

price list



	Duration	Price		Duration	Price
AYURVEDA					
Abhyanga	75	200	Yoga Energy Trail	75	80
Udvardana	75	200	Private Individual	75	200
Shirodhara	120	330	Private Couple	75	250
Elakkizhi	120	330	Pilates	60	100
Navarakkizhi	120	330		90	125
Sarvangadhara	120	330	Tai Chi and Qi Gong	60	100
Nasya	30	80		90	125
Karna Poorana	30	80	OM SUPTI NIGHT RITUAL		
Kati Vasti	30	80	Single	150	450
Tarpana	30	80	Couple	150	780
Dhanyamla Dhara	30	100	ACUPUNCTURE		
AYURVEDIC REMEDIES					
Sushumna (3/5/7 days)	3 days	1,200	Initial	90	175
Rasayana (5/7 days)	5 days	1,600	Follow-up	60	125
Manoyana (7 days)	7 days	2,250	Initial with 3 follow-up	4 days	450
AYURVEDIC IMMERSIONS & PANCHAKARMA*					
Explore	7 nights		CHAKRA BLESSINGS		
Absorb	14 nights		Muladhara	120	350
Commit	21 nights		Swadhisthana	120	350
*For inquiries, please contact the Reservations Department at telephone: (960) 66 00 888 or email: reservations.mal@fourseasons.com					
PHYSIOTHERAPY					
Initial	60	125	Manipura	120	350
Follow-up	30	80	Anahata	150	375
YOGA					
Private Class	60	100	Vishuddha	120	350
		90	Ajna	120	350
Group Class (4 pax)	60	200	Sahasrara	120	350
AntiGravity® (Private)			5 days Blessings	5 days	1,550
Individual	75	200	7 days Blessings	7 days	2,000
Couple	75	250	TANTRIC TRADITIONS		
AntiGravity Group	75	80	Omkaara Ritual for Couples	180	785
			Devi Bhavani Ritual for Women	150	425
			Ojas and Atma Ritual for Men	150	425



	Duration	Price		Duration	Price
RECONNECTION RITUALS			PURE® TDA FACIALS		
Aailaa Ritual	120	885	Facial	60	250-290
Kaumara Ritual	120	250	Top up	30	115-135
Kuda Vela Ritual	60	125	ILA FACE TREATMENTS		
Zaanta Nidraa Ritual	180	385	Ananda Facial	60	155
MASSAGES			Rainforest Facial	90	200
Landaa Massage	60	175	Crystal Facial	90	200
	90	215	SALON TREATMENTS		
	120	255	Spa Manicure	60	85
Thai Massage	90	225	Spa Pedicure	75	95
	120	270	Spa Manicure and Pedicure	120	155
Ku Nye Massage	90	225	Gel Nail Polish	45	75
Kundalini Back Massage	75	195	(application of new gel polish)		
Manipura Massage	60	185	Gel Nail Manicure/Pedicure	75	150
	90	225	(full manicure sequence with	90	175
Lava Shell Massage	90	225	final application of gel polish)		
Anti Cellulite Massage	90	225	Gel Nail Polish Remover	45	75
Therapeutic Massage	90	225	(remove nail gel polish and		
	120	270	apply regular polish)		
Shiroabhyanga	60	125	File and Polish	30	60
Padabhyanga	60	155		45	75
Pregnancy Massage	90	225	French File and Polish	45	75
BODY SCRUBS			BODY SUGARING		
Blissful	60	170	Underarm	30	40
Energising and Detoxifying	60	170	Half Leg	30	50
Pregnancy Scrub	60	170	Full Leg	60	100
Vichy Shower	30	100	Bikini	30	75
BODY WRAPS			Brazilian	60	100
Kanya Cooling Wrap	60	170	Back	60	100
Stem Cell Remodelling Treatment	90	250			

Prices are quoted in US dollars and subject to 10% service charge and applicable taxes.