



Balancing Mind, Body, & Spirit

Your Path to Holistic Wellness. Uncover the secrets of Ayurveda at Lana

Unearth ageless Ayurvedic secrets at LANA, your gateway to holistic well-being. Immerse yourself in a journey of rejuvenation as Ayurvedic massages and personalized dietary suggestions seamlessly harmonize, offering a transcendent experience. Elevate your mental and emotional well-being, fostering an enduring inner balance through the transformative touch of Ayurvedic massage. Start your journey to balance today at LANA Spa. Rediscover the blissful synergy of mind, body, and spirit through the art of Ayurvedic massage. Your path to lasting relaxation begins here.

**ABHYANGA ▶ PIZHICHIL ▶ PODIKIZHI ▶ DHARA ▶ UDWARDHANA
NASYAM ▶ VASTI**

Please Turn Over For Prices

HEAL BETTER | FEEL BETTER



LANA
HEALTH & WELLNESS



833-526-2123



business@lanaoncospa.com



www.lanaoncospa.com

AYURVEDIC TREATMENTS			
Ayurveda Initial Consultation	150.00	Nabi Vasti (Belly)	80.00
Abhyanga 60 Min	150.00	Shiro Vasti (Head)	150.00
Podikizhi 60 Min	180.00	Nasyam	35.00
Podikizhi Add-On	30.00	Mukha Abhyanga (Face)	150.00
Abhyanga + Podikizhi 90 Min	300.00	Pada Abhyanga (Foot)	90.00
Shirodhara Full Treatment 60 Min	200.00	Abhyanga - Single Body Part	50.00
Shirodhara Express	100.00	Bashpa Sweda (Steam Therapy)	60.00
Takradhara	150.00	Swedana Add-On	20.00
Pizhichil	180.00	Sauna 20 Min	60.00
Ayurvedic Head Massage	90.00	Udvaartana	300.00
Greeva Vasti (Neck)	80.00	Pichu - Body Part	30.00
Kati Vasti (Back)	90.00	Ayurveda Signature Treatment	250.00
Janu Vasti (Knee)	35.00	Ayurvedic Pre/Post Natal Care	180.00
Uro / Hrid Vasti (Chest / Heart)	80.00		

AYURVEDIC PACKAGES			
Ayurveda Signature Treatment 3 Sessions	675.00	Head Massage Package 7 Sessions	540.00
Ayurveda Signature Treatment 5 Sessions	1,125.00	Podikizhi package 7 Sessions	1,080.00
Ayurveda Signature Treatment 7 Sessions	1,500 .00	Pre+post natal care treatment 7 Sessions	1,400 .00
Abhyanga - 3 Days	390.00	Shirodhara therapy - 7 Sessions	1,200.00
Abhyanga - 5 Days	657.00	Spine and Neck Care - 7 Sessions	1,500.00
Abhyanga - 7 Days	900.00	Stress Management - 7 Sessions	1,500.00
Ayurveda Pain Management - 3 Days	810.00	Release,Rebalance, Restore -3 Days	750.00
Ayurveda Pain Management - 7 Days	1,800.00		

We recommend consulting our in-house expert before exploring any of our Ayurvedic packages. This consultation is complimentary and carries no obligation. Terms and Conditions Apply. Please refer to the www.lanaoncospa.com for details

ALL PRICES IN US\$ - PRIOR BOOKINGS IS A MUST FOR PACKAGE TREATMENTS

HEAL BETTER | FEEL BETTER



LANA
HEALTH & WELLNESS

For further information, contact us

800 Bunn Drive Medical Art Bldg. Suite 303, Princeton, NJ 08540.

T.: 833-526-2123 E.Mail: business@lanaoncospa.com www.lanaoncospa.com

