

ayurveda; yoga; meditation; astrology



OM VEDIC HERITAGE CENTRE

(in collaboration with The Ayurvedic Trust, Coimbatore, India)

First authentic ayurvedic centre in Singapore to be accredited by CaseTrust for Spa & Wellness Accreditation for good business practices since October 2010.



Therapies for:

Back pain
Neck, spine, knee / joints
Sprains, muscle pulls, aches
Sleeping disorders
Hormone imbalance
Skin disorders (eczema, psoriasis)
Indigestion; Loss of appetite
Gastric problems
Anemia; Migraine
Facial paralysis; Stroke
Gynaecological disorders
Common cold; Sinusitis

Speical Programmes for:

Fat reduction
Hair loss / Hair care
Skin care
Eye Care
Relaxation
Detoxification
Management of:
Diabetes
Body fatigue
High blood pressure
Arthritis
Stress / anxiety
Oedema

“A HOLISTIC EXPERIENCE IN LITTLE INDIA”

SOME AYURVEDIC THERAPIES

ABHYANGA (\$50 / 45min) (Full body oil massage)

Alleviates fatigue, delays aging, improves blood circulation, enhances the immune system and rejuvenates the body.

THARPANAM (\$200 / 7 sessions)

(Retaining medicated oil over the eyes)

An eye-cleansing process that improves eye sight, strengthens the optic nerve and prevents various eye diseases.

KATIVASTI(\$45 / session)

(Luke warm oil retained over the specific affected area)

Reduces muscle spasms, lowers spine rigidity and strengthens bone tissues of the lower back.

SHIRODHARA (\$85 / 60 min - short hair)

(Continuous pouring of oil over the forehead)

Highly effective for chronic headaches like migraine.

TWAK PRASADANAM (\$50 / session)

(Ayurvedic Facial; Beauty and skin care)

A herbal pack is used to tone the skin, prevent its aging, avoid wrinkles, pigmentation or discoloration and to treat sun burn related conditions.

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Hours of Operation
Mon - Sat: 8.30am to 8pm
Sundays: 10am to 3pm

www.omvedicheritage.com.sg



