





About Deepak Chopra

Deepak Chopra, M.D., FACP, founder of The Chopra Foundation and co-founder of The Chopra Center for Wellbeing is a world-renowned pioneer in integrative medicine and personal transformation, and is Board Certified in Internal Medicine, Endocrinology and Metabolism.

He is a Fellow of the American College of Physicians, a member of the American Association of Clinical Endocrinologists, and a professor at UCSD.

Deepak Chopra is the author of more than 80 books translated into over 43 languages, including numerous New York Times bestsellers.

For the last three years, Greatist.com recognizes Dr. Chopra as one of “The 100 Most Influential People in Health and Fitness.” The World Post and The Huffington Post global internet survey ranked him #17 influential Thinker in the world and #1 in Medicine Fitness. TIME magazine has described Dr. Chopra as “one of the top 100 heroes and icons of the century.”

The Chopra Center in the USA was founded in 1996 by Deepak Chopra, M.D. and David Simon, M.D., is the premier provider of experiences, education, teacher trainings and products that improve the health and wellbeing of body, mind and spirit. The consciousness based teachings of Vedic science, as translated by our founders, coupled with cutting edge research and modern western medicine, serve as the foundation for Chopra Center teachings. We collaborate with visionaries, scientists, pioneers, physicians and industry experts to educate and inspire seekers from around the globe to better their lives and the lives of those around them.



Welcome To Chopra Healing Center !

The team of healers at Chopra Healing Center are delighted to receive you in their unique Healing Space.

The Chopra Healing Center is founded on three pillars of timeless wisdom: meditation, Ayurveda, and yoga.

In our Center you will experience travel through space and time, touching the inner core of your body, mind and soul. After our treatment you will emerge refreshed and released of all tensions as a pure soul of Paradise!

Let the ancient Divine Sciences of Yoga and Ayurveda rejuvenate your body and nourish your cells with "Amrit" the nectar of immortality from the gods. We offer you Ayurvedic therapies, «Perfect Health» cure program from the Chopra Center and medicines from the most renowned family of South India.

Swedish Massage, Thai, Deep Tissue, Aromatherapy, Reflexology, Shiatsu and much more, all will help you to unwind and boost your energy. Through Aromatherapy your moods are transcended and your tensions and unease are replaced with ecstatic bliss.

After going through all these body and soul-purifying therapies, you can now enter the Ultimate: Magic Water Treatments. With the "Watsu" you have to forget, forgive and let go, allowing the primordial Mother Water to regenerate and recreate you as a perfect being, just the way you were when you were born in the Garden of Eden. (Watsu has been voted the «Best 2010 Spa Treatment» by the World Spa Association)

Our beauty treatments will finally take care of your physical outer glow letting your new vitality shine through your hair and skin.

To experience all these we recommend you use this place to the maximum, try our unique package programs and let us restore you to a state of Balance and Unity.

Enjoy !



Chopra Healing Center

Ayurvedic Programs

Perfect Health Program

7 days	Inr 75.350	With diet food	Inr 91.150
14 days	Inr 150.700	With diet food	Inr 182.200

Ayurveda Discovery

1 day	Inr 10.100	With diet food	Inr 14.600
2 days	Inr 17.350	With diet food	Inr 26.350
3 days	Inr 25.550	With diet food	Inr 38.950

Ayurvedic Programs

Detoxification Program • Panchakarma Chikitsa

7 days	Inr 61.600	With diet food	Inr 77.350
14 days	Inr 123.200	With diet food	Inr 154.700
21 days	Inr 184.800	With diet food	Inr 232.050

Rejuvenation Program • Rasayana Chikitsa

7 days	Inr 68.950	With diet food	Inr 84.700
14 days	Inr 137.900	With diet food	Inr 169.400
21 days	Inr 206.850	With diet food	Inr 254.100

Anti Stress Program • Manashanti

7 days	Inr 55.650	With diet food	Inr 71.400
14 days	Inr 111.300	With diet food	Inr 142.800
21 days	Inr 166.950	With diet food	Inr 214.200

Slimming Program • Lekhaneeyam Chikitsa

7 days	Inr 50.050	With diet food	Inr 65.800
14 days	Inr 100.100	With diet food	Inr 131.600
21 days	Inr 150.150	With diet food	Inr 197.400

Beauty Care Program • Soundarya Chikitsa

1 day	Inr 8.700		
2 days	Inr 15.800		
3 days	Inr 21.500		



Ayurvedic Massages

General Massage • Abhyangam	Inr 1.950
Head Massage • Shiroabhyangam	Inr 1.150
Foot Massage • Padabhyangam	Inr 1.450
Face Massage • Mukhabhyangam	Inr 1.150
Kerala Rejuvenation Massage • Ayur Abhyangam	Inr 3.250
Refreshing Therapy • Rasayana Uzhichil	Inr 3.750

Ayurveda Special Therapies

Luxurious Oil Bath Massage • Pizhichil	Inr 4.850
Herbal Powder Massage • Udvartanam	Inr 3.400
Rice Pudding Massage • Njavara Kizhi	Inr 4.250
Leaf Pouch Massage • Patra Pinda Swedam	Inr 3.250
Spinal Oil Bath • Kativasti	Inr 2.250
Revitalization of Mind • Shirodhara	Inr 4.250
Head Pack • Shiro Lepam	Inr 1.950
Herbal Bath • Steam Bath Nadi Svedam	Inr 1.450
Disease Management • (By consultation with Doctor)	

Ayurveda Beauty Treatments

Royal Facial • Mukhalepam	Inr 3.950
Body Pack • Shareera Lepanam	Inr 4.450
Beauty Skin Care • Soundarya	Inr 4.950
Body Wrap	Inr 3.500
Body Scrub	Inr 3.500



Stress & Energy Healing

Swedish Massage	Inr 4.750
Thai Massage	Inr 5.250
Aromatherapy Massage	Inr 4.250
Shiatsu Massage	Inr 5.250
Deep Tissue Therapy • Muscular and Joint Pain Release	Inr 6.250
Reflexology • Foot Massage	Inr 2.950
Reflexology • Hand Massage	Inr 2.950
Reflexology • Foot and Hand Massage	Inr 4950

Yoga

Please register for free Yoga class

Asanas	7.00 to 8.00 AM	
Asanas for Children.	11.00 to 12.00 AM	
Meditation.	5.00 to 6.00 PM	
Private Lesson	On Request.	Inr 750/Pax

Multigym

Free For All.	7.00 AM to 7.00 PM
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Magic Water Treatments

This facility consist of a 14 meter long swimming pool partly covered by an old wooden Kerala house. The water is Salt Chlorinated and Solar heated at 34 degrees.

Treatments are done in warm water and rebalances all our energies. It is based on techniques and theories of Eastern philosophy for the recovery and maintenance of psychophysical well-being.

The patient floats feeling the rhythmic movement of the water, the combination of a light acupressure of energy points, stretching, rocking as if he was back in his mother's womb.

It allows the water element to release tensions in muscles and joints, clearing blockages on the physical, emotional and mental levels. The feeling of weightlessness transforms the perception of space and time bringing a deep sense of relaxation.

It is said that one hour of Watsu is equivalent to two hours of sleep.

Watsu® • Water Shiatsu	Inr 4.000
Aqua Wellness® • Subaquatic Body Work	Inr 4.000
Aqua Relax • Relaxing Body Massage	Inr 3.750
Aqua Reflexo • Foot and Hand Massage	Inr 3.750
Aqua Zen Aichi • Meditation and Relaxation	Inr 3.000
Aqua Yoga • Asanas and Pranayama	Inr 3.000
Aqua Gym • Exercising and Stretching	Inr 2.500
Hydro Therapy • Water Jacuzzi	Inr 1.500



Indulge, Detox, Recharge

How and when should I make my appointments?

Spa reservations may be made online with our reservation team booking@dunewellnessgroup.com (this is for a request only and should be done at least 24 hours prior to your visit) or by calling the Chopra Healing Center directly at 00 91 9345139083. We encourage you to schedule your Spa services well in advance of your visit to ensure the widest selection of treatments and appointment times.

What is the Chopra Healing Center cancellation policy?

We respectfully ask that you give the center a minimum of 6 hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellation or no-show appointment.

How should I tip my therapist?

A 10% gratuity would be recommended. Please drop it in the Tip box at the Spa reception. It will be shared equally for all.

What time should I arrive for my appointment?

We ask that you arrive at least 15 minutes prior to the start time of your first scheduled service. This will allow you time to check in at the desk, and complete a Health History Questionnaire.

What if I'm late?

Arriving late will limit the time for your treatment, lessening its effectiveness and your enjoyment. As your service was reserved at a specific time, your treatment will end at its set time so that the next guest is not inconvenienced and the full treatment price will apply.

Our spa shall not be responsible for lost or damaged items, so may we request that you leave any valuables behind in your room safe and not bring to the Spa.

What should I wear during my massage?

During your service, you will be professionally draped at all times. You are not obliged to wear anything under your robe or during your service. Some guests prefer to leave their undergarments on or wear a bathing suit during massage services. Please feel free to do what feels most comfortable to you

What should I wear into the sauna and steam rooms?

Some guests wear their robes or wrap up in towels. Please feel free to do what feels most comfortable to you.

What amenities are available at the Healing Center ?

Spa guests are welcome to relax in lobby or the spa garden and enjoy the light refreshments (tea, welcome drink, water).

What are the Chopra Healing Center hours?

The hours of the Spa vary according to the season. Please check with the Spa or the hotel's concierge desk for current hours.

Should I shave before my services?

We recommend allowing several hours between shaving and receiving any service that involves an exfoliation (body services, scrubs, gentlemen's facial) to decrease the risk of skin irritation or discomfort.

What are my responsibilities as a guest?

Please advise our spa resort staff of any special requests, sensitivities or allergies, if you are pregnant, nursing or taking any medications. We will use this information to keep you comfortable and safe throughout your Spa experience. Please notify us of any discomfort or preferences regarding room temperature, music volume or massage pressure during your Spa experience.

If I'm pregnant, what services can I receive?

Expectant guests may kindly check with the doctor for services that they can receive.

What if I have special medical conditions?

We recommend that you check with your physician before visiting the Spa. Please notify the Spa of any special needs or concerns when you book your services. Your therapist will also briefly review your health history with you before beginning your service. If (s)he believes that the service you are scheduled for is unsafe based on any information given, (s)he may recommend canceling the service, booking another service or modifying the service to make it safe for you. As we are most concerned about your safety and comfort, the Spa reserves the right to refuse service to any guest at any time

Enjoy!!!

**Taxes as applicable. For booking at Chopra Healing Center
Call 9345139083**

