Nepal
Ayurveda

NEPAL AYURVEDA WELLNESS

PANCHAKARMA CENTER

Led by Dr. Bijendra Shah, MD Ayurveda & Team

Open Daily
8:00 AM – 9:00 PM

WhatsApp: 9847362565
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Paknajol, Thamel, Kathmandu, Nepal
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HOLISTIC TREATMENT MENU & WELLNESS GUIDE

Where the Professional hands Meet the Healing Arts



NAMASTE — WELCOME

A WORD FROM OUR HEART TO YOURS

Tucked into the living heartbeat of Paknajol, Thamel Kathmandu, Nepal Ayurveda Wellness grew from a single, unwavering conviction: that genuine healing is not a luxury — it is a birthright. Here, in the shadow of the Himalayas, ancient wisdom does not sit behind glass in a museum. It lives in the hands of our therapists, in the warmth of our oils, and in every intention behind every treatment we offer.

We draw from more than 5,000 years of Ayurvedic science, traditional Nepali healing practices, and the classical India–Nepal Panchakarma lineage. Every oil we press is medicated with purpose. Every ritual we perform carries cultural memory. We do not simply provide treatments — we create conditions for your deepest renewal.

Whether you arrive weary from the trails of the Himalayas, tender from long haul travel, or simply hungry for stillness in a city that never quite sleeps, you have found the right place. Our team honours every guest — Nepali families, spiritual seekers, international travellers, wellness professionals — with equal attentiveness and care.

Thank you for trusting us with your healing. Take your time. Breathe deeply. You are already home.

With warmth and healing intention,
Dr. Bijendra Shah (MS Ayurveda) & The Team
Wellness Guide

OUR MOST BELOVED PACKAGES

CURATED JOURNEYS — THE EXPERIENCES OUR GUESTS RETURN FOR

These are not just services — they are complete experiences, thoughtfully layered so that each therapy amplifies the one before it. For guests who want one definitive choice, start here.

BESTSELLER — MOST BOOKED

The Traveller's Retreat

Your perfect arrival after long-haul travel. Resets every system, from weary legs to restless mind.

- Welcome Herbal Tea & Arrival Consultation — 10 min
- Himalayan Salt Foot Soak — 15 min
- Himalayan Salt Body Scrub — 30 min
- Deep Tissue / Trekkers Massage — 60 min
- Refreshing Mini Facial — 25 min

Duration: 140 min | ₹9,800 ($75)

TOP CHOICE FOR TREKKERS

The Trekker's Complete Recovery

For those who have challenged the Himalayas — a full rebuilding of every muscle and joint.

- Welcome Herbal Tea & Brief Consultation — 10 min
- Himalayan Salt Foot Soak with Ginger & Arnica — 15 min
- Abhyangam Full Body Warm Oil Massage — 60 min
- Podikizhi Herbal Poultice on Fatigued Muscle Groups — 45 min
- Foot Reflexology — 30 min

Duration: 160 min | ₹12,500 ($96)

PERFECT FOR TWO

The Couple's Sanctuary

Shared healing for partners or close friends. Two therapists, one private suite, total surrender.

- Warm Foot Soak Ritual for Two — 10 min
- Herbal Steam Bath — 30 min
- Massage of Your Choice (each guest) — 60 min
- Body Scrub of Your Choice (each guest) — 30 min

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MOST TRANSFORMATIVE HALF-DAY

VEDIKA — AYURVEDIC STRESS RELIEF

For when stress has gone too deep. A medical-grade Ayurvedic reset for body, mind, and nervous system.

- Ayurvedic MD Physician Consultation — 20 min
- Abhyangam Full Body Synchronized Warm Oil Massage — 80 min
- Shirodhara Third Eye Oil Stream — 30 min
- Herbal Steam (Swedana) — 30 min
- Light Ayurvedic Vegetarian Meal

Duration: 4 Hours | Rs16,800 ($129)

DEEPEST DETOX EXPERIENCE

VEDIKA SODHANA — PURIFICATION DAY

A complete cellular cleanse. You will leave feeling genuinely lighter — in body and in mind.

- Herbal Steam (Swedana) — 30 min
- Udvartanam Herbal Powder Scrub — 30 min
- Abhyangam Full Body Massage — 80 min
- Shirodhara — 30 min
- Nasya Sodhana Nasal Cleanse — 10 min
- Light Ayurvedic Vegetarian Meal

Duration: 3 Hours | Rs.12,000 ($92)

PERFECT FOR FIRST-TIME AYURVEDA GUESTS

VEDIKA — AYURVEDIC INDULGENCE

Moves from purification through nourishment to deep rest. The ideal introduction to Ayurvedic healing.

- Swedana Herbal Steam — 30 min
- Padabhyangam Ayurvedic Foot Massage — 30 min
- Abhyangam Full Body Ayurvedic Massage — 60 min
- Shiroabhyangam Indian Head Massage — 30 min
- Light Ayurvedic Vegetarian Meal

Duration: 2.5 Hours | Rs.10,800 ($83)

FOR CHRONIC PAIN & DEEP FATIGUE

VEDIKA — SOOTHING & HEALING DAY

Ancient Marma energy-point therapy meets herbal poultice and Shirodhara in one flowing sequence.

- Swedana Herbal Steam — 30 min
- Marma Abhyanga Energy Point Massage — 60 min
- Podikizhi Herbal Poultice Massage — 60 min
- Shirodhara — 30 min
- Light Ayurvedic Vegetarian Meal

Duration: 3 Hours | Rs.12,200 ($94)

COMPLETE CONSTITUTIONAL RESET

VEDIKA — DAY OF PURIFICATION

A full Ayurvedic purification day tailored to your unique body type by our resident MD physician.

- Ayurvedic MD Physician Consultation — 20 min
- Dosha Shuddhi Constitutional Purification Treatment — 120 min
- Nasya Sodhana Nasal Cleanse — 45 min
- Shankha Prakshalana Gut Cleanse Ritual (if indicated) — 60 min
- Shirodhara — 30 min
- Light Ayurvedic Vegetarian Meal

Duration: 4 Hours | Rs.17,500 ($135)

OUR MOST COMPLETE WELLNESS DAY

VEDIKA — A LIFE OF BLISS

The ultimate Nepal Ayurveda experience — sound healing, Panchakarma therapies, and a guided meditation journey.

- Ayurvedic MD Physician Consultation — 20 min
- Abhyangam Warm Oil Full Body Massage — 60 min
- Navarakizhi Sacred Rice Bolus Rejuvenation — 90 min
- Shirodhara Third Eye Awakening — 30 min
- Himalayan Singing Bowl Sound Healing — 45 min
- Guided Meditation — 30 min
- Full Ayurvedic Vegetarian Meal

Duration: 4 Hours | Rs.19,000 ($146)

MULTI-DAY DETOX & PANCHAKARMA RETREATS

THE TRANSFORMATION YOU CANNOT RUSH — DEEP HEALING OVER DAYS

True Ayurvedic Panchakarma unfolds over days. It is progressive, intelligent, and deeply personal. Our multi-day programmes are designed with our resident MD Ayurvedic physician, who tailors every day's therapies to your unique constitution, health history, and healing goals. This is medicine — and it works.

WHAT EVERY MULTI-DAY PROGRAMME INCLUDES

Daily Ayurvedic Physician Consultations • All Meals (Ayurvedic Vegetarian, Constitution-Specific) • Morning Yoga & Meditation (60 min daily) • Daily Herbal Tea & Warm Water Protocol • Take-Home Herbal Supplement Protocol & Lifestyle Guide • Airport Transfer (7-day and longer programmes)

Programme	Duration	Rs. NPR	$ USD
Vedika — Ayurvedic Stress Relief	4 Hours	Rs16,800	$129
Samakaya — Day of Purification	4 Hours	Rs17,500	$135
Jiva — A Life of Bliss	4 Hours	Rs19,000	$146
3-Day Panchakarma Immersion	3 Days	Rs62,000	$477
5-Day Deep Detox Retreat	5 Days	Rs95,000	$731
7-Day Complete Panchakarma	7 Days	Rs135,000	$1,038
10-Day Transformational Panchakarma	10 Days	Rs185,000	$1,423
14-Day Full Panchakarma & Lifestyle Reset	14 Days	Rs245,000	$1,885
21-Day Deep Purification Programme	21 Days	Rs340,000	$2,615

Bespoke programmes for specific conditions — diabetes management, addiction recovery, weight management, fertility support — are available upon medical consultation. Multi-day programme pricing includes accommodation at our partner wellness guesthouses in Thamel upon request. Contact us to discuss your individual needs.

SIGNATURE PANCHAKARMA THERAPIES

THE ROYAL PATH TO PURIFICATION & RESTORATION

Panchakarma — 'five actions' in Sanskrit — is Ayurveda's most profound system of therapeutic purification. All Panchakarma treatments are preceded by an MD Ayurvedic physician consultation to ensure they are perfectly aligned with your unique body constitution (Prakriti) and current imbalances (Vikriti).

Ayurvedic MD Doctor Consultation — Rs2,500 ($19) per session.
Recommended prior to all Panchakarma therapies



Massage/Abhyangam — The Warm Oil Symphony

Therapists work in perfectly synchronized rhythmic strokes, applying warm herb-infused sesame or coconut oil across your entire body. The continuous movement follows the pathways of the body's vital energy channels (srotas), allowing medicated oil to penetrate deeply into tissues and dissolve toxins at the cellular level. Your oil is chosen based on your Vata, Pitta, or Kapha constitution.

Benefits: Relieves chronic fatigue, nourishes skin and muscles, improves circulation and lymphatic flow, promotes deep sleep, calms the nervous system, slows ageing.

Best For: Stress, burnout, insomnia, dry skin, muscle aches, or anyone seeking profound relaxation and cellular nourishment.

60 min: Rs3,800 ($29) | 90 min: Rs5,200 ($40) | 120 min: Rs6,800 ($52)



Shirodhara — The Third Eye Awakening ★ SIGNATURE TREATMENT

Warm medicated oil flows in a slow, continuous stream onto the Ajna (third eye) chakra. This creates a profound vibrational effect on the cerebral cortex, quieting the mind's relentless chatter and ushering you into a state of conscious deep rest — what guests describe as 'waking meditation.' Available combined with Abhyangam or head massage for a complete cranio-spinal experience.

Benefits: Profoundly reduces anxiety, depression, and insomnia; balances the autonomic nervous system; relieves migraines; sharpens mental clarity; creates extraordinary peace.

Best For: High-stress individuals, sleep disorders, anxiety, chronic headaches, neurological fatigue, or anyone seeking a deeply meditative healing experience.

30 min (oil dripping only): Rs4,200 ($32) | 90 min (with Abhyangam): Rs9,800 ($75)
90 min (with Spinal + Foot): Rs7,800 ($60)



Podikizhi /Choorna Pinda Sweda — Himalayan Herbal Poultice Massage

The body is first anointed with warm medicated oil, then massaged with heated linen boluses packed with Himalayan and Ayurvedic herbs — dashamoola, ginger, turmeric, calamus, and rock salt. Boluses are continuously reheated in a pan of warm oil, delivering consistent therapeutic heat and herbal actives throughout the session. Rhythmic striking along muscle groups and energy meridians creates immediate relief.

Benefits: Deeply relieves joint pain, sciatica, rheumatic conditions, sports injuries, and frozen shoulder. Reduces inflammation, improves flexibility, detoxifies tissues.

Best For: Post-trek recovery, arthritis, sports injuries, chronic back pain, or stiff aching muscles and joints.

60 min: Rs4,500 ($35) | 90 min: Rs6,200 ($48) | 120 min: Rs7,500 ($58)



NAVARAKIZHI *The Sacred Rice Bolus Treatment* ★ SIGNATURE TREATMENT

One of Kerala's most revered therapies. Boluses of medicated Navara rice — cooked in a decoction of dashamoola herbs and warm milk — are applied to the entire body in firm, rhythmic sweeping strokes. The rice nourishes and exfoliates simultaneously. The result is visible rejuvenation, a luminous complexion, and profound muscular repair.

Benefits: Restores and regenerates muscle tissue; relieves neurological disorders and chronic pain; produces remarkable skin radiance; deeply nourishes the seven body tissues (dhatus).
Best For: Post-illness recovery, athletes, muscular weakness, chronic pain, and anyone seeking deep tissue nourishment and skin rejuvenation.

90 min: ₹6,800 ($52) | **120 min:** ₹8,800 ($68)



UDVARTANAM *Herbal Powder Exfoliation Therapy* ★ SIGNATURE TREATMENT

A uniquely invigorating treatment where the body is vigorously massaged with a warm paste of dry herbal powders — kolkulatthi, triphala, mustard, turmeric, and red lentil flour. Working against the direction of hair follicles creates friction that stimulates metabolic activity, breaks down subcutaneous fat deposits, and powerfully decongests lymphatic channels.

Benefits: Reduces cellulite and fatty deposits; exfoliates and brightens skin; activates lymphatic drainage; improves circulation; relieves Kapha imbalances; tones the body.
Best For: Weight management, sluggishness, poor circulation, cellulite, skin dullness, or Kapha-dominant imbalances.

60 min: ₹4,200 ($32) | **90 min:** ₹5,800 ($45)



CHAKRA BASTI *Sacred Oil Pool Therapy* ★ SIGNATURE TREATMENT

Warm medicated oil is contained within a dam of black gram paste placed over specific energy centers of the body — most commonly the Navel (Nabhi), Heart (Anahata), or Sacral (Svadishthana) chakra. Himalayan crystal singing bowls amplify the vibrational healing effect while the practitioner gently massages the surrounding areas.

Benefits: Releases stored emotional tension; relieves digestive imbalances (Nabhi Basti); supports heart health and grief processing (Hrid Basti); restores creative vitality (Kati Basti).
Best For: Emotional trauma, digestive disorders, lower back pain, heart-centred healing, reproductive health, energy healing practitioners.

60 min (2 chakras): ₹4,500 ($35) | **90 min (3 chakras):** ₹6,200 ($48)



NASYA SODHANA *Nasal Cleansing Therapy* ★ SIGNATURE TREATMENT

In Ayurveda, the nose is the gateway to consciousness. This classical treatment purifies the nasal passages, sinuses, and the entire head region through medicated oil drops, herbal powders, and steam. A warm facial and neck massage prepares the tissues, followed by customized nasal drops, completed with herbal steam compress. Three consecutive sessions are recommended for full effect.

Benefits: Relieves sinusitis, chronic allergies, nasal congestion, migraine, vertigo, and tension headaches. Improves sensory clarity and mental balance.
Best For: Chronic sinusitis, allergies, migraines, frequent colds, or post-flight congestion.

45 min: ₹3,800 ($29)



Shankha Prakshalana

Gut Cleansing Ritual

An ancient yet supremely effective Ayurvedic gut detox. A prescribed sequence of five yoga postures guides warm, lightly salted water through each section of the gastrointestinal tract, gently and completely cleansing the entire digestive system without medication. Conducted under the supervision of our trained practitioner. Pre-booking required. Empty stomach required.

Benefits: Completely cleanses the gastrointestinal tract; removes accumulated mucus and toxins; relieves IBS, bloating, and digestive sluggishness; resets gut microbiome.

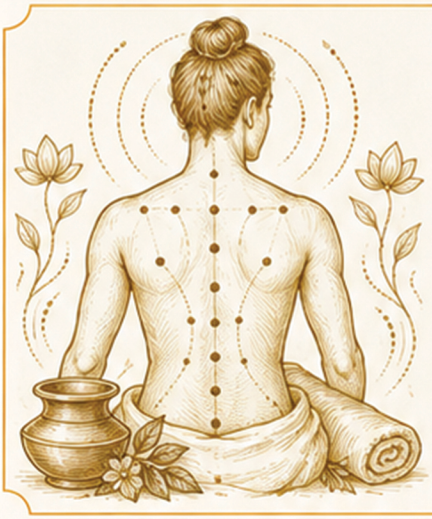
Best For: Digestive disorders, constipation, bloating, food intolerances, or commencing a Panchakarma programme.

Not suitable during pregnancy or with certain medical conditions. Physician consultation required.

60 min: Rs5,000 ($30)

AYURVEDIC BODY TREATMENTS

CLASSICAL THERAPIES FOR DEEP HEALING & CONSTITUTIONAL BALANCE



Marma Therapy — Vital Energy Activation

Marma points are 107 sacred energy junctions where consciousness and physical matter meet. The therapist applies precise pressure and long flowing techniques to these vital intersections using warm herbal aromatic oils. Activating Marma points releases stagnant prana, restores free energy movement, and produces an immediate, often profound sense of calm and renewed vitality.

Benefits: Immediately releases physical and mental stress; unblocks energetic stagnation; balances the nervous system; activates the body's self-healing intelligence.

Best For: Stress, anxiety, emotional imbalance, fatigue, chronic pain, or those drawn to energy healing practices.

60 min: Rs4,200 ($32) | 90 min: Rs5,800 ($45)



Shiroabhyangam — Nepali /Indian Head Massage

Focused on the head, scalp, neck, and upper shoulders — where stress accumulates most insidiously. Using warm dosha-specific medicated oil (Brahmi, Bhringraj, or Sesame), the therapist applies rhythmic kneading, pressure point stimulation, and flowing effleurage strokes that progressively release every layer of cranial tension. Stimulates hair follicles and soothes cranial nerves.

Benefits: Relieves tension headaches, mental fatigue, and eye strain; promotes hair growth; nourishes the scalp; reduces insomnia; creates deep calm.

Best For: Professionals under mental stress, those with headaches or hair loss, insomnia, or anyone who carries their tension primarily in the head, neck, and shoulders.

30 min: Rs2,800 ($22) | 60 min: Rs4,200 ($32)



Dosha Shuddhi Massage — Constitutional Purification

A transformative treatment uniquely customized to your body constitution and current doshic imbalance. Begins with a warm herbal oil massage of scalp and face using Amalaki, Indigofera, and Centella Asiatica, progresses to a full-body Navara rice bolus application, followed by therapeutic stinging nettle paste over targeted areas, concluding with a purifying herbal steam.

Benefits: Restores doshic balance at a constitutional level; purifies blood and lymph; deeply exfoliates; relieves chronic conditions; creates revitalized, grounded wellbeing.

Best For: Those with long-standing health imbalances, chronic conditions, or anyone committed to a deeper Ayurvedic healing journey.

120 min: Rs10,500 ($81)

MASSAGE & REJUVENATION THERAPIES

FROM DEEP RELIEF TO PURE SURRENDER — A WORLD OF THERAPEUTIC TOUCH



Himalayan Trekkers Massage — The Mountain Recovery Ritual

Crafted for those who have challenged the heights. Draws from Shiatsu pressure techniques, Thai yoga stretching, deep tissue manipulation, and Balinese flowing strokes to systematically release every layer of accumulated muscle tension — from the calves and IT bands to the shoulders and deep spinal muscles. Warm Himalayan herbal oil throughout.

Benefits: Accelerates post-trek recovery; releases lactic acid buildup; improves joint mobility; restores circulation to fatigued tissues; returns the body to ease.

Best For: Trekkers, mountaineers, hikers, and anyone engaged in high physical exertion. Available as pre-trek preparation or post-trek recovery.

90 min: Rs5,500 ($42) | 120 min: Rs7,200 ($55)



Deep Tissue & Sports Massage — Peak Performance Therapy

Using sustained pressure, slow deliberate strokes, and targeted trigger-point release, the therapist works methodically through the superficial fascia into deep muscle belly, addressing chronic adhesions and structural imbalances. Gentle joint mobilization and myofascial release woven throughout. Ideal for athletes, bodybuilders, and gym-going individuals.

Benefits: Breaks down scar tissue and adhesions; relieves chronic muscle tension and sports injuries; increases range of motion; accelerates athletic recovery.

Best For: Athletes, active individuals, for body builder or gym going person, those with chronic pain, postural imbalances, or anyone carrying persistent muscular tension.

60 min: Rs3,800 ($29) | 90 min: Rs5,200 ($40)



Aroma Therapy Massage — Nepali Himalayan Fragrance & Healing

Choose your preferred therapeutic oil from our curated Himalayan-sourced essential oil collection — soothing lavender, invigorating eucalyptus, warming ginger and black pepper, renewing rosemary, or balancing sandalwood. The therapist weaves these aromatic oils into long fluid strokes transitioning between Swedish effleurage and gentle Balinese thumb pressure.

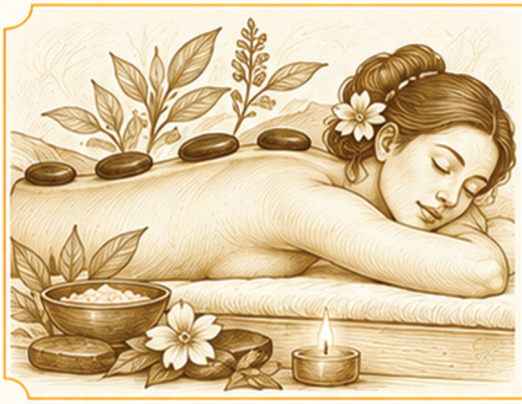
Benefits: Deeply relieves stress and anxiety; improves skin texture; balances the mood; enhances sleep quality; perfect as an introduction for first-time spa guests.

Best For: Those seeking a deeply sensory relaxation experience, emotional reset, or skin nourishment. Perfect for first-time spa guests.

60 min: Rs3,500 ($27) | 90 min: Rs4,800 ($37)

MASSAGE & REJUVENATION THERAPIES

FROM DEEP RELIEF TO PURE SURRENDER — A WORLD OF THERAPEUTIC TOUCH



Hot Stone Massage — Heat, Harmony & Healing

Hand-selected basalt volcanic stones heated to 49-54°C, are placed along the body's energy channels before being used as massage tools. The sustained heat relaxes muscle fibres four to five times more effectively than conventional massage, allowing the therapist to work deeply without discomfort. A deeply grounding, blissful experience.

Benefits: Melts deep muscular tension; improves circulation; promotes detoxification; creates incomparable warm, heavy, blissful relaxation.

Best For: Those with chronic muscle tension, poor circulation, insomnia, cold conditions, or anyone who loves the deeply grounding sensation of warmth.

90 min: Rs5,500 ($42) | 120 min: Rs7,200 ($55)



Nepali Healing Salt Massage — Mineral Restoration

Warm nutrient-dense pink salt stones — harvested from ancient Himalayan salt beds — are glided across the body in firm, rhythmic strokes, releasing 84 trace minerals and negative ions through the skin. This ionic exchange balances the body's pH, re-mineralizes depleted cells, draws out toxins, and restores the body's natural bioelectric rhythm.

Benefits: Re-mineralizes and detoxifies; reduces inflammation; improves sleep; balances the central nervous system; exfoliates and silkens the skin.

Best For: Those with mineral deficiency, poor sleep, skin conditions, inflammation, stress, or anyone seeking a deeply nourishing, grounding experience.

60 min: Rs4,500 ($35) | 90 min: Rs6,200 ($48)



Lymphatic Drainage Massage — The Immunity Revival

A combination of full-body dry brushing (garshana) and gentle rhythmic strokes following the exact pathways of the lymphatic system, stimulating the movement of lymph fluid. The lymphatic system — the body's primary detoxification and immune network — has no central pump. This therapy provides what only movement and skilled manual technique can achieve.

Benefits: Powerfully boosts immune function; reduces facial and body puffiness; drains toxic waste; relieves chronic fatigue; supports post-surgical recovery.

Best For: Those with oedema, puffiness, frequent illness, chronic fatigue, post-surgery recovery, or those who spend long hours seated or travelling.

60 min: Rs4,200 ($32) | 90 min: Rs5,500 ($42) | 120 min: Rs6,800 ($52)



Spinal Alignment Massage — The Backbone of Wellbeing

Dedicated entirely to the muscles, ligaments, and fascial network surrounding the vertebral column. Cross-fibre friction, paraspinal muscle release, myofascial techniques along the thoracolumbar fascia, and precise joint mobilization at the sacro-iliac junction systematically address postural imbalances accumulated from sedentary work, screen use, and travel.

Benefits: Relieves back pain and stiffness; corrects postural imbalances; reduces nerve compression and sciatica; increases spinal mobility; improves posture.

Best For: Office workers, those with chronic back pain, poor posture, post-trek back discomfort, or sciatica.

30 min: Rs2,800 ($22) | 45 min: Rs3,500 ($27)

MASSAGE & REJUVENATION THERAPIES

FROM DEEP RELIEF TO PURE SURRENDER — A WORLD OF THERAPEUTIC TOUCH



Swedish Relaxation Massage — The Art of Surrender

The timeless foundation of therapeutic massage. Effleurage, petrissage, tapotement, and vibration techniques engage every major muscle group completely. Our therapists bring Nepali warmth and intuitive sensitivity to this classic form, making each session feel personal and deeply restorative. The perfect choice for first-timers and those who carry the weight of the world.

Benefits: Reduces muscular tension; improves circulation; calms the nervous system; promotes deep quality sleep.

Best For: Beginners to massage therapy, those seeking relaxation without deep pressure, post-travel unwinding, or anyone in need of a comprehensive, full-body reset.

60 min: Rs3,200 ($25) | 90 min: Rs4,500 ($35) | 120 min: Rs5,800 ($45)



Foot & Lower Leg Reflexology — The Body's Map on Your Feet

The feet contain a detailed map of the entire body — every organ, system, and gland has a corresponding reflex zone. Trained in classical Ingham reflexology and Ayurvedic Padabhyangam, our therapists apply precise thumb-walking pressure across these reflex zones. The session begins with a warm Himalayan salt foot soak infused with aromatic herbs, followed by exfoliation and the reflexology treatment.

Benefits: Relieves plantar fasciitis and foot pain; reduces systemic stress; balances organ function; improves circulation; reduces insomnia.

Best For: Those on their feet all day, post-trek foot care, frequent travellers, those with chronic stress, or anyone seeking a deeply effective yet supremely gentle relaxation treatment.

30 min: Rs2,500 ($19) | 45 min: Rs3,200 ($25) | 60 min: Rs3,800 ($29)



Jet Lag Relief Massage — The Traveller's Return

Crafted for the weary international traveller — a multi-layered sensory journey to reset the body's circadian rhythm and fully rehydrate the nervous system after long-haul flights. A 30-minute back and shoulder decompression massage, a 15-minute detox Himalayan salt and lavender foot soak, a 30-minute therapeutic foot massage with grounding essential oils of vetiver, ginger, and sandalwood, and a short scalp massage to ground racing thoughts.

Benefits: Recalibrates circadian rhythms; rehydrates and grounds the nervous system; relieves flight-related oedema; eases shoulder and neck tension.

Best For: International arrivals, long-haul travellers, those suffering from flight fatigue, oedema, or difficulty sleeping after travel.

75 min: Rs4,800 ($37)

HOLISTIC & ENERGY THERAPIES

ANCIENT HEALING ARTS FOR THE SUBTLE BODY



Shiatsu Therapy — Japanese Meridian Healing

Shiatsu ('finger pressure') applies rhythmic pressure using thumbs, palms, elbows, and knees along the body's fourteen energy meridians, restoring the free flow of Ki (vital energy). Performed without oil on a comfortable floor mat, fully clothed in light loose garments, combining sustained pressure work with passive joint rotations and gentle stretching.

Benefits: Restores energy flow through meridian channels; relieves deep structural tension; improves flexibility; addresses specific organ imbalances.

Best For: Those exhausted by stress or overwork, people with tight joints and restricted movement, or those drawn to non-oil energy bodywork.

60 min: Rs3,800 ($29) | 90 min: Rs5,200 ($40)



Thai Massage / Lazy man Yoga Massage — The Dance of Assisted Yoga

Performed fully clothed on a floor mat, in a meditative flowing sequence of compression, passive stretching, and acupressure. The therapist guides you through yoga-like postures while applying palm and thumb pressure along the Sen energy lines. No two sessions are alike — the therapist responds intuitively to your body. Available on floor mat or massage table.

Benefits: Increases joint mobility and flexibility dramatically; relieves chronic tension; energizes the body; improves posture; creates joyful physical ease.

Best For: Athletes, yogis, those with stiff joints or restricted flexibility, or anyone seeking an energizing, movement-based therapeutic experience.

60 min: Rs3,800 ($29) | 90 min: Rs5,200 ($40)



Acupuncture Therapy — The Needle of Restoration

Performed by licensed acupuncturists trained in Traditional Chinese Medicine. Ultra-fine, single-use sterile needles access the body's deep energetic circuits, releasing blockages in Qi flow, regulating the autonomic nervous system, reducing inflammation at the biochemical level, and stimulating the body's innate healing response. Most clients fall into deep rest within minutes.

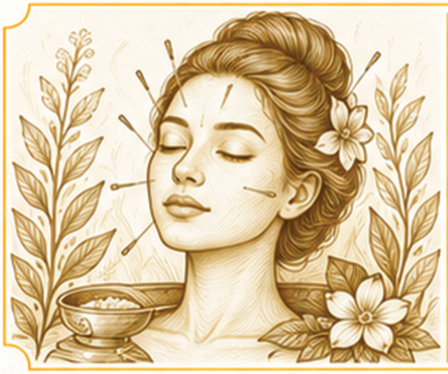
Benefits: Relieves chronic and acute pain; treats anxiety, depression, and insomnia; supports addiction recovery; manages hormonal imbalances; boosts immune function.

Best For: Those with chronic pain, mental health challenges, hormonal imbalance, sleep disorders, digestive complaints, or those seeking evidence-based energy medicine.

30 min: Rs3,000 ($23) | 60 min: Rs5,000 ($38)

HOLISTIC & ENERGY THERAPIES

ANCIENT HEALING ARTS FOR THE SUBTLE BODY



Facial Rejuvenation Acupuncture — The Natural Face Lift

Ultra-fine needles placed on specific facial acupoints stimulate collagen and elastin production, improve micro-circulation, and reduce the muscular tension patterns responsible for expression lines. A nourishing anti-aging herbal mask follows, and the session concludes with a lifting facial massage. A series of 6-10 sessions is recommended for optimal results.

Benefits: Reduces fine lines and wrinkles; improves skin firmness; reduces puffiness; brightens complexion; creates naturally radiant appearance without surgery.

Best For: Those seeking a natural anti-aging approach, those with concerns about skin firmness, or anyone who desires a glowing complexion through holistic means.

60 min: Rs5,500 ($42)



Crystal Healing Massage — Stone & Soul Alignment

Carefully selected and energetically cleansed Himalayan quartz crystals are placed upon the body's seven chakra centers while a medium-pressure full-body oil massage is performed simultaneously. Each crystal carries a specific vibrational frequency aligned to a particular energy center — clear quartz for the crown, amethyst for the third eye, rose quartz for the heart.

Benefits: Clears energetic blockages; promotes emotional release; deepens the meditative state; aligns chakra energies; leaves recipients feeling unusually clear and light.

Best For: Those drawn to energy healing, spiritually curious individuals, those in emotional transition, or anyone seeking a deeply unusual and transformative healing experience.

60 min: Rs4,800 ($37) | 90 min: Rs6,800 ($52)



Chakra Balancing Ritual — The Energy Alignment Journey

A comprehensive energy healing session drawing together therapeutic touch, crystal placement, Himalayan singing bowl resonance, and guided breathwork in a cohesive 70-90 minute journey through all seven major energy centers. The room is filled with chakra-specific essential oils as the therapist works systematically from root to crown. No two sessions are ever quite the same.

Benefits: Purifies and balances all seven chakra centers; promotes emotional release and integration; heightens intuition; reduces anxiety; creates energetic wholeness.

Best For: Those interested in energy medicine, yoga practitioners, those in life transitions, or anyone seeking a deeply holistic, mind-body-spirit healing experience.

70 min: Rs6,500 ($50) | 90 min: Rs8,200 ($63)



Cupping Therapy — Ancient Suction Healing

Glass, silicone, or bamboo cups applied to the skin in a vacuum seal create a reverse-pressure drawing effect on underlying tissues. We offer traditional fire cupping, modern silicone cupping, and slide cupping along the back's large muscle groups. Suction draws stagnant blood and lymph toward the surface, breaks up fascial adhesions, and stimulates chronically underserved circulation.

Benefits: Releases deep fascial restrictions; improves blood and lymph circulation; relieves chronic back and neck pain; reduces muscle soreness; supports respiratory health.

Best For: Athletes, those with chronic pain, respiratory conditions, or post-exercise soreness. Note: temporary bruising may occur.

Temporary circular marks on the skin may appear — these fade within 3-7 days and are a normal part of the therapy.

30 min: Rs2,800 ($22) | 60 min: Rs4,200 ($32)



Reiki Energy Healing — The Touch of Universal Life Force

Level II and Master-certified Reiki practitioners channel universal healing energy through light touch or from a short distance into the recipient's energy field. Conducted in a private room with soft candlelight, gentle music, and selected aromatic oils. Reiki works on the subtle body to remove energetic interference patterns and create the conditions for deep healing.

Benefits: Deeply relaxes the nervous system; accelerates physical and emotional healing; balances energy centers; reduces anxiety; supports grieving and life transitions.

Best For: Those undergoing significant life transitions, healing from illness or injury, experiencing grief or emotional difficulty, or anyone seeking deep energetic rest and restoration.

Private session only. Prior booking required.

60 min: Rs5,200 ($40)



Craniosacral Therapy — The Healing Tide

One of the most subtle and profoundly effective forms of hands-on healing. Working through an extremely gentle touch — no more than five grams of pressure — the practitioner attunes to the slow rhythmic tidal motion of the cerebrospinal fluid from cranium to sacrum. By releasing restrictions in this system, CST can address a remarkably wide range of chronic conditions.

Benefits: Relieves chronic headaches and migraines; addresses TMJ dysfunction; reduces neck and back pain; supports recovery from concussion and whiplash; relieves anxiety and PTSD; improves sleep; and supports the healing of fibromyalgia and chronic fatigue syndrome.

Best For: Those with chronic conditions unresponsive to other treatments, post-concussion care, anxiety, fibromyalgia, PTSD, or those seeking the deepest possible level of subtle, non-invasive healing.

60 min: Rs4,800 ($37)

BODY SCRUBS, WRAPS & RITUAL BATHS

RITUALS OF RADIANCE — EXFOLIATION, NOURISHMENT & RENEWAL

Body scrubs and wraps have been central to healing traditions across Nepal, India, and the wider Asian world for illennia — not as indulgences, but as essential rituals of skin maintenance, detoxification, and cellular renewal. Every ingredient is ethically sourced, many used in Nepali healing traditions for generations.



Nepal Salt Glow — The Mineral Renewal Ritual

Coarsely ground pink Himalayan salt blended with warm sesame oil, vitamin E, and grounding essential oils. Firm circular strokes across the entire body remove dead skin cells while the mineral-rich salt re-mineralizes and balances the skin's natural ecosystem. Followed by a warm shower and rich Ayurvedic body butter application.

Benefits: Deeply exfoliates; re-mineralizes the skin; stimulates circulation; reduces cellulite; brightens skin tone; leaves skin irresistibly soft and silky.

Best For: Dull, dry, or rough skin; those seeking skin brightening; or as preparation before a wrap or massage treatment.

30 min: Rs3,200 ($25) | 45 min: Rs4,200 ($32)



Coffee Body Scrub — The Cellulite Ritual

Freshly ground Nepali Himalyan coffee sourced from Nepal's specialty coffee from high himalyan farms, combined with Himalyan Honey, Sesami / coconut oil, Milk , Almond lotion and awakening citrus essential oils. Coffee's natural caffeine has a well-documented lipolytic effect on fat cells and tightening effect on blood vessels — arguably the most effective natural cellulite-fighting treatment available. Delivers antioxidant protection transdermally.

Benefits: Visibly reduces appearance of cellulite; tightens and tones skin; removes dead skin cells; improves circulation; delivers antioxidant protection.

Best For: Those concerned with cellulite, skin tone, or dull complexion; pre-event skin preparation; or anyone who wants their skin to feel and look its very best.

30 min: Rs3,200 ($25) | 45 min: Rs4,200 ($32)



Ayurvedic Ubtan/ Udbartan Scrub — The Radiance of Ancient India

Ubtan is one of Ayurveda's oldest beauty preparations — chickpea flour, turmeric, sandalwood powder, rosewater, and milk — used in Indian beauty rituals for thousands of years. Our recipe is enhanced with locally sourced Himalayan herbs. Applied as a paste and worked with gentle circular strokes, the Ubtan deeply cleanses pores and imparts the traditional 'inner glow.'

Benefits: Brightens and evens skin tone; deeply cleanses pores; reduces hyperpigmentation; nourishes the skin; imparts a natural luminous glow.

Best For: Uneven skin tone, hyperpigmentation, dull complexion, pre-event radiance preparation, or those seeking an authentic ancient beauty ritual.

45 min: Rs4,500 ($35)

BODY SCRUBS, WRAPS & RITUAL BATHS

RITUALS OF RADIANCE — EXFOLIATION, NOURISHMENT & RENEWAL



Essential Body Glow — Honey & Himalayan Herb Wrap

A supremely gentle treatment for sensitive, sunburned, or travel-stressed skin. Warm raw Himalayan honey, finely ground oats, chamomile flower water, and locally harvested Jatamansi and Brahmi are applied with large, luxurious circular strokes. Honey's natural humectant properties lock moisture deep into the skin while herbs calm inflammation and restore the skin's natural microbiome.

Benefits: Deeply moisturizes and soothes dry, irritated, or sun-stressed skin; reduces redness and inflammation; brightens complexion.

Best For: Dry or sun-damaged skin, those with sensitive skin conditions, or post-altitude skin care after trekking.

45 min: Rs3,800 ($29)



Rose & Honey Body Wrap — The Bridal Radiance Ritual

A deeply feminine, nourishing treatment wrapping the body in organic rose petals, raw honey, shea butter, and rose hip oil. Following dry brush exfoliation, the rose and honey paste is applied in smooth even layers before wrapping the body in warm linen sheets. During the wrapping time, a short scalp and face massage is performed. The skin emerges petal-soft and luminous.

Benefits: Accelerates cell renewal; deeply hydrates and softens; improves skin elasticity; reduces dryness; leaves the skin with a petal-soft, luminous finish.

Best For: Pre-bridal preparation, special event skin care, dry or mature skin seeking deep nourishment.

60 min: Rs4,800 ($37)



Detoxifying Mud Wrap — The Deep Earth Cleanse

Himalayan mineral clay with activated charcoal, Epsom salt, and a herbal decoction of neem, ginger, and black pepper, applied warm to the entire body and sealed with heat wraps. The clay draws deeply embedded toxins from the tissues while minerals replenish what has been lost. Begins with a Himalayan salt scrub and concludes with a revitalizing herbal steam.

Benefits: Draws out toxins from tissues; stimulates the immune system; improves circulation; reduces water retention; creates profound energetic renewal and lightness.

Best For: Those feeling sluggish, toxic, depleted, or run down; post-travel recovery; or as part of a detox package.

75 min: Rs5,500 ($42)

FACIAL TREATMENTS & SKIN RITUALS

LUMINOSITY, BALANCE & TIMELESS BEAUTY — NATURALLY



Refreshing Mini Facial — The Quick Renewal

A 30-minute express facial delivering surprisingly complete results. Professional-grade double cleanse, gentle exfoliation, and a targeted treatment mask customized to your skin's current condition. Concludes with toning mist and lightweight moisturizer. Perfect before a special evening or after a long journey.

30 min: Rs2,800 ($22)



Deep Cleansing Facial — The Purification Reset

A comprehensive, results-driven facial to deeply purify congested skin and repair environmental damage. Double-cleanse protocol, steam-assisted manual extraction, professional-strength antioxidant exfoliant, targeted serum application, treatment mask, relaxing facial massage, and sealed with SPF moisturizer. The skin emerges deeply clean, visibly clarified, and radiant.

Benefits: Clears congestion and enlarged pores; removes environmental pollutant damage; brightens complexion; and leaves skin feeling completely refreshed and renewed.

Best For: Oily, congested, acne-prone skin; those experiencing environmental skin stress; or anyone wanting a thorough, professional deep-cleanse.

60 min: Rs4,200 ($32)



Hydra-Nourish Facial — Moisture Sanctuary for Altitude-Stressed Skin

Kathmandu's altitude and the Himalayan climate can strip the skin of essential moisture. Specifically designed for dehydrated, wind-stressed, or altitude-affected skin using ultra-hydrating hyaluronic acid concentrate, deep moisture infusion mask, and a rich finishing cream to restore the skin's natural hydration gradient from within.

Benefits: Deeply replenishes skin moisture; reduces flakiness and tightness; plumps fine lines caused by dehydration; leaves skin visibly supple and bouncy.

Best For: Trekkers, travellers, those with dry or dehydrated skin, or anyone whose skin has been stressed by altitude, wind, or sun.

60 min: Rs4,800 ($37)



Anti-Aging Collagen Facial — The Lifting Ritual

A professional-grade anti-aging treatment combining clinical-strength exfoliation, professional collagen peptide infusion, a firming double mask protocol, and expertly executed facial massage using lifting and sculpting techniques. Creates a measurable firming, brightening, and smoothing effect visible immediately and improving over days as collagen synthesis is stimulated.

Benefits: Firms and lifts; reduces fine lines and wrinkles; brightens and evens skin tone; stimulates collagen production; delivers visible immediate improvement.

Best For: Mature or mature-leaning skin; those seeking natural anti-aging results; or as preparation for a special event.

70 min: Rs6,200 ($48)

Facial Treatments & Skin Rituals

Luminosity, Balance & Timeless Beauty — Naturally



Men's Purifying Facial* — *Balanced, Clear & Refreshed*

Formulated for male skin — which produces more sebum, has larger pores, and is regularly stressed by shaving. Targeted deep-cleanse protocol, salicylic-based exfoliation, thorough extraction, balancing clay mask, and lightweight non-greasy moisturizing finish. Beard and post-shave areas receive special attention with soothing actives to reduce razor irritation.

Benefits: Clears and minimizes pores; reduces oiliness and shine; soothes shaving irritation; improves overall complexion clarity.

Best For: Men of all ages seeking clear, healthy, balanced skin.

60 min: R4,200 ($32)



Brightening Botanical Facial* — *Natural Radiance Revealed*

A vitamin-rich treatment using natural fruit enzymes, botanical extracts, and Himalayan herbs to gently exfoliate, lighten hyperpigmentation, and reveal a brighter, more even complexion. Includes double cleanse, enzyme peel, brightening serum, treatment mask and a nourishing facial massage.

Benefits: Evens skin tone; reduces dark spots and pigmentation; brightens dull complexion; reveals natural radiance.

Best For: Those with uneven skin tone, sun damage, pigmentation, or dull complexion.

60 min: R4,800 ($37)



Stress Relief Facial* — *Calm Mind, Glowing Skin*

A holistic facial treatment combining gentle facial massage, acupressure points, aromatic essential oils, and a soothing mask to release facial tension and calm the nervous system. Designed to visibly reduce stress in the face — where we so often hold it.

Benefits: Relieves facial tension; reduces signs of stress and fatigue; improves circulation; leaves skin calm, refreshed, and glowing.

Best For: Those experiencing stress, tension headaches, or anyone wanting a deeply relaxing facial experience.

60 min: R4,200 ($32)



24K Gold Radiance Facial* — *Luxury for Luminous Skin*

An indulgent, age-defying treatment using genuine 24K gold, combined with powerful antioxidants, peptides, and botanical extracts. Gold helps improve skin elasticity, stimulates collagen production, and imparts an instant radiant glow. Includes cleanse, gentle exfoliation, gold mask, serum infusion, and a lifting facial massage.

Benefits: Boosts collagen production; firms and tones; reduces fine lines; brightens complexion; leaves skin with a luminous, youthful glow.

Best For: Mature or mature-leaning skin, special occasions, or anyone wanting the ultimate luxury facial experience.

75 min: R6,800 ($52)

info@nepalayurveda.com | www.nepalayurveda.com | Open Daily 8:00 AM – 9:00 PM

Yoga, Meditation & Lifestyle

The Living Practice — Movement, Stillness & Inner Wisdom

At Nepal Ayurveda Wellness, yoga and meditation are not add-ons to the spa experience — they are central to it. Our classes are led by certified teachers whose practice has been shaped by years of dedicated study in Nepal's living yoga traditions.



Drop-In Yoga Class* — *Open to All Levels*

Daily drop-in class integrating classical Hatha yoga asana, conscious breathwork (pranayama), and short meditation into a balanced, accessible one-hour practice. Suitable from complete beginners through to intermediate practitioners. Mats, props, and herbal tea provided.

60 min Private: R2,000 ($15) | 60 min Group (2-6 persons): R1,200 pp ($9 pp)



Therapeutic Yoga Session* — *Yoga as Medicine*

A one-on-one session with a qualified Yoga Therapist designed around your specific health condition — chronic back pain, anxiety, hormonal imbalance, or post-injury recovery. The therapist designs a personalized protocol combining targeted asana, breathwork, and relaxation techniques. Highly recommended alongside Ayurvedic treatments.

60 min: R2,500 ($19)



Prenatal Yoga* — *Strength and Serenity for Mothers-to-Be*

A gentle, nurturing class for expectant mothers — safe and supportive postures, breathing techniques for labour preparation, pelvic floor strengthening, and relaxation practices. Taught by a certified prenatal yoga instructor. Monthly memberships available for those in Kathmandu for an extended period.

60 min per session: R1,800 ($14)



Sound Healing — Himalayan Singing Bowls*

The Vibrational Medicine of the Himalayas

Himalayan singing bowls — made from a traditional seven-metal alloy — have been used in Nepali and Tibetan healing traditions for centuries. Lying fully clothed in a warm, comfortable space, our Guru Sound Healer plays an array of bowls tuned to specific vibrational frequencies around and on the body. The sounds entrain brainwaves toward the theta-delta healing range and penetrate the body at a cellular level.

Best For: Stress, anxiety, trauma recovery, insomnia, chronic pain, or anyone seeking a profoundly transformative healing experience.

Treatment	1 Person	2-6 Persons (per person)
Sound Healing — 60 min	R9,200 ($71)	R8,000 ($62)
Sound Healing + Yoga/Meditation — 90 min	R10,500 ($81)	R9,000 ($69)
Reiki Healing / Energy Healing with Singing Bowls — 60 min	R4,500 ($35)	R4,500 ($35)
Yoga Class — 60 min	R2,000 ($15)	R1,200 ($9)

Yoga, Meditation & Lifestyle

The Living Practice — Movement, Stillness & Inner Wisdom



Guided Meditation & Mindfulness*

The Practice of Being

A private guided meditation session with our trained meditation teacher. Sessions can focus on Vipassana mindfulness, Metta compassion cultivation, yoga nidra (conscious deep rest), breathwork-based Pranayama meditation, or any approach appropriate to your current experience and goals. Held in our dedicated meditation room, softly lit and infused with calming aromas.

45 min Private: R2,000 ($15)

60 min Private: | R2,500 ($19)



Ayurveda Lifestyle Consultation*

Knowing Your Nature

A one-on-one consultation with our resident Ayurvedic physician providing a comprehensive analysis of your body constitution (Prakriti) and current state of balance (Vikriti) using classicial Ayurvedic diagnostic tools — pulse diagnosis (Nadi Pariksha), tongue analysis, and lifestyle questionnaire. You receive a detailed, personalized protocol covering diet, daily routine, seasonal practices, herbal supplements, and recommended therapies.

30 min: R2,500 ($19)

|

60 min Full Lifestyle Review: R4,500 ($35)

Beauty & Grooming Services

Refined, Natural Beauty — Ethically and Skillfully Applied



Hands & Feet

Service	Duration	Price (NPR / USD)
Classic Manicure	30 min	R2,800 ($22)
Classic Pedicure	45 min	R3,200 ($25)
Deluxe Manicure (+ scrub, massage, mask)	60 min	R3,500 ($27)
Deluxe Pedicure (+ scrub, massage, mask)	75 min	R4,200 ($32)
Gel Nail Polish Application	60 min	R2,500 ($19)
Gel Polish Removal	30 min	R800 ($6)
Manicure & Pedicure Combo ★	90 min	R5,500 ($42)



Waxing Services

Area	Price (NPR / USD)
Eyebrow Shaping (Wax)	R800 ($6)
Upper Lip	R600 ($5)
Full Face Wax	R1,200 ($9)
Ear Wax	R800 ($6)
Underarms	R800 ($6)
Half Arms	R1,800 ($14)
Full Arms	R2,500 ($19)
Half Legs	R1,800 ($14)
Full Legs	R2,800 ($22)
Back Waxing	R2,500 ($19)
Chest & Stomach	R3,200 ($25)
Bikini Line	R2,800 ($22)
Brazilian / Hollywood	R3,500 ($27)
Full Body Wax (Ladies)	R8,500 ($65)
Full Body Wax (Gents)	R10,000 ($77)

Beauty & Grooming Services

Refined, Natural Beauty — Ethically and Skillfully Applied



Threading

Area	Price (NPR / USD)
Eyebrow Threading	R200 ($2)
Forehead	R200 ($2)
Upper Lip	R200 ($2)
Chin	R200 ($2)
Full Face Threading	R600 ($5)



Sauna & Steam Bath

Relax and purify in our traditional dry sauna or herbal steam room, available individually or as part of any wellness package. Hot/cold shower available throughout. Towels provided.

Treatment	Duration	Price (NPR / USD)
Herbal Steam Bath	20 min	R1,200 ($9)
Herbal Steam Bath	30 min	R1,500 ($11)
Herbal Steam Bath	50 min	R2,500 ($17)

Treatment Enhancements & Add-Ons

Small Additions — Profound Differences

The following enhancements can be added to any massage or body treatment to create a more complete and personalized experience. Typically 10–15 minutes additional.

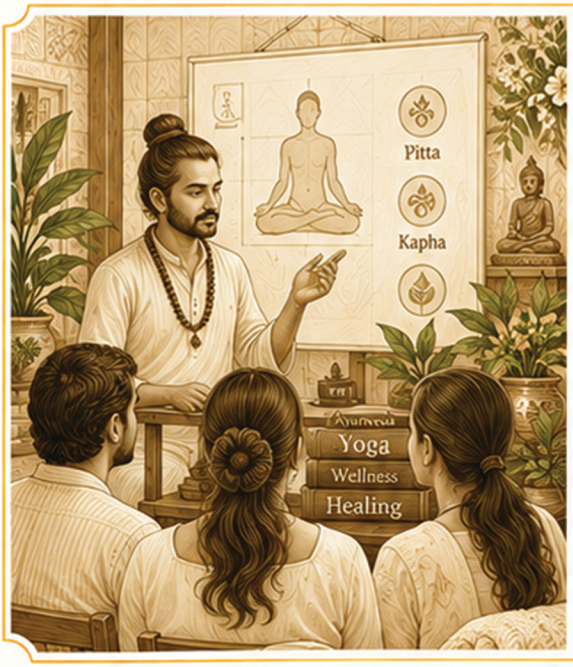
Enhancement	Price
Warm Medicated Oil Scalp & Hair Treatment	R600 ($5)
Tension-Soother Muscle Melt (targeted heated herbal compress)	R450 ($3)
Hot Basalt Stone Application on Back	R600 ($5)
Collagen-Enhancing Herbal Facial Mask	R600 ($5)
Himalayan Crystal Singing Bowl Mini-Session (15 min)	R1,200 ($9)
Aromatherapy Oil Upgrade (Premium essential oil blend)	R500 ($4)
Ayurvedic Herbal Eye Pillow	R350 ($3)
Post-Treatment Herbal Tea & Honey Ritual	R400 ($3)
Take-Home Ayurvedic Herbal Oil (100ml)	R1,500 ($12)



Nepal Ayurveda Wellness Training Institute

Learn the Living Tradition — Professionally Certified Courses

Nepal Ayurveda Wellness Training Institute offers Nepal's most comprehensive Ayurvedic and wellness training programmes, led by qualified MD Ayurvedic doctors, certified Panchakarma therapists, professional sound healers, and registered yoga and meditation teachers. All courses are conducted in English and Nepali. Internationally recognized certificates are awarded upon successful completion of all requirements.

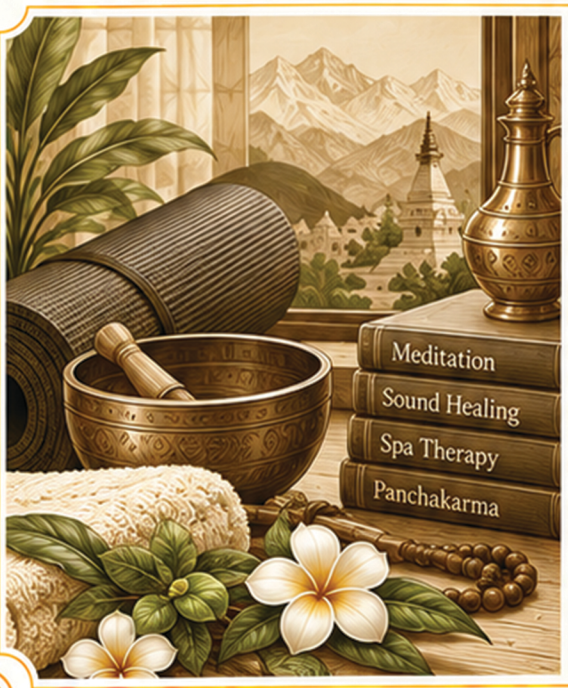


One-Day Foundation Courses

Ideal for curious beginners, wellness professionals, and travellers who wish to deepen their understanding of traditional healing sciences during their time in Nepal.

Course	Duration	Price (NPR)	Price (USD)
Fundamentals of Ayurvedic Science	5 hours	R15,000	$115
Professional Foundation of Ayurveda	8 hours	R25,000	$192
Basic Yoga Teacher Foundation	3 hours	R15,000	$115
Introduction to Spa Therapy	3 hours	R15,000	$115
Panchakarma Therapy Foundations	8 hours	R15,000	$115
One-Day Chakra Healing	5 hours	R19,500	$150
Sound Healing Foundations	8 hours	R32,500	$250

One-day courses include all materials, reference handouts, a certificate of attendance, and a welcome herbal tea. No prior experience required for any course.



Three-Day Intensive Programmes

Immersive intensives combining theoretical foundations with significant hands-on practice. Ideal for healthcare professionals, yoga teachers, therapists, and serious wellness students.

Programme	Duration	Price (NPR)	Price (USD)
3-Day Comprehensive Ayurveda	3 Days / 24 hrs	R65,000	$500
3-Day Yoga & Pranayama Intensive	3 Days / 24 hrs	R45,000	$346
3-Day Sound Healing Level 1	3 Days / 24 hrs	R85,000	$654
3-Day Spa Therapy Professional	3 Days / 24 hrs	R55,000	$423

Three-day programmes include all course materials, comprehensive training manual, hands-on practice under expert supervision, certificate of completion, and daily Ayurvedic meals.

Nepal Ayurveda Wellness Training Institute

Learn the Living Tradition — Professionally Certified Courses

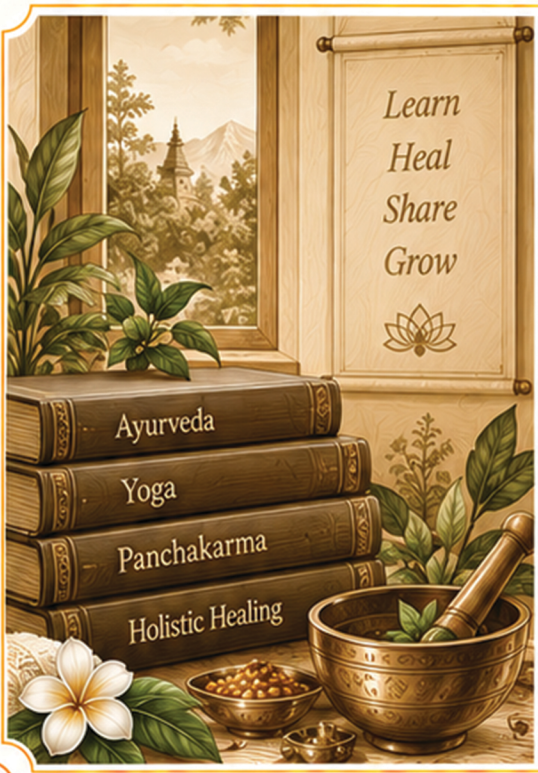


Sound Healing Certification — Complete Pathway

Our Sound Healing programme is one of the most respected in Nepal, taught by an experienced Guru Sound Healer with deep roots in the Nepali and Tibetan healing bowl tradition. This structured four-level pathway takes practitioners from foundational understanding through to Master-level teaching competency.

Level	Duration / Hours	Price (NPR)	Price (USD)
Sound Healing — Level 1 (Foundation — 20 hrs)	3 Days	R85,000	$654
Sound Healing — Level 2 (Practitioner — 40 hrs)	5 Days	R130,000	$1,000
Sound Healing — Level 3 (Advanced — 80 hrs)	10 Days	R220,000	$1,692
Sound Healing — Level 4 (Master Level)	21 Days	R380,000	$2,923

Each level includes: written theory examination, supervised practical sessions, case study documentation, and internationally recognized certification. Alumni network access and ongoing mentorship available. **Prerequisite:** each level must be completed before advancing to the next.



Long-Term Professional Certification Programmes

For those called to practice Ayurveda and wellness professionally. These are immersive, rigorous programmes that qualify graduates to work as licensed therapists, practitioners, and educators.

Programme	Duration	Price (NPR)	Price (USD)
1-Month Ayurveda Practitioner Certificate	1 Month / ~160 hrs	R150,000	$1,154
3-Month Advanced Ayurveda & Panchakarma	3 Months / ~480 hrs	R380,000	$2,923
6-Month Ayurveda Therapist Diploma	6 Months / ~960 hrs	R650,000	$5,000

What All Long-Term Programmes Include

Comprehensive theoretical curriculum • Daily supervised clinical practice • Patient case study documentation • Herbal pharmacy and formulation training • Pulse diagnosis (Nadi Pariksha) training • Panchakarma therapy certification • Internationally recognized diploma/certificate • Accommodation assistance available • Post-graduation mentorship and alumni network

Bespoke training for hospitals, wellness retreats, and corporate wellness teams is available. Contact us to discuss customized group programmes.

Your Guide to a Perfect Experience

Everything You Need to Know Before You Arrive



Reservations & Booking

We warmly recommend booking treatments in advance, particularly for multi-hour experiences, Panchakarma therapies, and physician consultations. Walk-in guests are always welcome based on availability. Call, WhatsApp, or email us to secure your preferred time.

Arriving at the Centre

Please arrive 10-15 minutes before your first treatment to complete a brief wellness intake form and enjoy a welcome herbal tea. Late arrivals may result in a shortened treatment to honour the next guest's appointment.

What to Wear

For oil treatments: disposable underwear, treatment shorts, and soft bath towels are provided. For yoga, Thai massage, and Shiatsu: please wear or bring comfortable, loose-fitting clothing. Secure changing rooms and lockers are available.

Your Therapist

Our team includes both male and female therapists across all disciplines. If you have a preference, please let us know at the time of booking. We will do our best to accommodate your preference, though we cannot always guarantee availability without prior confirmation.

Health Considerations

Please inform us at the time of booking — and remind your therapist before treatment — of any health conditions, allergies, recent injuries, surgeries, or pregnancies. Our team will adapt your treatment accordingly. Your safety and comfort are our highest priorities.

Digital Detox During Your Visit

To honour the healing space for yourself and fellow guests, we kindly request that all mobile phones and electronic devices be switched to silent or off upon entering treatment areas. Consider your time here a true digital detox — a gift to yourself.

Your Comfort is Our Priority

Every aspect of your treatment — pressure depth, room temperature, music volume, lighting, oil choice, and draping — can be adjusted at any time. Please speak freely with your therapist. A truly therapeutic experience is a conversation, not a performance.

Prices are in Nepali Rupees (₹) and US Dollars ($). Exchange rate is approximate at time of printing (May 08 2026). All prices are subject to applicable taxes. Prices are subject to change without prior notice.

NEPAL AYURVEDA WELLNESS

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Open Daily 8:00 AM - 9:00 PM

HEAL • BALANCE • REJUVENATE • BELONG

