





Ayurveda is a 5000 year old healing system that is unlike any other. At The Postcard Hotel, our wellness offering is deeply rooted in this ancient science. To give you the most authentic healing experience we've designed our treatments under the guidance of Dr. Mubash Basheer of Vaidyagrama, Coimbatore, distilling the offering down to nine deeply holistic, curative treatments. Explore this traditional wisdom in the pages to follow and be on your way to balance and better health.

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A sunset over the ocean with a light gray vertical bar on the right side. The sun is low on the horizon, creating a bright glow and reflecting on the water. The sky is a mix of light blue and orange. The text is in a bold, orange, sans-serif font.

# AYURVEDIC AND WELLNESS CONSULTATION



The ayurvedic consultation explores your physical, mental and emotional health to help understand your unique energetic constitution or combination of doshas (the three dynamic living forces), to help determine your body type and imbalances. Our vaidya then prepares a sequence of experiences and a programme for your body type that will help bring more balance, energy and peace to your entire being. Each individualised programme may tend to differ from the sample treatments suggested in the menu. We also curate more intensive, result-oriented immersions that range from anywhere between 3 to 21 days.

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# THE TREATMENTS





# 01

## DINACHARYA

### DAILY AYURVEDIC REGIMEN

Dinacharya is an experience of the ayurvedic daily regimen, recommended for all to maintain health and wellness. It is a concept in ayurvedic science that looks at the cycles of nature and bases daily activities around these cycles.

Dinacharya, an immunity enhancer, encourages routines to help establish balance for promoting good health with specific focus on the sensory organs. It involves shiroabhyanga (head massage), anjanam (remedy for clarifying and enhancing vision), karnapooranam (ear therapy), nasyam (purification of the sinuses), kabalam (oil pulling), dhoomapanam (medicated inhalation), abhyangam (body massage) and snanam (bathing).

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105 minutes  
INR 5100

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 02

## ABHYANGAM & SNANAM

FULL BODY OIL MASSAGE

Abhyanga is a form of rejuvenating therapy that involves a massage with dosha specific, warm herb-infused oil. A variety of ayurvedic techniques are applied to work along the energy channels of the body in a synchronised manner to restore the flow of vital spirit. This ancient Indian ayurvedic massage aids joint health, nourishes the dhatus (tissues of the body), induces relaxation and brings aggravated doshas back to balance.

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75 minutes  
INR 3800

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 03

## MUKHALEPAM & SHIROABHYANGAM

FACIAL SKIN THERAPY

A time honoured beauty regimen, this ayurvedic facial cleanses, exfoliates, tones and hydrates, leaving the skin delicate, soft and naturally radiant. Mukhalepam refers to the application of herbal lepa or mask, prepared using medicated herbs, fruit, plants, oil and ghee for skin protection and nourishment. The therapy includes nasyam and a relaxing head and shoulder massage that lets the calming experience reverberate all across your body.

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60 minutes  
INR 3200

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.





# 04

## KATI TARPANAM

MEDICATED OIL RETENTION

Practiced to ease pain and discomfort in the lower back area, this age old treatment uses ancient techniques to reduce weariness. In Kati Tarpanam, a circle of paste made from black gram or wheat flour is placed strategically on the spinal area and warm oil poured into the depression. Holding this medicated oil soothes muscular tissue, alleviates pain and lubricates the discs and nerves. The healing benefits of the oil penetrate through the muscles and address the effects of the toll everyday life takes on your upper and lower back. To draw you into a deeper state of relaxation, the therapy concludes with a light massage using the therapeutic oil.

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45 minutes  
INR 2600

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 05

## UPANAHASWEDA

HERBAL HEALING WRAP

Upanahasweda is an effective pain management and healing ritual where a warm medicated paste is applied over the affected area followed by a wrap of healing plants and a cotton bandage. Upanahasweda is a part of swedam, a process that activates the natural healing abilities of the body resulting in pain relief and the nourishment of tissues.

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45 minutes  
INR 2600

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 06

## PADABHAYANGAM

### DEEP FOOT MASSAGE

Padabhayangam is a massage for the feet that deals with fatigue and improper circulation, while also addressing dryness of the feet and soles. This massage with heated ayurvedic oils results in deep relaxation, especially calming for those that may be stressed and overworked.

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30 minutes  
INR 2400

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 07

## SHIRO PICHU

OIL COMPRESS

Shiro Pichu is a traditional remedy for reducing stress, improving focus and concentration, promoting hair growth as well as treating anxiety and insomnia. This treatment is part of the moordha thailam and is popular amongst ayurveda acharyas. It is an effective method to treat ailments of the head, spine and afflictions of cranial nerves caused by vata disorder. In this treatment, warm oil is applied via cotton pads on the head enabling the medicinal benefits of the soaked compress to percolate in. A minimum of three Pichu sessions are recommended for optimum results.

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30 minutes  
INR 2400

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



08

## EKANGA KIZHI

HERBAL POULTICE

Ekanga Kizhi is a highly effective treatment advisable in bone, muscle and joint conditions. It is an ayurvedic procedure where heated herbs, powders and other prescribed materials are tied into muslin bags to form boluses. These poultices are then used to gently pound the specific body part with varying degrees of pressure to relieve pain and stiffness. This is followed by a massage done using the fingers, the palm or heel of the hand.

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30 minutes

INR 2400

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 09

## EKANGA DHARA

HERBAL STEADY STREAM

Ekanga Dhara is used to treat a variety of conditions, and involves the pouring of oils or decoctions on specific areas of the body. The liquid used depends on what is being treated but can include oil, milk, buttermilk, coconut water or even plain water. A localised version of dhara is made to pour in a slow, steady flow on the afflicted part of the body. Ekanga Dhara is usually performed as part of a therapy package involving other ayurvedic treatments over a continuous period of time.

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30 minutes  
INR 2400

The price above is for one guest and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# THE PACKAGES



# 01

## BEAUTY & REJUVENATION

3 DAYS

This immersion is for those with non-specific wellness concerns, looking to restore vitality and regain a balanced sense of all-round rejuvenation. Spanning three days, the treatments bring out your natural glow, ease muscular tension and aid in the overall health of your nervous system.

The first day involves a deep head to toe massage with dosha specific warm herb-infused oil after a consultation with our vaidya. On day two, Nasyam and Shiroabhyangam are carried out early in the morning followed by an ayurvedic facial at sunset. Day three involves thalapothichil, a treatment used to stabilise the nervous system, soothe the mind and body, improve quality of sleep and provide relief from heaviness of the head. Treatments on this day also include a foot massage to help treat fatigue and improper circulation.

The immersion includes a three night stay for two guests, twenty four hour check in and check out, airport transfers and anytime breakfast.

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INR 69,400

The price above is for two guests and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.





# 02

## CLEANSING & DETOX

5 DAYS

Dr. Mubash has carefully designed this instant detox as an interim solution for those pressed for time. With a carefully charted diet plan, daily activities and treatment procedures, the detox is aimed at draining impurities and activate the self healing powers of the body.

The first three days involve snehanam, the internal and external oleation of the body, which is a part of a traditional preparation procedure of panchakarma. The purification process continues on the fourth day with vireachanam, which allows for flushing out of toxins and impurities. A controlled diet, along with rest and relaxation play a vital role in the culmination of this program on the fifth day. To help you revive and rejuvenate padhabhyangam and mukkahlepam are administered on the last day.

The immersion includes a five night stay for two guests, twenty four hour check in and check out, airport transfers and anytime breakfast.

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INR 109,400

The price above is for two guests and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



# 03

## RECOVERY RETREAT

11 DAYS

Slow and highly curative, our eleven day Recovery Retreat is designed to remedy any ailment and bring your body back to its natural healing state. Starting with an extensive consultation with our vaidya Dr. Mubash, the retreat charts out a personalised treatment plan tailored to your health and wellness goals.

The therapies on offer are wide ranging and can treat anything from depression and weight gain, to pain management and high blood pressure. All with the help of traditional therapies that include swedanam, shiro pichu, kati tarpanam, pinda sweda and ekanga dhara.

The immersion includes an eleven night stay for two guests, twenty four hour check in and check out, airport transfers and anytime breakfast.

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INR 1,99,400

The price above is for two guests and excludes a 18% Goods and Services Tax and a 5% discretionary Service Charge.



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