



॥ayurveda॥

AYURVEDA CENTRE AT J WELLNESS CIRCLE - TAJ GANDHINAGAR RESORT & SPA

Welcome to a transformative journey at our Ayurvedic Wellness Resort, where timeless traditions meet Ancient holistic care. In partnership with Setu Nutricare, we are dedicated to nurturing your well-being through the profound wisdom of Ayurveda-an ancient science that harmonizes life (“Ayu”) and knowledge (“Veda”).

In an era where the pace of life often overshadows personal health, our wellness philosophy emphasizes balance, prevention, and personalized care. Ayurveda offers more than just remedies; it provides a lifestyle rooted in nature’s rhythms, promoting harmony between the body, mind, and spirit.

Our carefully curated programs reflect this integrative approach, blending luxurious comfort with authentic Ayurvedic therapies. Setu Nutricare’s expertise enhances our offerings, ensuring each treatment is tailored to your unique constitution and health goals. Whether seeking rejuvenation, recovery, or preventive care, our therapies are designed to restore vitality and holistic well-being.

Guided by skilled Vaidyas (Ayurvedic physicians), our non-invasive treatments address diverse health needs-from musculoskeletal health and sports recovery to stress management and preventive wellness. Each therapy honors the Ayurvedic principle of individuality, providing personalized care that aligns with your unique body-mind composition.

As you explore our therapy menu, we invite you to embrace this sanctuary of holistic wellness. Discover the art of living in balance, where ancient Ayurvedic practices and Setu Nutricare’s innovative health concepts converge, creating a path to lasting vitality and inner peace.

Welcome to your journey of holistic transformation.



AYURVEDA

Abhyanga with Swedana	(60 Mins)
Udwarthana with Swedana	(60 Mins)
Shirodhara	(60 Mins)
Thakradhara	(60 Mins)
Pizhichil (Sarvang Dhara)	(45 Mins)
Kashaya Kayasekam	(45 Mins)
Churna Pind Sweda with Abhyanga	(90 Mins)
Shashtika Shali Pinda Sweda	(90 Mins)
Masha Pinda Sweda	(90 Mins)
Pathra Pinda Sweda	(45 Mins)
Valuka Sweda	(45 Mins)
Kati Basti	(45 Mins)
Prustha Basti	(45 Mins)
Hrid Basti	(45 Mins)
Greeva Basti	(45 Mins)
Janu Basti	(45 Mins)
Nabhi Basti	(45 Mins)
Lepanam	(60 Mins)
Keshlepanam	(45 Mins)
Shiro Pichu	(45 Mins)
Pichu	(30 Mins)
Padabhyanga	(15 Mins)
Ekangabhyang	(15 Mins)
Paadtalabhyanga	(15 Mins)
Gandush	(05 Mins)

ABHYANGA with Swedana Duration – 60 Mins

Abhyanga with Swedan is a comprehensive Ayurvedic therapy that combines the benefits of a soothing, therapeutic oil massage (Abhyanga) with the cleansing effects of herbal steam therapy (Swedan). During this treatment, warm medicated oils are applied to the body with long, rhythmic strokes, promoting deep relaxation, improving circulation, and nourishing the skin and tissues. Following the oil massage, the body is subjected to steam therapy using herbal infusions to open the pores and enhance detoxification, helping to release toxins (Ama) from the body. This combination is highly effective in relieving muscle tension, improving flexibility, reducing stress, and promoting overall detoxification and rejuvenation. It balances all three doshas-Vata, Pitta, and Kapha-while calming the mind and revitalizing the body.

UDWARTHANA with Swedana Duration – 60 Mins

Udwarthanam Swedan is an invigorating Ayurvedic therapy that combines a dry herbal powder massage (Udwarthanam) with steam therapy (Swedan) for deep detoxification and rejuvenation. During this treatment, customized herbal powders, carefully formulated based on the individual's health condition and dosha status, are gently massaged into the body in an upward direction. This helps to exfoliate the skin, reduce cellulite, and stimulate the lymphatic system, promoting fat reduction and improving blood circulation. After the massage, steam therapy using herbal infusions is applied to open the pores and enhance the detoxification process, helping to release toxins (Ama) from the body. Udwarthanam Swedan is particularly effective for weight management, reducing water retention, improving skin texture, and promoting overall wellness. It helps balance the Kapha dosha, tones the body, and rejuvenates both the skin and tissues.

SHIRODHARA Duration – 60 Mins

Shirodhara is an Ayurvedic therapy where warm, medicated oil or herbal liquids are poured continuously over the forehead, targeting the "third eye" area. This calming treatment helps relieve stress, anxiety, insomnia, and headaches by soothing the nervous system and promoting deep relaxation. Shirodhara balances the Vata and Pitta doshas, improves mental clarity, and enhances emotional well-being. It is effective for reducing mental fatigue, boosting cognitive function, and promoting overall tranquility and rejuvenation. This therapy is ideal for those seeking emotional healing and stress relief.

THAKRADHARA Duration – 60 Mins

Thakradhara is an Ayurvedic therapy that involves the continuous pouring of medicated buttermilk (Takra) over the forehead, similar to Shirodhara. The buttermilk is infused with herbs that help calm the mind, reduce heat, and promote relaxation. This treatment is particularly beneficial for conditions like stress, insomnia, anxiety, headaches, and mental fatigue, as it cools the body, soothes the nervous system, and restores balance to the Pitta dosha.

Thakradhara is known for its cooling and rejuvenating effects, making it ideal for those with Pitta imbalances or individuals experiencing excess heat in the body and mind. It helps improve mental clarity, calm emotions, and promote restful sleep, providing a sense of tranquility and emotional well-being.

PIZHICHIL Sarvang Dhara Duration – 45 Mins

Pizhichil (Sarvang Dhara) is a highly therapeutic Ayurvedic treatment involving the application of warm, medicated oils poured in a continuous stream over the entire body. The oil is typically poured in rhythmic strokes while simultaneously massaging the body to enhance absorption and circulation. This therapy is often called "Sarvang Dhara" because it treats the whole body (Sarvang) and offers a rejuvenating, holistic experience.

Pizhichil is especially beneficial for conditions like muscle weakness, arthritis, joint pain, neurological disorders, stress, and fatigue. It helps to relieve tension, improve flexibility, enhance blood circulation, and promote deep relaxation. This treatment balances all three doshas-Vata, Pitta, and Kapha-while also nourishing the skin and tissues. It is commonly used for rejuvenation, detoxification, and overall healing, leaving the body feeling revitalized and the mind calm.

KASHAYA KAYASEKAM Duration – 45 Mins

Kashaya Kayasekam is an Ayurvedic therapy where a herbal decoction (Kashaya) is poured over the entire body in a steady stream, typically after a soothing massage. The herbal mixture is made from a blend of medicinal herbs known for their detoxifying, anti-inflammatory, and rejuvenating properties. This treatment is designed to cleanse the body, improve circulation, and reduce pain and stiffness.

Kashaya Kayasekam is particularly effective for conditions like joint pain, muscular tension, arthritis, and skin disorders. It helps to balance the doshas, by promoting detoxification and improving overall vitality. The warm herbal decoction provides a deeply soothing and revitalizing experience, improving flexibility and supporting the body's natural healing processes.

CHURNA PIND Sweda with Abhyanga Duration – 90 Mins

Churna Pind Sweda with Abhyanga is a therapeutic Ayurvedic treatment that combines the healing benefits of an oil massage (Abhyanga) with the detoxifying effects of a herbal powder poultice therapy (Churna Pind Sweda). In this treatment, a bundle of cloth is filled with a mixture of finely ground herbal powders (Churna), which are then heated and used to massage the body. The herbal powder pouches are pressed onto specific areas of the body, helping to relieve tension, reduce inflammation, and stimulate circulation, while also providing gentle exfoliation.

The treatment begins with a soothing Abhyanga, where warm medicated oils are applied to the body, promoting relaxation, improving flexibility, and nourishing the skin. The Churna Pind Sweda follows, allowing the herbal powders to deeply penetrate the tissues, aiding in the removal of toxins (Ama), reducing stiffness, and improving muscle tone.

This combination therapy is especially effective for managing conditions like joint pain, muscular soreness, and skin issues. It helps balance the Vata and Kapha doshas, alleviates stress, improves circulation, and promotes overall physical and mental well-being. It is ideal for those seeking a rejuvenating experience that detoxifies the body, enhances skin texture, and relieves muscle or joint discomfort.

SHASHTIKA SHALI PINDA Sweda Duration – 90 Mins

Shashtika Shali Pinda Sweda with Abhyanga is a therapeutic Ayurvedic treatment that combines the benefits of a soothing oil massage (Abhyanga) with a specialized herbal poultice therapy (Shashtika Shali Pinda Sweda). In this treatment, warm herbal pouches filled with a mixture of Navara rice and medicinal herbs are gently massaged onto the body, especially focusing on areas of pain, stiffness, or tension. The herbal rice pouches help relieve deep-seated muscle soreness, improve circulation, and promote relaxation.

Prior to the poultice therapy, the body is massaged with warm medicated oils, which nourishes the skin, enhances flexibility, and reduces stress. The combination of Abhyanga and Shashtika Shali Pinda Sweda enhances the therapeutic effects of both therapies, providing muscle strength, easing joint and muscle discomfort, and promoting relaxation.

This treatment is particularly beneficial for conditions like chronic pain, muscle stiffness, fatigue, and inflammation. It helps balance the Vata dosha, revitalizes the body, and improves overall vitality and well-being. It is ideal for those seeking relief from stress, tension, and physical discomfort while promoting skin health and overall rejuvenation.

MASHA PINDA Sweda Duration – 90 Mins

Masha Pinda Sweda with Abhyanga is a traditional Ayurvedic therapy combining the benefits of Abhyanga (therapeutic oil massage) and application of herbal powders. This holistic treatment uses warm herbal boluses filled with nourishing herbs and pulses, applied with gentle pressure to promote deep relaxation, relieve muscle tension, and improve blood circulation. The therapy helps in balancing the doshas, reducing inflammation, and detoxifying the body. Ideal for relieving joint pain, muscle stiffness, and stress, it offers a rejuvenating experience for both body and mind.

PATRA PINDA Sweda Duration – 45 Mins

Patra Pinda Sweda is an advanced Ayurvedic therapy that combines the healing benefits of herbal poultices (Potali) with steam therapy (Sweda) for deep tissue rejuvenation and detoxification. In this treatment, a bundle of fresh medicinal herbs, Ashta Pathra - leaves of eight medicinal plants which alleviates Vata dosha, is wrapped in a cloth and heated. The warm herbal pouch is then gently massaged over the body, especially on areas with accumulated tension or stiffness, such as the back, joints, and muscles. This therapy is followed by steam (Swedan), which further opens the pores, allowing the herbs to penetrate deeply into the body.

Patra Pinda Sweda is especially effective for conditions like arthritis, muscular pain, stiffness, and chronic fatigue. The combination of herbal healing, soothing warmth, and steam therapy enhances blood circulation, relieves pain, reduces inflammation, and promotes the elimination of toxins (Ama). It helps balance the Vata dosha, rejuvenate the body's tissues, and improve overall flexibility and mobility. This treatment is ideal for those seeking relief from joint and muscle discomfort while improving skin health and vitality.

VALUKA Sweda Duration – 45 Mins

Valuka Sweda is a specialized Ayurvedic therapy involving the application of warm sand packs for therapeutic heat treatment. The sand, heated to a comfortable temperature, is applied using a pouch to the affected areas of the body. This therapy is highly effective in alleviating pain, stiffness, and swelling, particularly in conditions like arthritis, joint pain, and muscle soreness. The dry heat helps improve blood circulation, reduce inflammation, and promote natural healing while balancing the Vata and Kapha doshas for overall wellness and relaxation.

KATI Basti Duration – 45 Mins

Kati Basti is a localized Ayurvedic therapy designed to relieve lower back pain and discomfort. It involves creating a reservoir using a dough ring over the lower back (Kati region) and filling it with warm medicated oil. The therapeutic warmth of the oil penetrates deeply into the tissues, soothing muscle stiffness, improving blood circulation, and reducing inflammation. Kati Basti is highly effective in managing conditions like sciatica, lumbar spondylosis, herniated discs, and chronic back pain. This therapy helps balance the Vata dosha, promoting pain relief, flexibility, and spinal health.

PRUSTHA Basti Duration – 45 Mins

Prustha Basti is an Ayurvedic therapy that targets the upper back and spine. In this treatment, a dough ring is placed around the upper back (Prustha region), and warm, medicated oil is poured into the reservoir. The therapy helps to relieve tension, stiffness, and pain in the back muscles and joints by deeply nourishing and soothing the area. Prustha Basti is particularly beneficial for conditions like upper back pain, muscle spasms, and spinal discomfort. It works to balance the Vata dosha, improve flexibility, enhance circulation, and promote relaxation and healing of the back and spine.

HRID Basti Duration – 45 Mins

Hrid Basti is a specialized Ayurvedic therapy focused on heart health and emotional well-being. In this treatment, a dough ring is placed around the chest area (Hrid region), and warm medicated oil is poured into the reservoir. The therapy targets the heart and chest, promoting deep relaxation, enhancing circulation, and soothing the nervous system. Hrid Basti is particularly beneficial for conditions such as heart-related issues, high blood pressure, anxiety, and emotional stress. It helps balance the Pitta dosha, reduces tension, and promotes a sense of calm and rejuvenation, supporting both physical and mental health.

GREEVA Basti Duration – 45 Mins

Greeva Basti is an Ayurvedic therapy specifically designed to address neck and cervical spine issues. In this treatment, a dough ring is placed around the neck (Greeva region), and warm medicated oil is poured into the reservoir. The therapeutic oil penetrates the muscles and joints of the neck, soothing stiffness, improving blood circulation, and alleviating pain. Greeva Basti is highly effective for conditions like cervical spondylosis, neck pain, stiffness, and upper back discomfort. It helps to balance the Vata dosha, reduce inflammation, and promote flexibility and relaxation in the neck and shoulder areas.

JANU Basti Duration – 45 Mins

Janu Basti is an Ayurvedic therapy specifically designed to address knee pain and joint disorders. In this treatment, a dough ring is placed around the knee joint, and warm, medicated oil is poured into the reservoir, allowing the oil to soak into the knee area. The therapeutic oil helps to reduce inflammation, improve blood circulation, and nourish the joint tissues. Janu Basti is highly effective for conditions such as osteoarthritis, rheumatoid arthritis, knee stiffness, and ligament or tendon issues. It helps to balance the Vata dosha, relieve pain, enhance flexibility, and promote overall joint health and mobility.

NABHI Basti Duration – 45 Mins

Nabhi Basti is an Ayurvedic therapy that focuses on the navel (Nabhi) region, which is considered the center of energy and vital forces in the body. In this treatment, a dough ring is placed around the navel, and warm, medicated oil is poured into the reservoir. The therapy is designed to nourish and rejuvenate the digestive system, balance the Agni (digestive fire), and improve overall abdominal health. Nabhi Basti is particularly effective for conditions like indigestion, constipation, bloating, and abdominal discomfort. It helps balance Vata dosha, promotes digestion, and enhances the absorption of nutrients while soothing the body and mind.

LEPANAM Duration – 60 / 30 Mins

Lepanam is an Ayurvedic therapy that involves applying a paste made from medicinal herbs, powders, and oils to specific areas of the body, typically to treat localized conditions. The herbal paste is applied directly to the skin, allowing the active ingredients to penetrate and exert their therapeutic effects.

Lepanam is used to address conditions like skin infections, inflammation, joint pain, wounds, and chronic skin disorders. The paste helps reduce swelling, detoxify the skin, alleviate pain, and promote healing. It also has cooling, soothing, and anti-inflammatory properties, making it ideal for conditions with excess heat or Pitta imbalances. Lepanam can also improve skin tone and texture while promoting overall skin health and rejuvenation.

KESHLEPANAM Duration – 45 Mins

Keshlepanam is an Ayurvedic treatment focused on nourishing and rejuvenating the hair and scalp. It involves applying a medicinal paste made from herbal powders, oils, and other natural ingredients to the scalp and hair. The paste is left on for a period of time, allowing the herbs to deeply penetrate and stimulate the hair follicles.

Keshlepanam is particularly beneficial for addressing issues such as hair loss, dandruff, scalp inflammation, and premature graying. The herbal ingredients help to strengthen the hair, promote growth, improve scalp health, and restore shine and vitality. This therapy also balances the doshas, especially Vata and Pitta, while calming and nourishing the scalp. It is an effective treatment for promoting healthy, strong, and lustrous hair.

SHIRO Pichu Duration – 45 Mins

Shiro Pichu is an Ayurvedic therapy where a cotton cloth soaked in warm, medicated oil is placed on the head, specifically targeting the scalp or the forehead. The cloth is left in place for a certain period, allowing the oil to deeply penetrate and nourish the head and mind.

Shiro Pichu is particularly beneficial for conditions like headaches, migraines, stress, anxiety, and mental fatigue. It helps to calm the nervous system, improve mental clarity, and reduce tension in the head and neck area. This therapy also helps balance the Vata and Pitta doshas, promoting relaxation, mental peace, and emotional healing. It is ideal for those seeking relief from stress or discomfort in the head and improving overall mental well-being.

PICHU Duration – 30 Mins

Pichu is an Ayurvedic therapy where a cotton cloth is soaked in warm, medicated oil and applied to a specific area of the body, typically the head, joints, or lower back. The oil-soaked cloth is kept in place for a period of time, allowing the oil to deeply penetrate the tissues and provide therapeutic benefits.

Pichu is especially effective for treating conditions like joint pain, muscle stiffness, headaches, and certain neurological disorders. It helps to relieve pain, reduce inflammation, improve circulation, and nourish the affected area. This therapy is ideal for localized pain or discomfort and is also used to calm the mind and promote relaxation.

PADABHYANGA Duration – 15 Mins

Padabhyanga is an Ayurvedic foot therapy that involves massaging the feet with warm, medicated oils or herbal preparations. This treatment is designed to promote relaxation, improve circulation, and rejuvenate the entire body by stimulating specific pressure points on the feet, which correspond to various organs and systems in the body.

Padabhyanga is especially beneficial for relieving foot pain, reducing swelling, and addressing conditions like plantar fasciitis, poor circulation, and fatigue. It also helps to calm the nervous system, reduce stress, and improve sleep quality by targeting reflex points in the feet. This therapy is excellent for balancing the doshas, particularly Vata, and provides a soothing, grounding experience.

EKANGABHYANG Duration – 15 Mins

Ekgangabhyang is an Ayurvedic therapy where warm, medicated oils are massaged into a specific part of the body, typically focusing on areas with pain, tension, or stiffness. This treatment helps relieve localized pain, improve circulation, reduce inflammation, and promote healing. It is especially effective for joint and muscle issues, and for balancing Vata dosha.

PAADTALABHYANGA Duration – 15 Mins

Paadtalabhyanga is an Ayurvedic therapy that involves a deep massage of the feet and lower legs using warm, medicated oils. This treatment focuses on relaxing the muscles, improving circulation, and relieving tension in the feet, ankles, and calves. It helps stimulate the reflex points on the feet, promoting overall wellness by enhancing energy flow throughout the body.

Paadtalabhyanga is beneficial for conditions such as foot pain, swelling, and poor circulation. It also provides relief from stress, anxiety, and fatigue, while improving flexibility and relaxation. The therapy is particularly effective for balancing the Vata dosha and improving the health of the lower extremities.

GANDUSH Duration – 05 Mins

Gandush is an Ayurvedic therapy that involves holding and swishing medicated oil or herbal liquids in the mouth for a certain period of time. The treatment is similar to Kaval but typically involves a larger quantity of liquid, which is held in the mouth for a longer duration. Gandush is primarily used to improve oral health, strengthen the gums and teeth, and detoxify the mouth and throat.

This therapy is effective for conditions like gum inflammation, bad breath, toothaches, and sore throats. It helps to reduce bacteria, cleanse the oral cavity, and balance the Pitta and Kapha doshas. Gandush also promotes better dental hygiene, reduces dryness in the mouth, and enhances overall oral and respiratory health.

SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during Ayurveda treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Please note certain muds/oils used during some treatments may stain skin or clothing.
- Rest and void vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Please inform the doctor of any medical condition for greater comfort during Ayurveda treatments.
- As a policy we do not offer Ayurveda treatment to pregnant women.
- Entry to J Wellness Circle is at guests' own risk and although strict policies and procedures are implemented to maximise safety, J Wellness Circle, its employees and representatives, will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing Ayurveda treatments.

TAJ
GANDHINAGAR RESORT & SPA
GUJARAT

Taj Gandhinagar Resort & Spa
Gram Bharti Cross Road, Limbodra, Gandhinagar - Mahudi Road,
Gandhinagar - 382721
Tel.: +91 793 503 3000
jwellnesscircle.tajgandhinagar@tajhotels.com
www.tajhotels.com

PRICES



AYURVEDA

Abhyanga with Sweda	60 Minutes	₹ 5350
Udwarthana with Swedana	60 Minutes	₹ 7500
Shirodhara	60 Minutes	₹ 5350
Thakradhara	60 Minutes	₹ 5350
Pizhichil(Sarvang Dhara)	45 Minutes	₹ 7500
Kashaya Kayasekam	45 Minutes	₹ 7500
Churna Pinda Sweda with Abhyanga	90 Minutes	₹ 10150
Shashtika Shali Pinda Sweda	90 Minutes	₹ 10150
Masha Pinda Sweda	90 Minutes	₹ 10150
Patra Pinda Sweda	45 Minutes	₹ 5350
Valuka Sweda	45 Minutes	₹ 5350
Kati Basti	45 Minutes	₹ 5350
Prustha Basti	45 Minutes	₹ 5350
Hrid Basti	45 Minutes	₹ 5350
Greeva Basti	45 Minutes	₹ 5350
Janu Basti	45 Minutes	₹ 5350
Nabhi Basti	45 Minutes	₹ 5350
Lepanam	60 / 30 Minutes	₹ 5350 / 2675
Keshlepanam	45 Minutes	₹ 4250
Shiro Pichu	45 Minutes	₹ 4250
Pichu	30 Minutes	₹ 3750
Padabhyanga	15 Minutes	₹ 2150
Ekanabhyang	15 Minutes	₹ 2150
Paadtalabhyanga	15 Minutes	₹ 2150
Gandush	05 Minutes	₹ 850

• Prices are in Indian rupees, subject to applicable government taxes.