



THE WELLNESS COLLECTION

A moment for yourself.

Ayurvedic wellness treatments
Warm herbal oils. Thoughtful touch. Time to relax.

TREATMENT MENU & PRICE GUIDE

PERTH, WESTERN AUSTRALIA

KRISHI AYURVEDA & YOGA



WELCOME

Slow down. Relax.

Make time for yourself.

Experience traditional Ayurvedic care through warm herbal oils, rhythmic massage and personalised attention. Rooted in Sri Lankan Ayurvedic traditions, our wellness treatments offer a welcoming space to step away from everyday demands and enjoy a moment of calm.

FIND YOUR MOMENT

Whole-body relaxation

Abhyanga & Head-to-Toe Abhyanga / 03

Focused care

Head massage & foot massage / 04

Back & body

Back, neck, shoulders & legs / 05

Stillness & warmth

Upper-body ritual, Shirodhara & Potli / 06-07

Plan your visit

Price guide & booking information / 08



WHOLE-BODY RITUALS

Grounding care, head to toe.

Warm oils and an unhurried rhythm.

Ayurvedic Massage - Abhyanga

60 minutes \$110 | 90 minutes \$150

Krishi's Signature Herbal Oil Massage

Discover one of Ayurveda's most cherished wellness rituals. This grounding full-body massage combines warm, herb-infused Ayurvedic oils with long, rhythmic strokes to nourish the skin and encourage relaxation. Each session is tailored to your comfort. Choose the extended treatment for a slower pace and extra attention to your preferred areas.

INCLUDES

Full-body herbal oil massage, with personalised pressure and areas of focus.

IDEAL FOR

Relaxing after a busy week, everyday stress, tired muscles, dry skin and well-deserved time for yourself.

Head-to-Toe Abhyanga

120 minutes \$190

The Complete Ayurvedic Relaxation Experience

Immerse yourself in two hours of unhurried care. This extended treatment brings together full-body Abhyanga, a soothing scalp massage and dedicated attention to the feet. Warm herbal oils and flowing movements create a comforting experience from head to toe.

INCLUDES

Full-body herbal oil massage, scalp massage and focused foot massage.

IDEAL FOR

A complete self-care escape, slowing down after a demanding week, marking a special occasion or simply enjoying a longer treatment.



FOCUSED RITUALS

Small moments. Thoughtful care.

Dedicated attention to the head, feet and lower legs.

Ayurvedic Head Massage

45 minutes \$80

Shiro Abhyanga | A Soothing Pause for a Busy Mind

Step away from the daily rush with a traditional massage of the scalp, neck and shoulders. Warm Ayurvedic oil, gentle rhythmic movements and carefully adjusted pressure create a calming experience. Close your eyes, soften your shoulders and relax.

INCLUDES

Herbal oil scalp massage, followed by neck and shoulder massage.

IDEAL FOR

Busy minds, screen-heavy days, desk workers and those wanting a shorter relaxation treatment.

Foot & Lower Leg Massage

45 minutes \$80 | 60 minutes \$100

Pada Abhyanga | A Well-Deserved Rest for Your Feet

Give hardworking feet some thoughtful attention. This grounding treatment uses warm herbal oils, soothing strokes and gentle pressure across the feet, ankles and lower legs. Enjoy a comforting ritual that leaves the skin feeling soft and cared for, with the longer session offering extra time to relax.

INCLUDES

Warm herbal oil massage of the feet, ankles and lower legs.

IDEAL FOR

Tired feet after long shifts, days spent standing or walking, and anyone who enjoys a relaxing foot massage.



BACK & BODY

Relax after a busy day.

Focused relaxation for hardworking muscles.

Back, Neck & Shoulder Massage

45 minutes \$85 | 60 minutes \$110

Focused Relaxation for Hardworking Shoulders

Enjoy a personalised massage centred on areas that often feel tense after work and daily activity. Warm Ayurvedic herbal oils and a blend of flowing and focused movements create a soothing experience. Pressure is adjusted to suit your comfort, with extra attention where you need it most.

INCLUDES

Herbal oil massage of the back, neck and shoulders, with personalised areas of focus.

IDEAL FOR

Long days at the desk, daily commutes, physically demanding routines and everyday upper-body tension.

Back & Leg Massage

90 minutes \$150

Time to Relax and Rest

Settle into an extended massage devoted to the back and legs. Warm herbal oils and rhythmic strokes provide a comforting experience, with time to focus on tired muscles and your preferred areas. Slow down after a full working week or an active day.

INCLUDES

Herbal oil massage of the back, shoulders, legs and feet.

IDEAL FOR

Active lifestyles, long working days, time spent on your feet and extra attention to the back and legs.



UPPER-BODY RITUAL

Step away from the screen.

A pause for the areas that work hard every day.

Head, Neck, Shoulders & Hands

60 minutes \$110

An Upper-Body Self-Care Ritual

Take a break from screens and daily tasks with a massage designed around the upper body. Beginning with the scalp, the treatment continues through the neck, shoulders, arms and hands. Warm herbal oils and soothing touch bring thoughtful attention to areas that are often overlooked in a busy routine.

INCLUDES

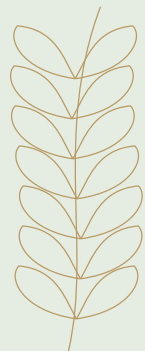
Scalp, neck, shoulder, arm and hand massage.

IDEAL FOR

Computer-based work, tired hands, busy schedules and anyone seeking a soothing upper-body experience.

Time dedicated entirely to you.

Your comfort guides the pressure, pace and focus of your massage.



STILLNESS & WARMTH

A gentler pace.

Traditional rituals for rest and comfort.

Shirodhara

60 minutes \$120

Warm Oil Relaxation Ritual

Experience the gentle rhythm of comfortably warm Ayurvedic oil flowing continuously over the forehead. Offered in a peaceful setting, this traditional ritual invites you to close your eyes, step away from distractions and settle into stillness. A soothing head massage complements the experience.

INCLUDES

Approximately 40 minutes of warm oil pouring, with head massage and time to settle within the 60-minute appointment.

IDEAL FOR

Switching off from a busy routine, taking a break from screens and enjoying a gentle, peaceful relaxation experience.

Potli Sweda

15-minute add-on \$30

Warm Herbal Compress | An Extra Touch of Comfort

Enhance your massage with the comforting warmth of traditional herbal bundles. Gently applied to selected areas, these warm compresses add another soothing element to your session. Temperature and pressure are carefully adjusted to your comfort.

INCLUDES

Localised warm herbal compress application, following a suitability check.

IDEAL FOR

Those who enjoy warmth, extra attention to a selected area and a comforting addition on cooler Perth days.



YOUR VISIT

Choose your moment.

Treatment durations and prices at a glance.

Abhyanga	60 / 90 min	\$110 / \$150
Head-to-Toe Abhyanga	120 min	\$190
Head Massage	45 min	\$80
Foot & Lower Leg Massage	45 / 60 min	\$80 / \$100
Back, Neck & Shoulder Massage	45 / 60 min	\$85 / \$110
Back & Leg Massage	90 min	\$150
Head, Neck, Shoulders & Hands	60 min	\$110
Shirodhara	60 min	\$120
Potli Sweda add-on	15 min	\$30

All prices are in Australian dollars.

CHOOSING YOUR APPOINTMENT

For general relaxation and wellbeing, you may book a wellness massage directly. If you have an ongoing medical condition or persistent symptoms, please book an Ayurvedic consultation first so we can assess your needs and plan suitable care.

Please mention any allergies or sensitivities when booking. Scalp massage and Shirodhara leave oil in your hair, so please plan accordingly.

BOOKINGS & ENQUIRIES

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KRISHI AYURVEDA & YOGA | PERTH

