



THE  
PALM HOUSE  
*Wellness*

# MASSAGE & TREATMENTS

With our in-house massage therapist David

## **Marma Therapy** 60 mins • INR 2500

Marma is an ancient Ayurvedic practice that releases physical blockages and restores the flow of prana at a deep level.

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## **Healing Massage** 90 mins • INR 2800

Healing massage is a full body therapeutic massage designed to release physical tension, calm the nervous system and release stress while restoring grounded emotional balance.

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## **Super Slow Flow** 120 mins • INR 3500

Using soft precise strokes this massage boosts immunity, induces detoxification, while creating deep relaxation. Reduces water retention, inflammation and puffiness, it's a form of lymphatic drainage massage.

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## **Shiatsu** 60 mins • INR 2000

Shiatsu is a Japanese healing therapy rooted in traditional Chinese medicine to release muscle tension and stiffness while enhancing energy flow and vitality.

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## **Cupping Therapy** 30 mins • INR 1600

Cupping is an ancient therapeutic practice used in traditional Chinese and Middle Eastern medicine. It brings about relief from chronic pain and tightness, improves circulation and releases muscle tension.