



REVIVING RITUALS

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The highest-rated
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The highest-rated Ayurveda & Panchakarma Centre by customers and industry experts in Varanasi

AYURVEDA THERAPIES

Natural, Proven and Effective

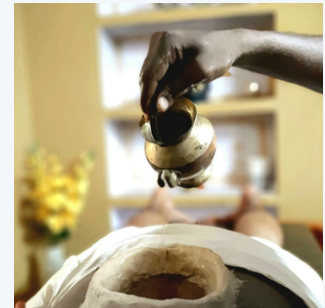


Abhyangam (Ayurvedic Oil massage) 60 min

- Reduces muscle stiffness and pain.
- Has anti-aging effects.
- Improves blood and fluid circulation.
- Reduces physical and mental fatigue.
- Nourishes body and promotes sleep.
- Strengthens immune system.

KATI BASTI (LOWER BACK OIL POOLING) 30 min

- Relieves back ache and relieves muscle spasm.
- Provides strength to the vertebral column.
- Improves circulation, gives nutrition and removes body toxins.
- Reduces swelling.
- Improves skin texture and health.

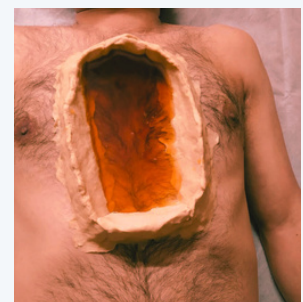


Manya Basti (OIL POOLING neck) 30 min

- Reduces pain and stiffness in neck.
- Improves circulation.
- Helpful in cervical pain and shoulder pain
- Reduces muscle spasm in neck and shoulders.
- Helpful in reducing tingling and numbness.
- Nourishes the body and promotes sleep.

HRID BASTI (CARDIAC CARE OIL POOLING) 30 MIN

- Highly effective in cardiac care
- Helpful in controlling blood pressure
- Helpful in controlling palpitation, anxiety, hot flushes night sweats etc.





VIDDHA KARMA (PUNCTURING)

- Pain relief therapy
- Used for hair fall and alopecia treatments
- Joint disorders
- Highly effective for hair issues and hair regrowth
- Useful in altered skin sensation

RAKTAMOKSHAN (BLOOD LETTING)

- One of the best therapies for blood disorders
- Highly effective in curing skin diseases
- Purifies blood
- Relieves joint pain and swelling
- Improves skin tone



Nasya (Medicated nasal instillation) 20 min

- Nasal instillation of oil, ghee or herbal medicines.
- Effective in treating Neurological diseases.
- Strengthens and improves function of cranial nervousness.
- Beneficial in Hair and Skin care

BASTI (MEDICATED ENEMA)

- Treatment for Vata disorders.
- Anti-aging effect, treats obesity, malnourishment etc.
- Relieves pain in muscles, joints.
- Keeps the digestive system/gut healthy.
- Useful in Arthritis, IBS, mental issues etc.



SHIRODHARA (45 Min)

- Reduces the level of stress hormones
- Reduces anxiety and depression.
- Pacifies Vata Dosha.
- Improves concentration, and rouses intuitions.
- Helpful in treating migraine.
- Calms the Brain and promotes sleep.



SHIROBHYANG (HEAD MASSAGE) 20 MIN

- Stimulate hair regrowth, and relieve stress.
- Used for hair fall and alopecia treatments
- Helpful in migraines and headaches.
- Improves eye sight and sensory stimulations
- Improves sleep

PIZHICHIL (CONTINUOUS OIL POURING) 60 MIN

- Improves blood circulation and immunity.
- Effective in the treatment of muscle cramps, paralysis, rheumatic diseases, arthritis, neurological disorders, and blood pressure issues.
- One of the finest anti-aging therapy

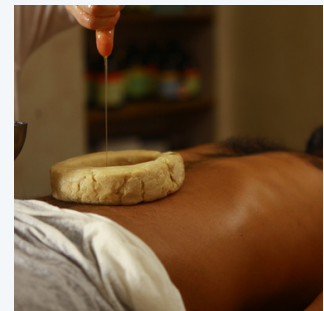


SWEDAN (HERBS INFUSED STEAM BATH) 20 MIN

- Balances Vata and Kapha Doshas in the body.
- Detoxifies the body
- Improves Circulation, and reduces inflammation.
- Revitalizes and Rejuvenates the skin.
- Improves digestion and improves energy levels.
- Helpful in fat loss and Relieves stress.

CHAKRA BASTI (UMBELICAL OIL POOLING) 20 MIN

- Acts on the solar plexus thus balancing the digestive fire.
- Strengthen the power of digestion and absorption.
- Facilitates the release of deep-seated emotions.
- Balances the nervous system & improves immunity.
- Nourishes and rebuilds your energy centers or CHAKRAS.



JANUBASTI (OIL POOLING FOR KNEE JOINT) 30 MIN

- Help in treating osteoarthritis of the knee joint,
- Helps in treating osteoporosis, ligament tear, rheumatism and degenerative disorder of knee joint
- Subluxation of the knee joint
- Chronic pain of the knee joint
- Strains and sprains
- Post-trauma healing



PINDA SWEDA (PATRA/CHOORNA/PIZHICHIL) 45 MIN

- Relieves body aches and softens the ligaments of body.
- Improves circulation, offers nutrition, and removes toxins.
- Reduces swelling.
- Provides strength to body.
- Improves skin texture and health.

NETRA BASTI (EYE CARE) 20 MIN

- Reduces burning, roughness and stiffness in eyes
- Reduces pain and pricking sensation in eyes
- Relieves eye strain
- Reduces dryness in eyes
- Improves vision

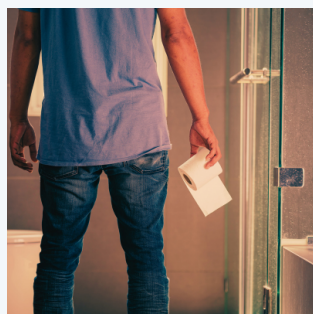


PADABHYANG (AYURVEDIC FOOT MASSAGE) 20 MIN

- Relieves stiffness in our feet.
- Gives Strength and stability to the foot and limbs.
- Improve our auditory and visual senses.
- Prevents diseases of the feet and eases the contraction of muscles, tendons, and vessels of the feet.
- Prevents cracks and dryness in the heels.

VAMAN (MEDICATED EMESIS PACKAGE)

- Useful in Kapha predominant diseases
- Major ayurveda therapy for deep body detox
- Improves physical and mental efficiency
- Improves immunity



VIRECHAN (MEDICATED PURGATION PACKAGE)

- Useful in Pitta predominant diseases.
- A major detox therapy in Ayurveda.
- Improves physical and mental efficiency
- Improves immunity.
- Provides lightness in the body.