



OUR PRODUCTS & TRADITIONAL AYURVEDIC THERAPIES

Pure. Traditional. Thoughtfully Prepared.



100% Pure



Organic



Chemical-Free



Traditionally
Prepared

Rooted in the traditional healing wisdom of Kerala Ayurveda, our formulations are carefully prepared using authentic herbs and time-honoured Ayurvedic practices.

ayurmombengaluru.com



PACKAGE INCLUSIONS

YOUR POSTNATAL CARE, MADE SPECIALLY FOR YOU

Our postnatal packages are thoughtfully structured to provide comprehensive Ayurvedic care for both mother and baby.

BABY CARE INCLUDES

Treatment	Package Inclusion
Baby Massage	✓ Included
Baby Bath	✓ Included
Baby Kajal	○ Optional

Baby care - for all packages & all days.

TREATMENTS FOR MOTHER

Core Therapies



ABHYANGAM

Head, Face, Body & Foot oil massage
7 Days • 10 Days • 14 Days • 21 Days

✓ Included



KIZHI

Herbal poultice therapy
7 Days • 10 Days • 14 Days • 21 Days

✓ Included



VETHU KULI

Daily herbal bath
7 Days • 10 Days • 14 Days • 21 Days

✓ Included



KESHA DHOOPANAM
(Daily) For All Packages.

Traditional herbal hair/scalp therapy



NASIKA DHOOPANAM
(Daily) For All Packages.

Traditional herbal nasal fumigation



YONI DHOOPANAM
(Daily) For All Packages.

Traditional herbal fumigation therapy



UDARA VESHTANAM
(Daily) For All Packages.

Traditional post-delivery abdominal binding



ANJANAM
(Daily) For All Packages.

Traditional Ayurvedic eye-care therapy

BEAUTY & WELLNESS THERAPIES



FACE PACK & HAIR PACK

7 & 10 Days
1 Type

14 Days
2 Types

21 days
3 types



HERBAL DE-TAN PACK WITH SCRUB

7 & 10 Days
1 Type

14 Days
2 Types

21 days
2 types



POSTNATAL DIET

(In All Packages)

✓ Included



LACTATION ADVICE & SUPPORT

(In All Packages)

✓ Included

Lactation supplements, if required, are available at additional cost.



ADDITIONAL THERAPIES

The following treatments are introduced progressively
based on the package:



Flexibility, Mobility & Stretching Guidance

(included in 14 days & 21 days packages)



Newborn Care Guidelines

(in all packages)



Anti-Stretch Mark Treatment

(included in 10,14,21 days packages)



Netra Shuddhi

(included in 14 & 21 days packages)



Kesha Shuddhi

(included in 14 & 21 days packages)



Kansya Roller Face Massage

(included in 10,14 & 21 days package)



Pressure Point Special Massage

(Hands & Feet) (21 days package)



Njavara Treatments

(21 days package)

COMPLETE POSTNATAL SUPPORT

CARE THAT GOES BEYOND THERAPY



STRETCHING & FLEXIBILITY

Gentle movement guidance to support postpartum recovery.



POSTNATAL DIET CHARTS

Personalised nutrition guidance focusing on recovery, strength and essential nutrients including calcium and iron.



LACTATION SUPPORT

Professional guidance on breastfeeding techniques and natural lactation support when required.



NEWBORN CARE GUIDANCE

Practical support for everyday baby care, common concerns and remedial measures.



POSTNATAL HEALTH PROGRESS TRACKING

Your postnatal health matters beyond individual therapy sessions.

AYURMOM provides a Postnatal Health Progress Card to track your recovery and health progress throughout your care journey.

WHAT YOU NEED TO KEEP READY

To make your AYURMOM experience smooth, comfortable, and hassle-free, we kindly ask you to arrange a few essential items before we begin our service.

Cot/ Bed + Plastic Stool/ Chair

AYURMOM provides the therapy sheets.

Cooking Facility + Clean Vessels

Gas stove or induction and required vessels.

Fresh Ingredients

Milk, curd & tomato, when required.

Baby Essentials

Baby soap/wash + bath mat.

Mother's Essentials

Shampoo + body soap/ body wash.

HYGIENE PROMISE

All utensils used during therapy are thoroughly cleaned and returned after the session.

THERAPEUTIC MASSAGES



ABHYANGAM

Full-Body Therapeutic Massage
To relieve body pain

A warm medicated oil massage for the head, face, body and feet, traditionally used to relieve tiredness, stiffness and body discomfort.

Key Ingredients:

Bala Roots • Dasamoola • Ashwagandha • Shatavari • Deodar • Triphala • Rasna • Manjistha • Punarnava • Guduchi • Musta • Indian Bael • Licorice
Base: Milk & Sesame Oil



HEAD MASSAGE

Herbal Hair Oil

Hibiscus, Tulsi, Amla, Brahmi, Bhringaraja, Bilva, Neeli, Jeeraka & Coconut Oil.

Benefits:

Scalp nourishment, better circulation, relaxation, sleep support & healthy-looking hair.



FACE MASSAGE

Ayurvedic Face Oil

Nalpamara, Triphala, Red Sandalwood, Manjistha, Vetiver, Cardamom, Nutmeg & Saffron.

Helps nourish the skin and enhance its natural radiance.



FOOT MASSAGE

Pada Abhyanga

Bala, Milk & Sesame Oil.

Helps relieve tiredness, support circulation and promote relaxation.



KIZHI

Herbal Poultice Therapy

Heated herbal bundles prepared with various Ayurvedic medicines such as Kottamchukkadi, Kolakulathadi, Jatamayadi, and other herbs, selected according to the mother's body nature and specific needs.

Traditionally used to support relief from muscle stiffness, body discomfort, joint discomfort, and inflammation, while promoting relaxation and overall well-being.

SKIN & HAIR CARE



REVITALISING FACE PACKS

- Red Sandalwood • Kasturi Manjal • Triphala • Manjistha • Fruit Extracts • Red Rice

Herbal formulations to refresh the skin and restore natural-looking radiance.



KANSYA MASSAGE ROLLER

A soothing facial massage technique to support circulation and reduce facial puffiness.



NOURISHING HAIR PACK

- Bhringaraja • Amla • Hibiscus • Indigo • Brahmi • Fenugreek • Curry Leaves

Deep-conditioning herbal care to nourish hair and support healthy-looking hair during postpartum recovery.



VETHU BATH

- Nalpamara • Vetiver • Dasamoola • Shallaki • Herbal Powders

Traditional medicated herbal bath for a refreshing and restorative experience.



UDÁRA VESHTANAM

Traditional post-delivery abdominal binding to support the abdominal region, posture and postpartum recovery.

POSTNATAL BEAUTY & WELLNESS



DHOOMAPANAM

Herbal Fumigation

- Vacha • Sandalwood • Saffron
- Kumkuma • Nagakesara • Agarwood

A gentle traditional fumigation ritual for refreshment, relaxation and scalp care.



ANTI-STRETCH MARK THERAPY

Using Anti-Stretch Mark Oil & Anti-Stretch Mark Cream as part of a dedicated postpartum skin-care routine.

Helps nourish the skin and improve the appearance and texture of stretch-mark affected areas over time.



DE-TAN BODY PACK & SCRUB

- Kasturi Manjal • Sandalwood
- Gram Flour • Saffron • Neem

Gentle exfoliation and herbal care for smoother, refreshed-looking skin.



COMPLEXION FACE CREAM

- Kumkuma • Lotus • Licorice
- Kumkumadi Tailam • Aloe Vera • Fruit Extracts

Deeply nourishing care for hydrated, healthy-looking skin.



NJAVARA FACE PACK

- Njavara Rice • Milk • Shellac

Traditional facial treatment for refreshed, nourished looking skin.



HERBAL EYE CARE

Herbal-Infused Decoction

A soothing traditional ritual prepared using an infusion of selected herbs, designed to refresh tired-looking eyes and provide a calming experience.

HERBAL & BABY THERAPIES



BABY MASSAGE

Ingredients:

Virgin Coconut Oil, Basil, Ixora, Bala & Nalpamara.

Gentle oil massage to support healthy development, circulation, sleep and soft, nourished skin.



MEDICATED LUKEWARM BATH

Nalpamara-infused herbal water used for a gentle, soothing baby bath.

Helps keep baby's skin clean, nourished and hydrated.



ANJANAM

- Amla • Coconut Oil
- Sahadevi • Licorice

Traditional herbal eye care for mothers and babies, when advised by a qualified practitioner.

Because every
new mom deserves care.

Traditional Care,
Thoughtfully Delivered.



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