



Revitalizing Spa Experiences

HYDROTHERAPY & CHROMOTHERAPY

Relax and rejuvenate with water-based healing and color therapy to restore balance, calm the mind, and detoxify the body.

30 minutes - ₹ 1950

HYDRO-CHROMOTHERAPY WITH FULL BODY MASSAGE

Experience the ultimate relaxation with healing waters and vibrant light followed by full body massage to melt away the stress.

60 minutes - ₹ 2950

STEAM THERAPY (ADD-ON ONLY)

A soothing herbal steam treatment that opens pores, detoxifies and refreshes the body.

15 minutes - ₹ 790

Rejuvenating Massage Treatments

SWEDISH MASSAGE

Unwind with gentle, flowing strokes that dissolve stress and tension, promoting deep relaxation and a renewed sense of calm.

60 minutes - ₹ 2490 | 90 minutes - ₹ 2990

DEEP TISSUE MASSAGE

Address muscle knots and chronic tension with firm, precise pressure designed to release tightness, improve mobility, and enhance overall well-being.

60 minutes - ₹ 2490 | 90 minutes - ₹ 2990

AROMATHERAPY

Immerse your senses in the soothing power of therapeutic essential oils, combined with expert massage techniques for the ultimate in relaxation and rejuvenation.

60 minutes - ₹ 2490 | 90 minutes - ₹ 2990

HEAD AND FOOT MASSAGE

A deeply relaxing therapy that stimulates key pressure points in the head and feet to relieve stress, enhance circulation, and restore harmony to body and mind.

60 minutes - ₹ 1750

INSTANT HEALING THERAPY

This soothes mind with a gentle head massage and revitalizes your feet with a focussed foot massage, finally a partial body massage completes the experience.

30 minutes - ₹ 999

RELAXATION MASSAGE

A full body experience that kneads away stress from head to toe, promoting deep calm and serenity, leaving you refreshed and rejuvenated.

45 minutes - ₹ 2050

FOOT REFLEXOLOGY

Unlock your body's energy pathways through precise pressure on your feet, where each touch rejuvenates leaving you revitalized and relaxed.

30 minutes - ₹ 990 | 60 minutes - ₹ 1490

HEAD MASSAGE

This nurturing touch boosts scalp circulation, fostering healthy hair and relieving stress induced headaches and discomfort with grace.

30 minutes - ₹ 990

HOT OIL SCALP MASSAGE

Surrender to the warmth of a hot oil head massage, where warmth melts away tension and nourishes the scalp for radiant hair.

45 minutes - ₹ 1250

Ayurvedic Rejuvenation

All services comes with add on steam bath

ABHYANGA

A traditional Ayurvedic therapy using warm herbal oils and rhythmic strokes to detoxify, nourish the skin, and harmonize the body's energy flow.

60 minutes - ₹ 2750 | 90 minutes - ₹ 3250

UDWARTHANA

A revitalizing Ayurvedic exfoliation with herbal powders, designed to invigorate circulation, tone the skin, and reduce the appearance of cellulite.

60 minutes - ₹ 2750 | 90 minutes - ₹ 3250

KIZHI WITH ABHYANGA

A healing Ayurvedic therapy using warm herbal poultices to alleviate muscle tension, improve joint mobility, and revitalize the body.

60 minutes - ₹ 3400 | 90 minutes - ₹ 3900

NJAVARA THEPPU WITH ABHYANGA

(Medicated rice poultice therapy)

An exclusive Ayurvedic therapy involving warm medicated Njavara rice poultices to rejuvenate muscles, fortify the body, and restore vitality.

60 minutes - ₹ 3600 | 90 minutes - ₹ 4200

SHIRODHARA WITH ABHYANGA

A profoundly calming therapy where warm herbal oil is gently poured over the forehead. It soothes the nervous system, reduces stress, and enhances mental clarity.

60 minutes - ₹ 3900

PIZHICHIL

(Therapeutic oil pouring)

Both in the healing warmth of pizhichil. A soothing luxurious treatment using therapeutic oils that relaxes muscles, reduces stress, and restores vitality.

90 minutes - ₹ 3500

Herbal Beauty & Care

ORGANIC BLISS MANI-PEDI

Pamper your hands and feet with nourishing Ayurvedic care leaving them soft, healthy, and beautifully maintained.

₹ 1500

HERBAL BODY WRAP & SCRUB

Rejuvenate your skin with an invigorating herbal body wrap and exfoliation, designed to detoxify, deeply cleanse, and leave your skin soft and radiant.

60 minutes - ₹ 2900

ORGANIC DE-TAN FACIAL

Reveal a brighter, healthier complexion with our organic detan facial, designed to reduce sun damage and hydrate your skin using eco-friendly, plant-based extracts.

45 minutes - ₹ 1100

NJAVARA FACIAL

Transform your complexion with our Njavara facial, which gently exfoliates, heals blemishes, and hydrates all skin types for a soft, luminous finish.

60 minutes - ₹ 1900

BLUSH FACIAL WITH NJAVARA KIZHI

Unveil glowing, youthful skin with our Blush Facial and Njavara Kizhi, blending a nourishing herbal face pack and Njavara rice pack to deeply hydrate, reduce tan, and rejuvenate your complexion naturally.

90 minutes - ₹ 2400

ANTI-AGING FACIAL YOGA

Reclaim your youthful radiance with a rejuvenating blend of Ayurvedic herbal care and invigorating face yoga techniques to refresh and tone your skin.

60 minutes - ₹ 1900

Packages

Aqua Healing

Hydrotherapy & Chromotherapy,
Steam Therapy, Relaxation Massage.

2 hours - ₹ 4990

Anti-Stress

Aromatherapy, Hydro-Chromotherapy
Head & Foot Massage,
Anti Aging Facial Yoga/Njavara Facial.

4 hours - ₹ 7900

A Day with VitaVibe

Body wrap and scrub, Aromatherapy,
Blush Facial with Njavara Kizhi, Organic Bliss
Mani-Pedi, Head & Foot Massage,
Hydro-Chromotherapy.

7 hours - ₹ 9900

A Day with Ayurveda

Abhyanga, Kizhi, Shirodhara, Steam Therapy.

3 hours - ₹ 8100

Essence of Ayurveda

3 day package including Abhyanga,
Kizhi, Shirodhara, Njavara Theppu, Steam Therapy.

3 days package (8 hours total)- ₹ 18900

Healing with Ayurveda

5-days package including Abhyanga,
Kizhi, Shirodhara, Njavara Theppu, Steam
Therapy, Blush Facial with Njavara Kizhi,
Organic Bliss Mani-Pedi.

5 days package (18 hours total)- ₹ 38500

Rejuvenate with Ayurveda

7-days package including Abhyanga,
Kizhi, Shirodhara, Njavara Theppu, Steam
Therapy, Blush Facial with Njavara Kizhi,
Organic Bliss Mani-Pedi, Anti-Aging Facial Yoga.

7 days package (26 hours total)- ₹ 48900



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VITAVIBE RETREATS, FIRST FLOOR, NOOR TOWER,
TYKAVU ROAD, VENNELA, KOCHI. PIN: 682028
GSTIN: 32AAKCV3355J125

*GST Applicable

*Rates w.e.f 01.01.2025



VITAVIBE

MEDICATED RELAXATION



Nurturing Your Body,
Mind, and Soul