



Geeta Vara Ayurveda

Treatment Menu

Consultations

Initial Ayurvedic Consultation (60-75 mins)	£75
Follow-up Consultation (45 mins)	£50

Body Treatments

Ayurvedic Abhyanga – Relaxing Body Massage (60 mins)	£65
Marma Abhyanga – Ayurvedic Energy Point Massage (90 mins)	£90
Pristha abhyanga – Back Massage (30/45 mins)	£35/50
Hasta Abhyanga – Hand Massage (30 mins)	£35
Pada Abhyanga – Foot Massage (30 mins)	£35
Nabhi Abhyanga – Abdominal Massage (30 mins)	£35
Pinda Sweda Abhyanga – Herbal Poultice Massage (90 mins)	£95
Udvardana Abhyanga – Weight Reducing Massage (60 mins)	£75
Kati/Janu/Greeva Basti – Pain Relief Treatment (45 mins)	£60

Head & Face Treatment

Shiro Abhyanga – Indian Head Massage (30 mins)	£35
Mukha Abhyanga – Ayurvedic Facelift Massage (60 mins)	£65
Shirodhara – Oil Pouring on 3 rd Eye (50 mins)	£75
Netra Tarpana – Eye Treatment (45 mins)	£60
Karana Purana – Ear Treatment (45 mins)	£50
Nasya – Errhine Treatment (45 mins)	£50

Light Centre, Belgravia | Stepping Stones, Clapham

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