



EXPERIENCE THE OLDEST
PERSONALISED HOLISTIC

NATURAL HEALING

AYURVEDA

MENU

AYURVEDA AT BLISS NOW WELLNESS HUB

Discover the essence of Ayurveda at Bliss Now Wellness Hub, where AyurCare by Bliss Now takes you on a transformative journey.

Ayurveda seamlessly blends massages, treatments, specialised diets, and lifestyle transformations, fulfilling your quest for healing, cleansing, relaxation, and rejuvenation.

Ancient Vedas emphasize the unity of mind and body within one's being. Beautifying the mind beautifies the body, and vice versa — an interconnected union. Our commitment to this ancient wisdom is reflected in our use of traditional Ayurvedic elements.

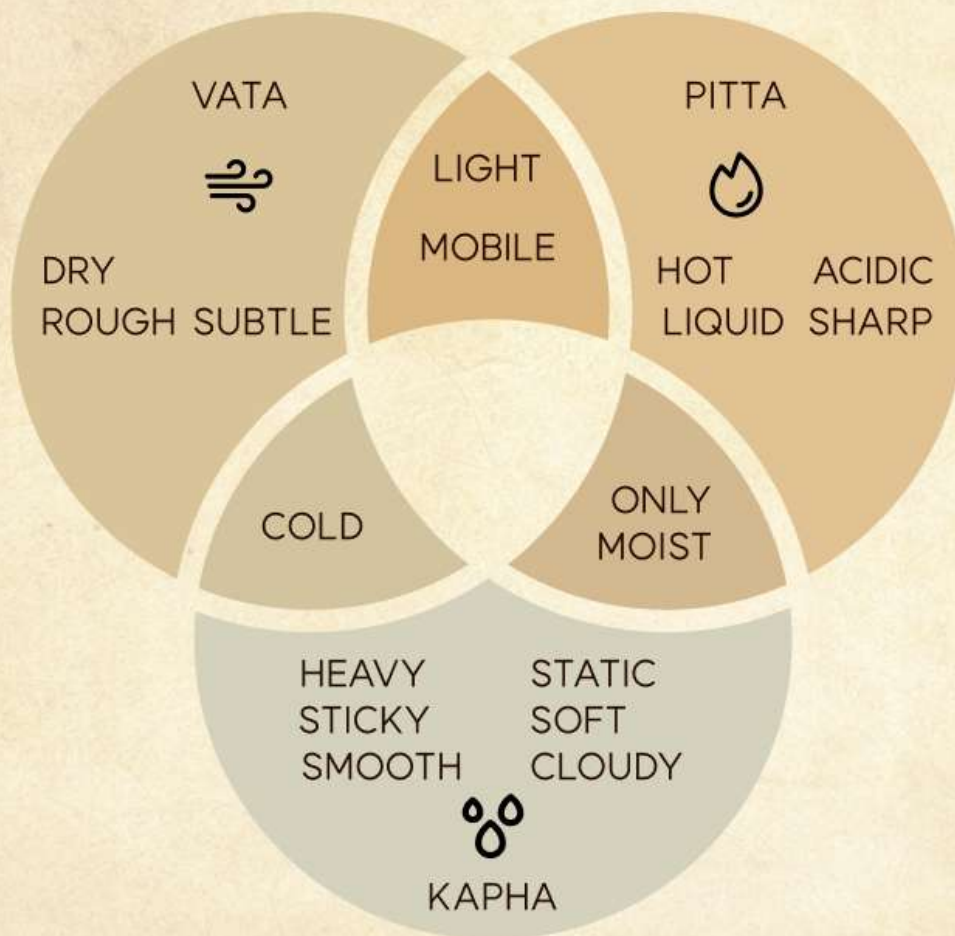
Experience a holistic metamorphosis through a sacred treatment rituals, and proficient therapists trained in traditional Ayurvedic schools.





COMPRISES FIVE PRIMAL ELEMENTS

In Ayurveda, the universe comprises five primal elements, giving rise to three core biological forces, or doshas, within the human body. Understanding your dosha helps ascertain your unique constitution and personality.





CONSULTATIONS

Ayurvedic and Wellness Consultation

DURATION: 40 MINUTES – PRICE: 300 AED



The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (Vata, Pitta and Kapha) that determines your body type and your current imbalances. The Ayurvedic physician then prepares a sequence of experiences and a program.

Bio-Well Ayurvedic Energy assessment

DURATION: 70 MINUTES – PRICE: 520 AED



Most powerful holistic combination of Bio-Well testing, Doshas assessment, and body state evaluation. Receive a personalised Bio-Well report, an audio file for a unique experience, and lifestyle recommendations, including Ayurveda-inspired dietary changes and treatment plans.

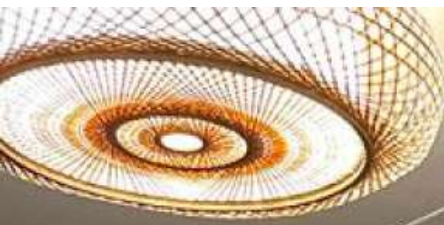
Bio-Well Energy Test

DURATION: 30 MINUTES – PRICE: 250 AED



This scientific way to test your Chakra alignment, balance of organs and systems in the body, using photos of your energy. You will get a report and visual representation of your health, a personalized audio file corresponding to a particular energetic pattern for immediate balancing, and an explanation of your energy patterns.





Why choose Ayurveda?

لماذا تختار الأيورفيدا؟

Ayurveda represents a balance between the interconnected relationships within the body and mind.

الأيورفيدا تمثل التوازن بين العلاقات المتداخلة داخل الجسم والعقل.

It works as a holistic healing system which is almost 5000 years old. Ayurveda is recognized as the best and effective treatment, representing the science of life and longevity.

تعمل الأيورفيدا كمنهج علاجي شامل يعود تاريخه إلى ما يقرب من 5000 عام. الأيورفيدا معترف بها كالعلاج الأكثر فعالية، تمثل العلم في الحياة وطول العمر.

AYURVEDIC CONCEPTS

مفاهيم الأيورفيدا

IDENTIFICATION OF FIVE NATURAL ELEMENTS AND THEIR CORRELATION WITH PHYSICAL AND MENTAL STATES

AYURVEDIC CONCEPTS

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مفاهيم الأيورفيدا

by bliss now
ayur care



AYURVEDIC THERAPIES

AyurCare treatments are backed by the use of only the highest-quality oils and herbs, ensuring that you receive the most nourishing and beneficial experience possible.

1 ABHYANGA MASSAGE

DURATION: 60 MINUTES - PRICE: 650 AED



Abhyanga is the whole body massage with oils based on herbs. It is considered one of the most beneficial practices in Ayurveda and is often recommended for promoting overall health and well-being. A pleasant, refreshing and nourishing therapy followed with herbal steam.



BENEFITS: Promoting relaxation, improving circulation, supporting detoxification, recharging the energy, nourishing the skin, and balancing the doshas.

APPLICATION: Warm herbal oil is spread over the entire body and gently rubbed in. This is an ideal application to balance all doshas.

2 UDWARTANA MASSAGE

DURATION: 60 MINUTES - PRICE: 600 AED

In Ayurveda this is a weight loss and detoxification treatment. Massage with herbal powder and oil helps in lymphatic drainage and brings lightness to the body.



BENEFITS: Udwartana elevates body warmth and targets fat deposits. Not only does it enhance overall body strength, but it also boosts metabolism and promotes better skin circulation. A wonderful and very effective weight-reducing treatment.

APPLICATION: Ayurvedic herbs in powder form are mixed with oil to form a paste and applied to the body.



3 MARMA MASSAGE WITH HEALING OILS

DURATION: 50 MINUTES - PRICE: 600 AED

Marma points are essential elements of Ayurveda's healing power. This massage stimulates Vital energy points by applying a certain amount of pressure, which helps in supporting the flow of Prana, "the vital force" within the body, clearing any obstruction from the energy channels.



BENEFITS: Releases blockages and tension patterns, reduce pressure and stress in the spine and joints, increasing tone and muscle strength.

APPLICATION: Oil massage with soft pressure on marma energy points.

4 ELAKIZHI MASSAGE

DURATION: 50 MINUTES - PRICE: 520 AED

Kizhi means poultice. Elakizhi massage in Ayurveda is said to be highly rejuvenating. In massage uses leaves fried in herbal oils. These leaves are then tied to a linen cloth forming a poultice. The massage process is carried out with these pouches.



BENEFITS: The treatment of problems associated with muscles, bones and joints. Helps with ARTHRITIS, LOWER BACK PAIN, NEURALGIA, SPRAIN AND CRAMPS.



APPLICATION: The herbal poultice heated to 45 degrees and used to gently pat the active ingredients onto the skin.

5 AYURVEDIC SPORTS MASSAGE

DURATION: 60 MINUTES - PRICE: 700 AED

Sports massage is a specialized form of massage therapy designed to address the specific needs of athletes and those who engage in regular physical activity. It focuses on preventing and treating injuries, enhancing athletic performance, and promoting overall recovery.



BENEFITS: Enhanced flexibility, range of motion, and joint duration. Improved athletic performance.

APPLICATION: Massage made by different steps and movements focusing on the sportsperson's personal goals.



6 PIZHICHIL (TAILA DHARA)

DURATION: 60 MINUTES – PRICE: 800 AED

Pizhichil is a world-famous Ayurvedic treatment known as the 'King's Treatment'. Pizhichil lives up to its appellation as it combines Snehana (oil massage) with Swedana (heat treatment), two of the superior Ayurvedic treatments, to help restore your physiological functions into their optimal levels.



BENEFITS: This 2-in-1 treatment will remedy hemiplegia, paraplegia, arthritis, muscle cramps, and ankylosing spondylitis. Moreover, Pizhichil speeds up the healing of fractured bones and develops muscles. It also detoxifies your body, prevents signs of ageing by giving you that youthful, radiant skin.

APPLICATION: In this gentle therapy, warm oil is poured over the entire body to bring a wonderful sense of refreshment and relaxation. Experience a therapeutic body massage that balances the emotions and increases blood circulation.

7 NAVARA KIZHI

DURATION: 60 MINUTES – PRICE: 800 AED

The main ingredient in this Kizhi is Navara rice. Navara is a medicinal variety of rice from Kerala (India) which is used exclusively for treatments in Ayurveda. The Navara rice is cooked in a mixture of cow's milk and herbal decoctions and tied in the poultice.



BENEFITS: Strengthens the nerves system, softens the skin, and enhances the complexion giving nutrition to the body. Providing rejuvenation, muscle relaxation, detoxification, and debility.

APPLICATION: This treatment begins by massage with warm herbal oils to prepare and soften the tissue. This is followed by a gentle massage using a poultice, applied in circular and long strokes on the body. Throughout the treatment, the poultice is dipped into warm milk and herbal decoctions.

**Advance Booking



8 FRUIT MASSAGE

DURATION: 60 MINUTES – PRICE: 580 AED



Fruit massage is a type of massage therapy that involves using fresh fruit, typically in the form of mashed or pureed fruit, as a medium for massage. This unique massage technique is often associated with spa treatments and offers various skin benefits due to the natural properties of the fruits used. Specially designed to beautification plus nourishment of the skin with gentle touch of relaxation.



BENEFITS: NOURISH THE BODY, ANTIOXIDANTS TO BODY, TANNING OF SKIN REFRESHMENTS TO SKIN.

APPLICATION: Fruit puree mixed with oils is spread on the body and gently rubbed in.

**Advance Booking

9 TAN LEPAN

DURATION: 50 MINUTES – PRICE: 520 AED



Mud therapy is also known as mud baths or pelotherapy. The mud used in this therapy is derived from mineral-rich sources and contains various trace elements and organic materials with anti-inflammatory properties that allow for toning to the body.



BENEFITS: Fight skin infections, improve skin tone, reduce skin pigmentation. The best treatment for metabolic disorders.

APPLICATION: Is a natural healing therapy that involves the application of mud or clay on the body, followed by exposure to heat.



10 SHIRODHARA

DURATION: 50 MINUTES – PRICE: 600 AED

“Shiro” means head and “dhara” means continuous flow. Oil is gently poured on the forehead during the treatment. The doshas are balanced,

especially the vata and pitta, which are connected with the nervous system.



BENEFITS: Shirodara is a regenerative therapy used to treat migraines, memory issues, sleeping disorders, and depression. The therapy has a soothing effect on the autonomic nervous system.

APPLICATION: Lying on one’s back, ayurvedic fluid such as oil, water, milk, or coconut water is gently and continuously poured over the forehead of the guest.

11 SHIROABHYANGAM

DURATION: 40 MINUTES – PRICE: 400 AED

medium to firm pressure to stimulate the blood flow to the head and release tension. It uses Ksheerabala oil which is made from a coconut oil base infused with Dashamoola, Triphala, Ashwagandha, and Shatavari.



BENEFITS: Improves central nervous system, soothing head, neck and shoulder, reduces anxiety and migraine.

APPLICATION: Ayurveda oil is generously distributed on the head. The oil remains on the head for a few minutes and is then massaged in with gentle pressure.



12 VASTI MASSAGE

DURATION: 30 MINUTES – PRICE: 300 AED

Kati Vasti (Back Massage with hot oil Retention)

The dough ring is placed on the lower back area where the back pain is. This reservoir is then filled with heated medicated herbal oil. It relieves lumbar pains, nourishing muscles and tissues of that area, and increasing blood circulation. It is also beneficial in Lumbar degenerative disorders and sciatica.



Janu Vasti (Hot Oil Fomentation For Knee Joints)

Retaining medicated herbal oil over knee joints helps to improve blood circulation, improve the healing of damaged tissues and cartilage, cure degenerative disorders, and rehydrate the joints.



Griva Vasti (Hot Oil Fomentation For Neck Joint)

Retaining medicated herbal oil prepared out of black gram dough helps to strengthen cervical muscles, nourish and rehydrate cervical vertebrae, cure many cervical degenerative disorders, and relieve neck stiffness and cervical pains by improving blood circulation.

13 PADA ABHYANGA

DURATION: 30 MINUTES – PRICE: 350 AED

It is the ayurvedic foot massage that aims to improve the functioning of all the organs of the body by stimulating different nerve endings present in the foot. It uses various strokes from reflexology and pressure on the marma points to stimulate energy flow.



BENEFITS: Eases aches, tensions & swelling on legs & feet, improves blood circulation, boosts fertility & helpful in plantar fasciitis, peripheral neuropathy, insomnia etc. also helpful in preventing cramps & dryness.

APPLICATION: It is performed by using specialized ayurvedic oils and precise hand movements to revitalise tired feet.



14 MADHU MOKSHA

DURATION: 50 MINUTES – PRICE: 580 AED

Rejuvenate your Body, Mind, and Soul with a timeless natural therapy. Honey keeps your skin moisturized and prevents it from drying out. In the past, people used this mixture to maintain youthful, radiant, and smooth skin. Honey's natural properties, like antioxidants and anti-microbial abilities, along with yogurt's anti-fungal and antibacterial qualities, protect your skin from sun damage, support skin rejuvenation, and leave it feeling soft and supple. Honey also helps cleanse your pores by absorbing impurities, making it an excellent cleansing agent.



BENEFITS: Absorbs impurities from the body, soothing the skin and nervous system, improves blood circulation to the skin as well as organs.

APPLICATION: A mixture of honey and yogurt, when gently massaged whole body, can work wonders for your skin.

15 SHAHI NIKHAR

DURATION: 50 MINUTES – PRICE: 500 AED

Face and upper body massage and is a beauty therapy in Ayurveda. This stimulating and refreshing facial is designed to suit any skin type. Our all-natural products are based on Ayurvedic science and contain only the finest essential oils. Leaves skin glowing and hydrated. The treatment is suitable for headaches as well as dark circles and reduces stress. Also ideal after a day in the sun.



BENEFITS: Improves blood circulation to face and skin, youthful, promoting healthy blood cells, face muscle relaxation, and rejuvenation.

APPLICATION: Oil is applied to the face and gently rubbed in. This stimulates cells and nerves to improve blood circulation.

We recommend rounding off the experience with a foot massage.



PRICE LIST

No	AYURVEDA SPA TREATMENT	PRICE	DURATION
1	ABHYANGA MASSAGE	650 AED	60 MINUTES
2	UDWARTANA MASSAGE	600 AED	60 MINUTES
3	MARMA MASSAGE	600 AED	50 MINUTES
4	KIZHI MASSAGE	520 AED	50 MINUTES
5	AYURVEDA SPORTS MASSAGE	700 AED	60 MINUTES
6	PIZHICHIL	800 AED	60 MINUTES
7	NAVARAKIZHI	800 AED	60 MINUTES
8	FRUIT MASSAGE	580 AED	60 MINUTES
9	TAN LEPAM/MUD BATH	520 AED	50 MINUTES
10	SHIRODHARA	600 AED	50 MINUTES
11	SHIROABHYANGAM	400 AED	40 MINUTES
12	VASTI MESSAGES	300 AED	30 MINUTES
13	FOOT MASSAGE	350 AED	30 MINUTES
14	MADHU MOKSHA	580 AED	50 MINUTES
14	SHAHI NIKAR/FACIAL	500 AED	50 MINUTES



CONTACT US

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OPENING HOURS Daily: 10am – 10pm

Last treatment booking: 9.00 pm

“When an illness arises, it comes first in the thought form, then the sound form, and then the light form, which is in the aura. It is only then that the illness manifests in the body. With the practice of Ayurveda, the illness can be nipped in the bud “

by Gurudev Sri Sri Ravi Shankar

