

Introduction

Ayur Sukha Health Village at Haailand Premises, Vijayawada-Guntur Highway, is one of the mega Units of Ayurvedic Vaidyalayas- a chain of Ayur Sukha Multi Speciality Health Centres of Health care division of Agri Gold Group.

Ayurveda is also becoming a Tourist Attraction in the name of Health Tourism Agri Gold Ayur Sukha HEALTH VILLAGE is Contributing to this sector for development of Health Tourism by way of getting accreditations and setting up many such health villages in vizag, banglore, Mangalore and Tirupathi so on in near future.

As per the standard definition of health, mere absence of disease is not health, but feeling of ease and better fulfilment of all senses of "PANCH KOSA, i.e, Annamaya, Pranamaya, Manomaya, Jnanamaya and Aanandamaya kosas, in a right way both physically and environmentally is only perfect health. So with this concept of totality Ayur Sukha Multi Speciality Ayurvedic Vaidyalayas Have Been setup since 2007.

The Ayurvedic health centers for treatment and prevention of diseases, bio purification of body & mind through for maintenance PANCH KOSA CHIKITSAS, PANCHAKARMA THERAPIES, PHYSICAL THERAPIES, PHYSIO THERAPIES, FITNESS, SPA THERAPIES, YOGA, MEDITATION, PRATHYAHARA (HERBAL DIETS) and maintenance of Health.

The focus at the Health Centres, Now in the Ayur Sukha Health Village is on Panchakosa Chikitsa, with Pranayama, Prathyahara, Nigraha, Dhyana, Yoga, Physical Therapies.

Ayur Sukha has taken up the concept of health villages for perfect healthy treatments and retreats away from the buzz and pollution of modern life style cities in serene and salubrious locations.

One such project is Ayur Sukha Health Village started in a sprawling and relaxing place of Agri Gold Haailand Campus, ChinakakaniGuntur District.

THE FACILITIES

- Ayurvedic Vaidyalayas – CHARAKA and SUSRUTHA for Treatment of Diseases and Restoration of Health.
- Devanagari SPA
- TUSHARA the " JALA CHIKITSA " Hydrobaths
- PATANJALI Yogaalaya
- Physiotherapy Centre
- Fitness Centre
- PRATHYAHARA Herbal Restaurant for balanced diet
Separate accommodations for men – MADHULIKA and for women –AMRUTHAVALLI. Inpatient wards for a comfortable and relaxation stay.
- Also Sixty one luxurious 3 Star Rated Cottages and Swimming pools of Haailand.

THE THERAPIES

- Trikaya Chikitsa, Pancha Kosa Chikitsa
- Panchakarma Therapies & Ayurveda Treatments for Total restoration of Health & Wellness.
- Pratyahara Diet
- Jala Chikitsa – Water based Purification, Physiotherapy – for dislocated / frozen
- / immovable organs
Fitness Solutions for Healthy management of Weight and Shape
- Devanagari Spa for Total beauty, Hair and Skin Care
- Patanjali Yoga for better Coordination of body, Mind and Soul

We offer Treatments For all ailments

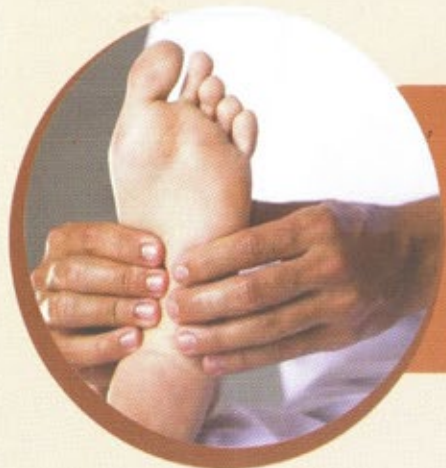
- Allergies
- Digestive problems
- Spine & Joint problems
- Neurological problems
- Early parkinsons
- Circulatory Problems
- Diabetes & neuropathy
- Migraine & Sinusitis
- Breathing problems, Asthma
- Skin & pigmentation problems
- Metabolic disorders & Obesity
- Stress & Psychosomatic problems
- Circulatory problems, Hypertension
- Hormonal imbalances & Gynaec problems



Sugandhi - Vedic Aroma
Complete relaxation with
Aroma oils for one hr **Rs.1500**



Rejuvenation for Diabetics 1hr. Rs.1500
Abhyanganam with Foot reflexology
regulates blood circulation and enhances nerve
conductivity preventing diabetic neuropathy.



Tejosnapanam :
Complete Rejuvenation Therapy with
Foot Reflexology & Steam
1 hr. - Rs.1500



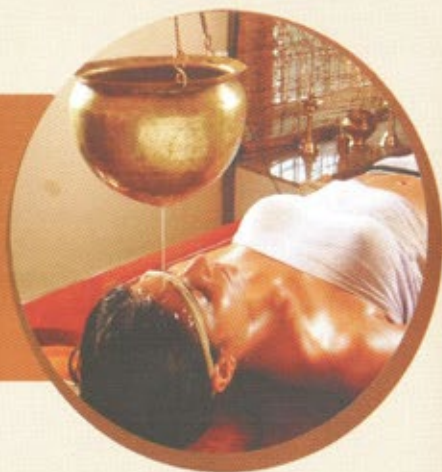
Ayur Sukha Relaxation & Rejuvenation Therapies

The therapies express all the vital elements that assist in de-toxing, releasing, relaxing, uplifting, balancing and refining to generate essential feel good factors that feels you not only in deep relaxation and rejuvenation experience but a healing experience



Rejuvenation : Complete Relaxation Therapy for 1hr. Rs.1000 & Steam Rs. 200/- Extra

Ayur Sowkhyam : Complete Relaxation and Destress therapy for 90 mts Abhynganam +Steam + Sirodhara – Rs.2500



Poultice Therapy – Health benefit for nagging pains of neck & back – Rs.1800 Rejuvenation with Sp. Massage & kizhi



Chakroddeepanam Complete Shatchakra balancing therapy for 1 hr Abhynganam + Spinal Massage + Steam Rs.1600

Punarnava Complete Revitalizing cell Therapy extremely beneficial in Chronic fatigue syndrome Rs.3000 Inclusive of Rejuvenation + Pizhichil + Sirodhara for 3 hours Rs.5000



Sowndarya vardhini - Natural exfoliation therapy 90 mts.Rs.2500.



Herbal Restaurant

(Prathyahara Sala)

Satvik Lunch
Diet Lunch
Diabetic Lunch
with Herbal Juices
& Fruit Juices
with Herbal Tea



Wellness store with wide range of health
care Beauty care products available

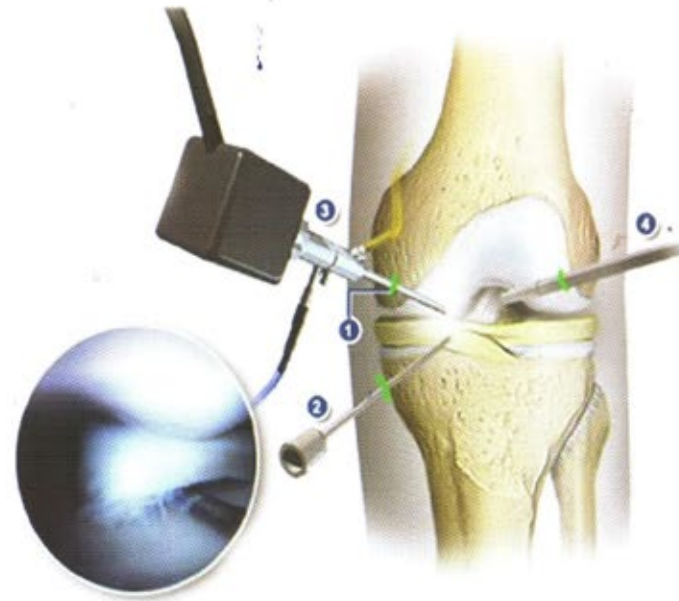


7 Days Spine and Joint Care Package

- ▶ Package worth Rs. 20000
- ▶ at Discounted price per Rs 17000
(inclusive of taxes)

Treatments offers

- ▶ Ayurvedic therapies
- ▶ Clinical yoga
- ▶ Physiotherapy
- ▶ with food & accomodation



॥ **Ayur Sukha** ॥

Health Village

Complete Solution For All Health Problems

SPA



**AVAILABLE SERVICES:
ALL VARIETIES OF FACIALS LIKE:**

FACIALS

- Mini facial
- Fruit facial
- Herbal facial
- Shehanaz Facial
- Pearl facial
- Silver facial
- Aroma Facial
- Platinum facial
- Insta Glow Facial
- Milk Rose Facial
- Aroma Gold Facial
- Dry Fruit Facial
- Aloevera Facial
- Sheen Glow Facial
- Aroma Diamond Facial
- Diamond Facial
- Aroma Facial With Polishing
- Whitening Facial
- Gold Facial
- Honey With Veg Facial
- Oxy Facial
- Chocolate facial

**Tan Removing Packs
Bleaching Tan Packs
Eye Packs**





SPA AND BODY THERAPIES

Spa stone therapy	2000
Aroma body scrubbing	1200
Aroma body wrapping	1800
Sowgandhika Bath	1500
Herbal Body Wrapping	1500
Body Polishing	4500

Note: Taxes Extra

TREATMENTS FOR SKIN CARE

- Pimple/acne treatment
- Open pores treatment with tightening pack
- Pigmentation treatment
- Skin firming tightening treatment
- Back / Neck treatment
- Warts treatment-depanding up on the warts starts
- Lice Treatment
- Under Eye Treatment
- Scars Treatment
- Face Colour Improvement Treatment
- Hands Colour Improvement Treatment
- Lip Treatment
- Wrinkles Treatment



TREATMENTS FOR HAIR CARE

- Head Massage
- H.N.S
- Hair dandruff treatment
- Hair fall Treatment
- Temporary Hair Straightening
- Permanent Hair Straightening – Short Hair
- Permanent Hair Straightening – Long Hair
- Hair Spa
- Hair Repairing (Depending On Hair Length)
- Hair wash
- Hair Conditioner
- Hair Blow Dry Straightening
- Hair Curling



WAXING All Varities of Waxing

- Full Hands Waxing
- Half Hands Waxing
- A-Line Waxing
- Full Legs Waxing
- Half Legs Waxing
- Cheeks Waxing
- Upper Lip Waxing
- Back Neck Waxing
- Full Body Waxing With Pack
- Under Arms Waxing With Whitening



HANDS & NAIL CARE

- Manicure
- French Manicure
- Devanaagari ultra manicure
- Hands Cleaning
- Normal Pedicure
- Jacuzzi pedicure
- Foot reflexology
- Foot Cleaning



Mehendi



Party Wear Makeup	3500
Mehendi starts from	500
Arabic Mehendi (Half Hands)	1000
Arabic Mehendi (Full Hands)	1500
Bridal Mehendi (Half Hands)	2500
Bridal Mehendi (Full Hands)	5000
Mehendi Package(Full Hands)	5000
(for 8-10 Members)	
Per Person(Half Hands)	700
Per person(Full Hands)	1000



Note: Taxes Extra

Bridal Packages



PRE BRIDAL PACKAGE - Rs. 7750/-

Hair Cut - Shaving - Hair Spa	600
Pedicure	500
Manicure	400
Face Bleach	450
Whitening Pack	1200
Body Massage	600
Body Polishing	4000

ON WEDDING DAY

Bridal Makeup	10000
Ultra Bridal Makeup	20000
Devanagari Ultimate Bridal Makeup	30000



Note: Taxes Extra

O BESITY TREATMENTS FOR 1 NCH LOSS

"Non invasive, safe therapy for preventing Fat Accumulation & Tummy Reduction"



Tummy tuck	1000
Arms tuck	1200
Thigh tuck	1500
Shoulder Tuck	1000



Note: Taxes Extra

Tushara (Hydro Baths)

HEALTH BENEFITS :

- ▶ Dramatically increasing the elimination of waste, thus assisting detoxification
- ▶ Loosening tense, tight muscles and encouraging relaxation
- ▶ Increasing the metabolic rate and digestion activity
- ▶ Hydrating the cells, improving skin and muscle tone
- ▶ Boosting the immune system, allowing it to function more efficiently
- ▶ Improving the function of the internal organs by stimulating their blood supply

Immersion Aroma
Herbal Tub bath



Immersion Rose Petals
Tub bath



Milk with Rose petals bath



Jacuzzi bath with Rose petals



Steam Bath (15mins)



Circular Jet
(20-30 minuts)



Aroma Bath



Aroma Bath With Milk.



Hip bath
(20-30 minuts)



Aroma Bath With Rose Petals



PHYSIOTHERAPY

Treatment to all rehabilitative and pain management for the following

- ▶ Spondylitis [lumbar/cervical]
- ▶ Arthritis [O.A / R.A]
- ▶ Peri arthritis shoulder
- ▶ Tennis elbow/golfers elbow
- ▶ Erbs palsy, bells palsy, radial nerve palsy
- ▶ Trigger fingers
- ▶ Wrist pain
- ▶ Bursitis
- ▶ Frozen shoulder
- ▶ Trapizities
- ▶ Knee joint pain
- ▶ Low back ache
- ▶ Sciatica
- ▶ Hemiplegia & paraplegia
- ▶ Post traumatic stiffness
- ▶ Gullian barre syndrome
- ▶ Muscle re-education/strengthening
- ▶ Plantar fasciitis
- ▶ Calcaneal spur
- ▶ Ankle sprain
- ▶ Bladder incontinence
- ▶ Diastases recti



PHYSIOTHERAPY

Ortho - conditions

- ▶ Fractures
- ▶ Sprains
- ▶ Degenerative conditions
- ▶ Musculoskeletal disorders
- ▶ Pain management

Neuro conditions

- ▶ Neuro praxia
- ▶ Neuro infectious diseases
- ▶ Gullian barre syndrome
- ▶ Bladder incontinence

Cardio conditions

- ▶ Post surgical cardiac muscle exercises
- ▶ Cardio vascular strengthening and fitness exercises

Respiratory conditions

- ▶ Bronchiectasis
- ▶ All respiratory problems

Gynaec conditions

Rehabilitation

Geriatric conditions



Lab

Diabetic Profile
Arthritis Profile



Lipid Profile (7 parameters)
Urine Analysis

Thyroid Profile
Complete Blood Picture
(CBP)



COMPLETE HEALTH CHECKUP AVAILABLE

SILVER CARD - RS. 5000/-

VALIDITY : ONE DAY

SERVICES

- 1 BODY WRAPPING
- 2 HERBAL FACIAL
- 3 JACUZZI PEDICURE
- 4 ULTRA MANICURE
- 5 FACE & NECK TAN PACK
- 6 HANDS TAN PACK
- 7 H.N.S
- 8 IMMERSION ROSE PETALS TUB BATH

COMPLIMENTRY SERVICE

Park Entry Tickets 4No`s



Note: Inclusive of Taxes

GOLD CARD RS.10,000/-

VALIDITY : 6 MONTHS
NUMBER OF PERSONS - 4

SERVICES

REJUVENATION (12 SESSIONS)

(OR)

1 BODY SCRUBBING (10 SESSIONS)

COMPLIMENTRY SERVICE
Water Zone Tickets 4No`s



Note: Inclusive of Taxes

DIAMOND CARD - RS. 15,000/-

VALIDITY : 9MONTHS
NUMBER OF PERSONS - 4

SERVICES

- 1 TEJOSNAPANAM (2 SESSIONS)
- 2 AYURSOWKHYAM (1 SESSION)
- 3 CHAKRODDEEPAM (1 SESSION)
- 4 POULTICE THERAPY (2 SESSIONS)
- 5 ANTI CELLULITE THERAPY (1 SESSION)
- 6 SOWGANDHIKA THERAPY (1 SESSION)
- 7 REJUVENATION FOR DIABETICS (2 SESSIONS)



SERVICES

- 1 BODY SCRUBBING (2 SESSIONS)
- HEAD MASSAGE (1 SESSION)
- 2 FOOT REFLEXOLOGY (1 SESSION)
- 3 JACUZZI PEDICURE + ULTRA MANICURE (2 SESSIONS)
- 4 SHEEN GLOW FACIAL (1 SESSION)
- 5 SHEHANAZ FACIAL (1 SESSION)
- 6 FACE & NECK TAN PACK + HANDS TAN PACK (1 SESSION)
- 7 MILK WITH ROSE PETALS BATH (1 SESSION)
- 8 SPA STONE THERAPY (1 SESSION)
- 9 H.N.S & SCAPULA MASSAGE 60MIN (1 SESSION)
- 10 HAIR SPA (1 SESSION)
- 11 UNDER EYE TREATMENT (1 SESSION)
- 12 HAIR COLOUR (1 SESSION)



COMPLIMENTRY SERVICE
Mega Fun Tickets 4No`s



Note: Inclusive of Taxes

PLATINUM CARD RS. 20,000/-

VALIDITY : 1YEAR
NUMBER OF PERSONS - FAMILY

SERVICES

- 1 REJUVENATION (1 SESSION)
- 2 AYURSOWKHYAM (2 SESSIONS)
- 3 CHAKRODDEEPANAM (2 SESSIONS)
- 4 POULTICE THERAPY (2 SESSIONS)
- 5 VEDIC AROMA THERAPY (2 SESSIONS)
- 6 PUNARNAVA (2 SESSIONS)



SERVICES

- 1 AROMA GOLD FACIAL (2 SESSIONS)
- 2 DIAMOND FACIAL (1 SESSION)
- 3 HENNA PACK (1 SESSION)
- 3 JACUZZI PEDICURE + ULTRA MANICURE (2 SESSIONS)
- 4 FACE & NECK TAN PACK + HANDS TAN PACK (2 SESSIONS)
- 5 AROMA DEEP TISSUE WITH AROMA TUB BATH (1 SESSION)
- 6 BODY POLISHING (2 SESSIONS)



COMPLIMENTRY SERVICE
Royal Fun Tickets 4No`s



Note: Inclusive of Taxes

PRIVILEGE MEMBER IS ENTITLED FOR

- ▶ 10% discount from Rs.1000 worth purchases from Pharmacy
- ▶ 20% discount on other Ayurvedic & Spa therapies from Rs.2000 above services
- ▶ Free Doctors Consultation
- ▶ Free B.M.I. Check up
- ▶ Free Lab tests - know your blood group, Haemoglobin percentage, Random Sugar
- ▶ Know your body constitution (Prakrithi)
- ▶ Know your Stress levels from Stress Meter



YOGA PACKAGES

Yoga Technique

Duration

- ▶ YOGA RELAXATION TECHNIQUE Sahasrara Chakra
60mins
Ajna Chakra
Suryanamaskara
 Pranayama
 Meditation
- ▶ PRANAYAMA DHYANA SADHANA Visuddha Chakra
30mins
- ▶ DEEP RELAXATION TECHNIQUE 60mins
 & Yoga Nidra
Anahata Chakra
- ▶ REVITALIZING YOGIC TECHNIQUE 10mins
 (or) Instant Relaxation Technique
- ▶ QUICK RELAXATION TECHNIQUE 30mins
 (or) Relaxation with Chanting Manipura Chakra

Adhishthana Chakra

Adhara Chakra



YOGA PACKAGES

Yoga Services Available

Clinical Yoga

Vinyasa Yoga

General Yoga

1 Week

1 Week

1 Week

15 Days

15 Days

15 Days

1 Month

1 Month

1 Month

Week End Yoga Package (12sessions)



Note: Taxes Extra

COLLEGE FITNESS PACKAGE

MONTHLY GYM PACKAGE

- 1.Fruit Facial 1 session (or) Hydro bath 1 session
- 2.Hair Cut(1) & Shaving(1) - For Males
- 3.Hair Cut (1) (U Hair cut / Straight cut) - For Females

Rs.1409 + 174
(12.36% tax)
= Rs 1583
Complimentary
services

QUARTERLY GYM PACKAGE

- 1.Foot Reflexology - 1session
- 2.H.N.S. - 1session (Head, Neck & Shoulder)
- 3.Hair Cuts (2) + Shavings(2) - For Males
- 4.Hair Cuts (2) (U Hair cut / Straight cut) - For Females
- 5.Mini Spa Facial – 1session
- 6.Yoga - 2 sessions

Rs.3000 + 371
(12.36% tax)
= Rs 3371
Complimentary
Services

HALF YEARLY PACKAGE

- 1.Hair Cuts (3) + Shavings (3) - For Males
- 2.Hair Cuts (3) (U Hair cut / Straight cut) - For Females
- 3.Foot Reflexology – 1session
- 4.H.N.S – 1session
- 5.Facial-1session
- 6.Yoga - 3sessions

Rs.5000 + 618
(12.36% tax)
= Rs 5618
Complimentary
Services -

We also offer Packages Like....

Stress Management Package

Wellness Package

Diabeties Management Package

Weight Management Package

Joint Care Package

Spine Care Package

Skin Care Package

Hair Care Package

Treatment Oriented Programmes Packages

for 7days, 14 days, 21 days, 30 days, 45 days

Mini Panchakarma Package for 7days

Complete Panchakarma Package

for 15days / 21days



E-mail : info@ayursukha.com,
visit us at : www.ayursukha.com



Thank You Visit Again

Natural Healing for total wellbeing

Ayur Sukha Health Village Haailand Campus,
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Ph: +91 863 2344520, 2344521.



॥ **Ayur Sukha** ॥

Health Village

Complete Solution For All Health Problems

