the face.	90 min	4500



INTERNATIONAL THERAPIES

"Your Body Hears Everything Your Mind Says"

Natural Baths

Lavender - Mint Bath A relaxing and refreshing bath soak to calm the mind.	30 min	1500
Citrus Bath An energising 'pick-me-up' bath soak to get you back on your feet.	30 min	1500
Geranium & Cedarwood Bath A heavenly bath soak that clears the mind.	30 min	1500
Rose Milk Bath A luxurious bath soak that sensuates the mind and nourishes on the skin.	30 min	1500

Exotic Massages

Swedish Massage An international best seller treatment to improve body circulation and relaxation.	60 min	3000
Balinese Massage Traditional treatment blend of gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and 'qi' (energy) around the body.	60 min	3500
Aromatherapy Massage The treatments offers a combination of a body massage with the use of oils extracted from aromatic flowers, herbs, spices, woods and fibres.	60 min	3500
Deep Tissue Massage The treatment eases aches and stress by focusing on the deeper layers of the muscle. Recommended for body stiffness and pain after an intense physical activity.	60 min	3500



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