



AYURVEDIC

HERBAL THERAPY
CATALOUGE

 0127981978

 ancient gardens



*Ancient Gardens Ayurvedic Center Sdn Bhd No 8 Jalan Aminuddin Baki 70100 Seremban Negri
Sembilan*



30 MIN

SHIRO ABHYANGAM

HEAD NECK AND SHOULDERS



STRESS AND ANXIETY RELIEF

IMPROVED SLEEP QUALITY

CALM NERVOUS SYSTEM

MIGRAIN & HEADACHE RELIEF

A peaceful clinic space offering balanced routines designed for calm, care, and overall lifestyle support.



ancient gardens



0127981978

CONTACT US



1 HOUR

Ayurvedic

FULL BODY MASSAGE ABHYANGAM

A peaceful clinic space offering balanced routines designed for calm, care, and overall lifestyle support.



SUPPORTS HEALTHY DIGESTION ✓

INCREASE STAMINA & ENERGY ✓

IMPROVES CIRCULATION ✓

BOOSTS IMMUNITY ✓



0127981978





1 HOUR 15MIN



Ayurvedic

MASSAGE & PODIKIZHI

A peaceful clinic space offering balanced routines designed for calm, care, and overall lifestyle support.



hotstones.com.sa



IMPROVES BLOOD CIRCULATION



IMPROVE SKIN HEALTH



DETOXIFICATION



IPROVED BLOOD CIRCULATION



0127981978



ancient gardens





Ayurvedic

MASSAGE & SCRUB

- REMOVES DEAD SKIN
- LEAVES SKIN FEELING SOFT AND SMOOTH
- CLEANSE AND UNCLOGS PORES
- ENHANCE SKIN APPEARANCE AND GLOW
- BOOST LYMPHATIC DRAINAGE
- IMPROVES SLEEP QUALITY

Explore soothing treatments rooted in tradition, featuring herbs, oils, and natural wellness rituals.



0127981978



1 HOUR 15MIN



ancient gardens



Ayurvedic

MASSAGE + SCRUB & STEAM

- DEEP SKIN CLEANSING AND EXFOLIATING
- SMOOTHER MORE RADIANT SKIN
- BETTER SLEEP QUALITY
- ENHANCED SKIN HYDRATION

 **0127981978**

 ancient gardens

Explore soothing treatments rooted in tradition, featuring herbs, oils, and natural wellness rituals.



1 HOUR 30MIN



1 HOUR 15MIN



Ayurvedic MASSAGE & STEAM

Explore soothing treatments rooted in tradition, featuring herbs, oils, and natural wellness rituals.

- DETOXIFICATION
- SKIN REJUVINATION
- AIDS WEIGHT MANAGEMENT
- ENHANCED MENTAL CLARITY AND FOCUS
- SUPPORT RESPIRATORY HEALTH
- STRESS REDUCTION AND RELAXATION



0127981978



ancient gardens





Ayurvedic

MASSAGE FOR CHILDREN



45MIN

- ENHANCES FOCUS CONCENTRATION
- BOOSTS CONFIDENCE
- CALM NERVOUS SYSTEM
- AIDS DIGESTION
- BOOSTS IMMUNITYNEUROPHYSIOLOGICAL DEVELOPMENT
- SUPPORTS ADHD : REDUCE SYMPTOMS AND IMPROVE REGULATION
- PROMOTES GROWTH
- SUPPORTS LEARNING;BETTER FOCUS AIDS COGNITIVE DEVELOPMENT

A peaceful clinic space offering balanced routines designed for calm, care, and overall lifestyle support.

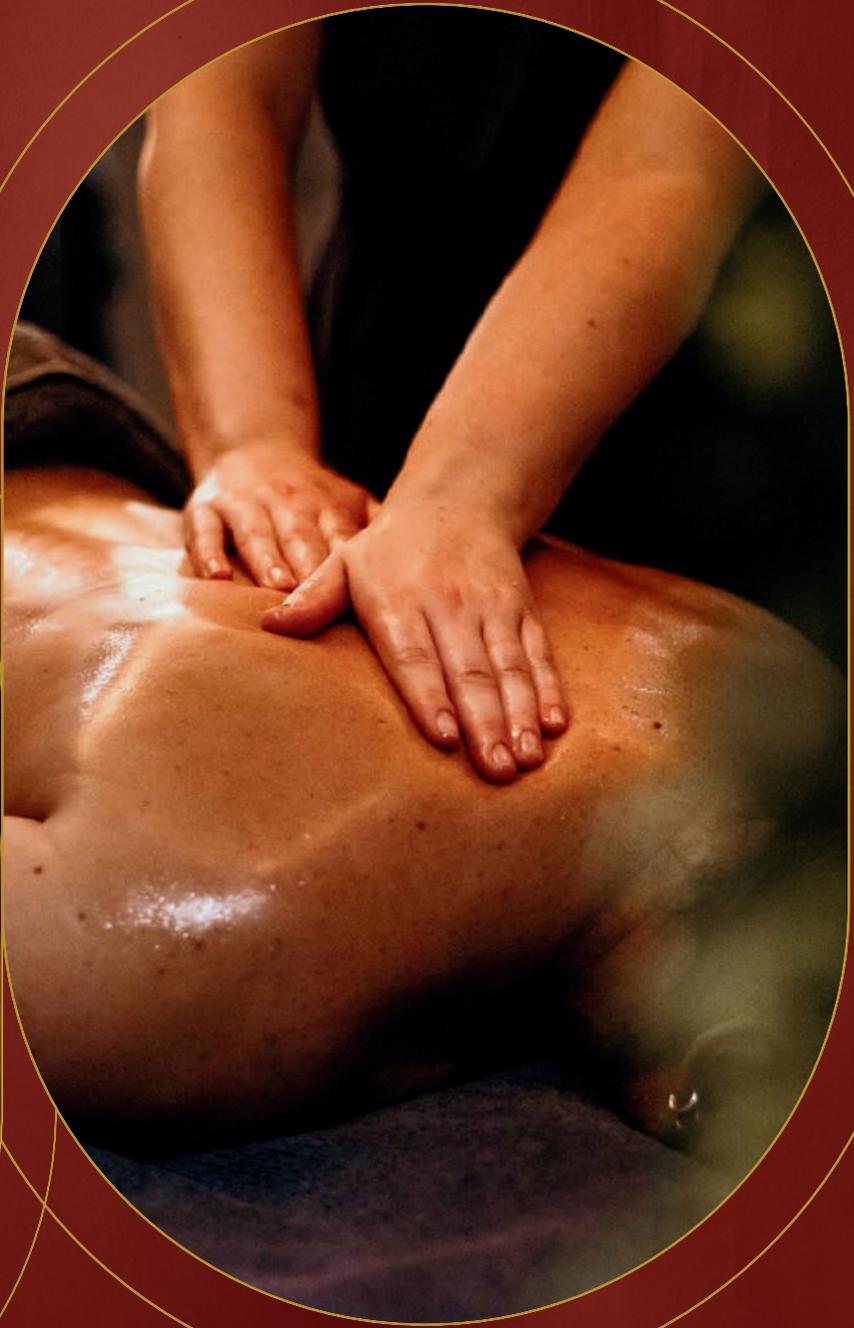


ancient gardens



0127981978

CONTACT US



A peaceful clinic space offering balanced routines designed for calm, care, and overall lifestyle support.

Ayurvedic

MASSAGE & NETHRA THARPANAM

- ✓ Nourishes eye tissues
- ✓ Improves overall vision and visual clarity
- ✓ Strengthens eye muscles, optical nerve and veins around eyes
- ✓ Reduces and relieves eye strain and fatigue, especially from prolonged screen time



0127981978



1 HOUR 30 MIN



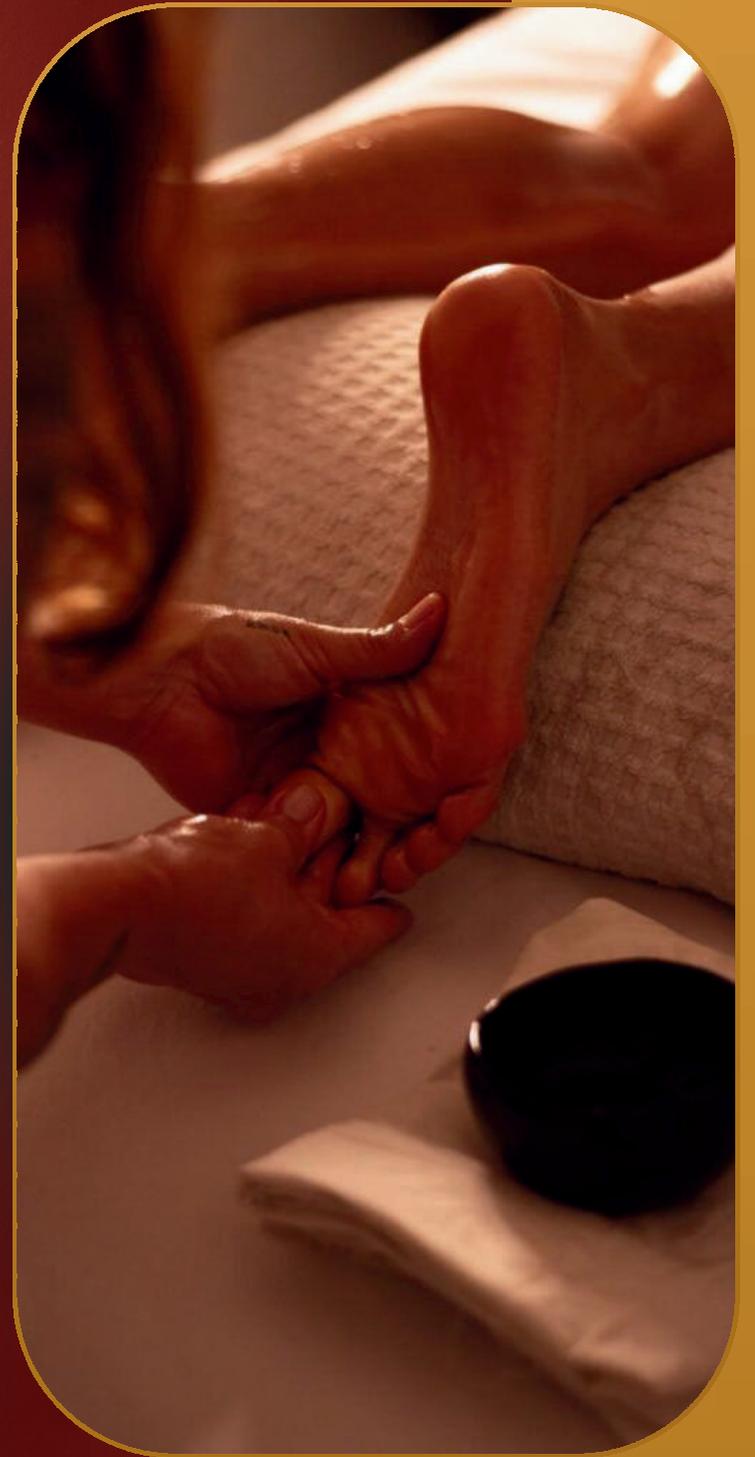
ancient gardens



PADHA & HASTHA ABHYANGAM

PADHA ABHYANGAM (LEG MASSAGE)

- RELIEVES FOOT PAIN, PREVENTS CRACKS.
- IMPROVES SLEEP, REDUCES INSOMNIA.
- CALMS MIND, LOWERS STRESS.
- ENHANCES CIRCULATION, BOOSTS IMMUNITY.
- MAINTAINS EYESIGHT, SOOTHES NERVES.
- REDUCES FATIGUE, AIDS MOBILITY.
- PREVENTS SCIATICA, CRAMPS.
- NOURISHES SKIN, AIDS DIGESTION.
- RELEASES ENERGY BLOCKS.
- BALANCES DOSHAS, DETOXIFIES.



HASTHA ABHYANGAM (HAND MASSAGE)

- MOISTURIZES SKIN, HEALS SCARS.
- EASES HAND ACHES, STIFFNESS.
- BOOSTS CIRCULATION, REDUCES NUMBNESS.
- STRENGTHENS MUSCLES, JOINTS.
- ACTIVATES MARMA FOR IMMUNITY.
- RELIEVES ARTHRITIS, RSI.
- CALMS NERVES, EMOTIONS.
- ENHANCES PRANA TO ORGANS.
- IMPROVES FLEXIBILITY TO NECK.
- PROMOTES VITALITY, REDUCES VATA.



0127981978



30MIN EACH



ancient gardens

NASYAM



- ✓ CLEARS NASAL PASSAGES, RELIEVING SINUSITIS, CONGESTION, AND ALLERGIES.
- ✓ IMPROVES MENTAL CLARITY, MEMORY, AND COGNITIVE FUNCTIONS.
- ✓ REDUCES HEADACHES, MIGRAINES, AND STRESS-RELATED DISORDERS.
- ✓ ENHANCES EYE, EAR, AND THROAT HEALTH WHILE BOOSTING FACIAL GLOW.
- ✓ BALANCES DOSHAS, DETOXIFIES HEAD REGION, AND STRENGTHENS IMMUNITY.



45MIN



+123-456-7890



ancient gardens



THARPANAM

- RELIEVES EYE STRAIN AND FATIGUE FROM SCREENS OR OVERUSE.
- IMPROVES VISION CLARITY AND FOCUSES THE EYES BETTER.
- REDUCES EYE IRRITATION, BURNING, AND INFLAMMATION.
- SUPPORTS LONG-TERM OCULAR STRENGTH AND OVERALL EYE HEALTH.
- PROMOTES RELAXATION OF THE MIND BY CALMING THE OPTIC NERVES.
- HELP DELAY AGE-RELATED EYE DEGENERATION .





SHIRODHARA

- REDUCES STRESS, ANXIETY, AND CHRONIC TENSION.
- IMPROVES SLEEP QUALITY AND COMBATS INSOMNIA.
- ENHANCES MENTAL CLARITY AND COGNITIVE FUNCTION.
- RELIEVES HEADACHES, MIGRAINES, AND NECK PAIN.
- BALANCES HORMONES AND EMOTIONS EFFECTIVELY.
- BOOSTS CIRCULATION, DETOXIFIES, AND NOURISHES SCALP.



📞 0127981978



1 HOUR 30 MIN

🌐 ancient gardens



THAKRADHARA

- TAKRADHARA CALMS THE MIND AND RELIEVES STRESS.
- IMPROVES SLEEP AND HELPS IN INSOMNIA.
- HELPS REGULATE BLOOD PRESSURE.
- REDUCES HEADACHES AND MIGRAINES.
- COOLS THE SCALP AND SUPPORTS HEALTHY HAIR.



ancient gardens



0127981978



CELEBRITY POLISH



 0127981978



1 HOUR 15 MIN



CELEBRITY POLISH APPOINTMENTS REQUIRE BOOKING ATLEAST ONE DAY IN ADVANCE

- ✓ EXFOLIATES DEAD SKIN CELLS, REVEALING SMOOTHER TEXTURE FOR BODY AND FACE.
- ✓ BRIGHTENS COMPLEXION, EVENS SKIN TONE, AND REDUCES PIGMENTATION.
- ✓ DEEPLY CLEANSSES PORES, REMOVING IMPURITIES AND EXCESS OIL
- ✓ NOURISHES AND HYDRATES SKIN WITH NATURAL INGREDIENTS FOR A RADIANT GLOW.
- ✓ PROVIDES ANTI-AGING BENEFITS, REDUCING WRINKLES AND IMPROVING ELASTICITY.



1 HOUR 15 MIN



 0127981978

INGREDIENTS



KASTHOORI MANJAL



ROSE PETALS



RED & WHITE SANDLE WOOD



BANANA, PAPPAYA & MILK



ORANGEPEEL POWDER



VAKA POWDER



MULTANI MITTI



ELAKIZHI

Natural care inspired by Ayurveda

-  RELIEVES JOINT AND BACK PAIN, INCLUDING ARTHRITIS.
-  REDUCES MUSCLE STIFFNESS AND INFLAMMATION.
-  IMPROVES BLOOD CIRCULATION AND FLEXIBILITY.
-  DETOXIFIES BODY BY INDUCING SWEAT AND TOXIN REMOVAL.
-  ENHANCES RELAXATION, IMMUNITY, AND MOBILITY.





NJAVARAKIZHI

- ✓ NOURISHES MUSCLES AND JOINTS, IMPROVING STRENGTH AND FLEXIBILITY.
- ✓ RELIEVES ARTHRITIS PAIN, STIFFNESS, AND RHEUMATIC CONDITIONS.
- ✓ DETOXIFIES THE BODY BY ELIMINATING TOXINS AND BALANCING DOSHAS.
- ✓ REJUVENATES SKIN, ENHANCING GLOW AND REDUCING AGING SIGNS.
- ✓ BOOSTS VITALITY, IMMUNITY, AND OVERALL PHYSICAL ENDURANCE.



1 HOUR 15 MIN



0127981978



ancient gardens



Explore soothing treatments rooted in tradition, featuring herbs, oils, and natural wellness rituals.

PIZHICHIL



- ENHANCES BLOOD CIRCULATION AND METABOLISM.
- PROMOTES DEEP RELAXATION AND STRESS REDUCTION.
- STRENGTHENS IMMUNITY AND VITALITY.
- RELIEVES MUSCLE/JOINT PAIN AND STIFFNESS.
- IMPROVES SKIN HEALTH AND REJUVENATION.
- AIDS DETOXIFICATION BY INDUCING SWEATING AND ELIMINATING TOXINS.
- SUPPORTS NEUROLOGICAL HEALTH, REDUCING ANXIETY AND MANAGING DISORDERS.



0127981978



1 HOUR 15 MIN



ancient gardens



VASTHI KARMA



- ✓ DETOXIFIES THE BODY BY ELIMINATING TOXINS AND BALANCING VATA DOSHA.
- ✓ RELIEVES CONSTIPATION, ABDOMINAL DISTENTION, AND IMPROVES DIGESTION.
- ✓ ALLEVIATES JOINT PAIN, ARTHRITIS, SCIATICA, AND RHEUMATIC CONDITIONS.
- ✓ NOURISHES TISSUES, PROMOTES STRENGTH, LONGEVITY, AND PREVENTS AGING.
- ✓ SUPPORTS NERVOUS SYSTEM, REDUCES BACKACHE, AND ENHANCES OVERALL VITALITY.





HERBAL FACIAL

- ✓ DEEPLY CLEANSSES PORES AND REMOVES TOXINS WITHOUT CHEMICALS.
- ✓ BOOSTS BLOOD CIRCULATION FOR A HEALTHY GLOW
- ✓ HYDRATES AND NOURISHES WITH NATURAL MOISTURE RESTORATION.
- ✓ SOOTHES INFLAMMATION AND CALMS SENSITIVE SKIN
- ✓ FIGHTS AGING WITH ANTIOXIDANTS REDUCING PIGMENTATION



 0127981978

 45MIN

 ancient gardens



HAIR CARE TREATMENT

- STRENGTHENS ROOTS, CUTS BREAKAGE
- BOOSTS GROWTH VIA CIRCULATION. CLEARS DANDRUFF, SOOTHES SCALP
- DELAYS GRAYING WITH NUTRIENTS
- CONDITIONS DEEPLY FOR SHINE



45MIN

+123-456-7890

www.reallygreatsite.com

@reallygreatsite



NETHRA SEKAM ASCHOTHANAM



- REDUCES EYE STRAIN AND HEAVINESS
- IMPROVES VISION CLARITY
- HYDRATES AND COOLS DRY, BURNING EYES.
- DECREASES REDNESS AND IRRITATION.
- CLEANSSES AND REFRESHES EYES FOR DAILY CARE
- PROMOTES RELAXED, COMFORTABLE EYES.
- MAKES EYES LOOK BRIGHTER AND CLEARER.
- STRENGTHENS EYE NERVES AND MUSCLES.AYURPUB
- REDUCES ITCHING, BURNING, AND WATERING
- ACTS AS PREVENTIVE CARE AGAINST EYE DISORDERS





UDWARTHANAM



- HELPS IN WEIGHT AND INCH LOSS BY MOBILIZING SUBCUTANEOUS FAT.
- IMPROVES BLOOD CIRCULATION AND LYMPHATIC DRAINAGE, AIDING DETOX.
- EXFOLIATES SKIN, ENHANCING COMPLEXION, TEXTURE, AND GLOW.
- REDUCES HEAVINESS, LETHARGY, AND EXCESSIVE DROWSINESS.
- TONES MUSCLES AND TISSUES, IMPROVING OVERALL BODY FIRMNESS AND STABILITY.





DINACHARYA

MASSAGE

BOOSTS CIRCULATION AND DETOX.
REDUCES STRESS AND PAIN.
IMPROVES SLEEP QUALITY
EASES MUSCLE TENSION
BALANCES DOSHAS



STEAM (SWEDANA)

INDUCES SWEATING FOR TOXINS
ENHANCES CIRCULATION
RELIEVES JOINT STIFFNESS.
LOWERS STRESS
BALANCES VATA/KAPHA.



THALAM

CALMS MIND, CUTS STRESS
BALANCES VATA/PITTA.
EASES HEADACHES
BOOSTS COGNITION
NOURISHES SCALP/HAIR



KARNA POORANAM

CLEARNS EARWAX, AIDS HEARING.
RELIEVES TINNITUS/INFECTIONS.
REDUCES HEADACHES.
LOWERS ANXIETY.
BALANCES VATA.





ASCHOTHANAM

- TREATS EYE INFLAMMATION.
- STRENGTHENS EYE MUSCLES.
- BOOSTS FACIAL BLOOD FLOW.
- EASES DRY EYES.
- PREVENTS EYE STRAIN.



NASYAM

- CLEARS SINUSES, BOOSTS IMMUNITY.
- SHARPENS MENTAL CLARITY.
- RELIEVES MIGRAINES.
- DETOXES HEAD AREA.
- IMPROVES VOICE/GLOW.



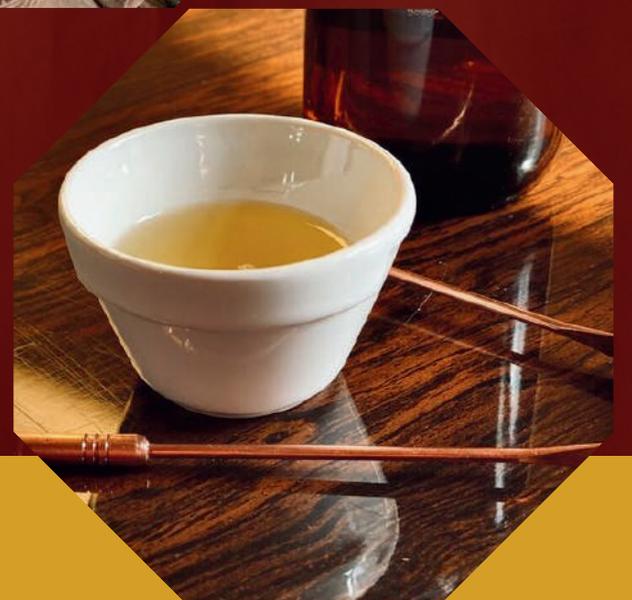
DHOOMAPANAM

- CLEARS RESPIRATORY MUCUS.
- EASES ASTHMA/COUGHS.
- BALANCES KAPHA.
- REJUVENATES VITALITY
- IMPROVES BREATHING.



KABALAM

- STRENGTHENS TEETH/GUMS
- DETOXES MOUTH, FRESHENS BREATH.
- ENHANCES VOICE/GLOW.
- RELIEVES SINUS/THROAT ISSUES.
- AIDS DIGESTION





KATTI VASTHI JANU VASTHI GREEVA VASTHI

KATI BASTI BENEFITS

- RELIEVES LOWER BACK PAIN AND SCIATICA EFFECTIVELY.
- REDUCES INFLAMMATION AND MUSCLE STIFFNESS.
- IMPROVES BLOOD CIRCULATION AND TISSUE NOURISHMENT.
- ENHANCES SPINE FLEXIBILITY AND POSTURE.
- RELAXES MUSCLES AND DE-STRESSES THE BODY.



JANU BASTI BENEFITS

- EASES KNEE PAIN FROM ARTHRITIS AND INJURIES.
- IMPROVES JOINT MOBILITY AND LUBRICATION
- REDUCES SWELLING AND INFLAMMATION
- STRENGTHENS KNEE TISSUES AND CARTILAGE
- BALANCES VATA DOSHA FOR LONG-TERM RELIEF



GREEVA BASTI BENEFITS

- RELIEVES NECK PAIN AND CERVICAL STIFFNESS
- ENHANCES NECK FLEXIBILITY AND MOTION
- IMPROVES CIRCULATION AND NERVE FUNCTION.1
- REDUCES MUSCLE SPASMS AND HEADACHES
- NOURISHES BONES, JOINTS, AND SOFT TISSUES



0127981978



ancient gardens

INPATIENT RETREATS & ACCOMMODATIONS

(Sharing 280/day, Single 375/day)

Room Rates

Sharing 280 1,960

Single 375 2,625

