

AYURVEDA

Experience the ancient wisdom of Ayurveda, the knowledge of life and longevity, in its purest form at our divine spa.

Ayurveda, a holistic philosophy, delves beyond the physical realm to address the mental, emotional, spiritual, and environmental aspects of well-being. This unique approach sets Ayurveda apart as the oldest existing body of knowledge concerning the healing process.

In the Ayurvedic tradition, health is synonymous with happiness, while disease is viewed as sorrow. The ultimate goal is to attain "Sukha" - a state of true happiness and to prolong a state of bliss. Central to Ayurveda is the concept of balance in body and mind. This equilibrium is achieved by restoring harmony among the three elements: Vata (Air), Pitta (Fire), and Kapha (Earth). Everyone possesses a unique body constitution based on these elements, which influences their ideal dietary and lifestyle choices for maintaining balance.

Our Ayurvedic doctor can tailor treatments and health programmes to meet your specific needs and composition. We source all essential pure oils from India, carefully blending them here at Maradiva to create a truly authentic experience.

Immerse yourself in the transformative power of Ayurveda as it awakens your senses, rejuvenates your soul, and brings balance to every aspect of your being.

❖❖ ABHYANGA - Warm Herbal Oil Body Massage

Nourish, Balance, and Revitalise

Duration: 60/90/105 minutes

Experience the rejuvenating power of pure warm oils and herbs as they are skillfully massaged into your body with gentle strokes. Abhyanga balances your unique body constitution (dosha) - Vata, Pitta, or Kapha - promoting immunity, better appetite, improved sleep, and reduced stress. Regular sessions of Abhyanga provide ongoing support for overall well-being.

❖❖ DIVINE ABHYANGA - Four-Hands Warm Herbal Oil Massage

Release Energy Flow and Experience Deep Relaxation

Duration: 2 hours

Embark on a blissful journey where a head massage leads to a four-hands massage, gracefully sweeping warm herbal oils across your entire body. Drift away as worries, stress, and muscle aches dissolve. Followed by a steam bath and a traditional snana bath, this combination induces the deepest relaxation and elevates your body's energy flow to a divine state.

❖❖ UDVARTANA - Synchronised Four-Hands Herbal Powder Massage

Detoxify and Tone

Duration: 75 minutes

Embark on a detoxifying and toning journey with Udvartana, a treatment that combines herbal powder and pure oils massaged in perfect harmony by four expert hands. The potent blend of powder and oil acts as an invigorating scrub, enhancing skin texture and rejuvenating your body. When accompanied by a wholesome health regime, including the right diet, exercise, and herbal supplements, Udvartana aids in weight loss and muscle toning. A minimum of three sessions to a maximum of seven for enhanced benefits.

❖❖ SHIRODHARA - Medicated Warm Oil Poured Over Forehead Relax, Recharge, and Rebalance

Duration: 45 minutes

Soothe your senses and achieve deep relaxation as a continuous stream of warm medicated oil cascades over your forehead. Shirodhara is a highly effective treatment for countering jet lag, mental stress, and sleeplessness. As a bonus, it also promotes hair care and nourishment. A minimum of three consecutive sessions is suggested for enhanced benefits.

Other Treatments - Perfect Companions or Standalone Bliss

❖❖ SNANA - Medicated Traditional Bath Experience

Duration: 15 minutes

Continue to bask in the state of gentle ease and calmness achieved through various treatments. Our therapist will bathe you with a soothing combination of herbal paste and medicated water, nourishing your skin and removing excess oils from other treatments.

❖❖ MUKHALEPA - Herbal Facials

Duration: 60 minutes

Immerse yourself in a traditional Ayurvedic beauty regimen with our Mukhalepa facial. Experience the gentle cleansing and toning of delicate skin through a medicated face pack enriched with natural herbs. Indulge in the soothing touch of exotic face oils and a relaxing hand or foot massage, leaving your skin glowing and revitalised.

❖❖ KATI VASTI - Warm Oil Treatment to Relieve Backaches

Duration: 45 minutes

Experience relief from backaches through this therapeutic intensive treatment. A warm signature oil is poured into a black gram dough-ring and placed on the area of pain or discomfort. The hot fomentation of the oil radiates through the muscles, releasing tension and stiffness. For maximum benefit, we recommend a series of at least three treatments.

❖❖ PICHU - Hot Medicated Oil Treatment for Stress & Joint Stiffness

Duration: 30 minutes

Discover immediate relief from stress and joint discomfort with Pichu. Cotton and linen pads soaked in hot medicated oils are gently applied to sore joints or the back, inducing a deep sense of relief. To experience lasting benefits, we suggest a series of at least three treatments.

Unwind and rejuvenate in the lap of authentic Ayurvedic care, guided by our expert therapists, and experience profound well-being from the ancient wisdom of Ayurveda.