

AYURVEDA AYURVEDA STRESS AND STRAIN BUSTER, NIRAMAYA SPA

Niraamaya Retreats Surya Samudra – Kovalam is the perfect getaway for the mind, body and soul. The property provide a sense of space and wellbeing while offering soothing treatments that up your wellness ante. The 'Ayurveda Stress and Strain Buster' programme offered here is a great stress releaser and strain reliever. The package includes therapies such as '*Shirodhara*', '*Thakradhara*', '*Shirovasthi*', '*Thalapotichil*' and soothing body massages. It is an ideal way to revive sore shoulder joints and muscles. The treatment is complemented with yoga for enhanced benefits.

NIRAMAYA RETREATS SURYA SAMUDRA – KOVALAM

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