



22 *Years of Legacy*

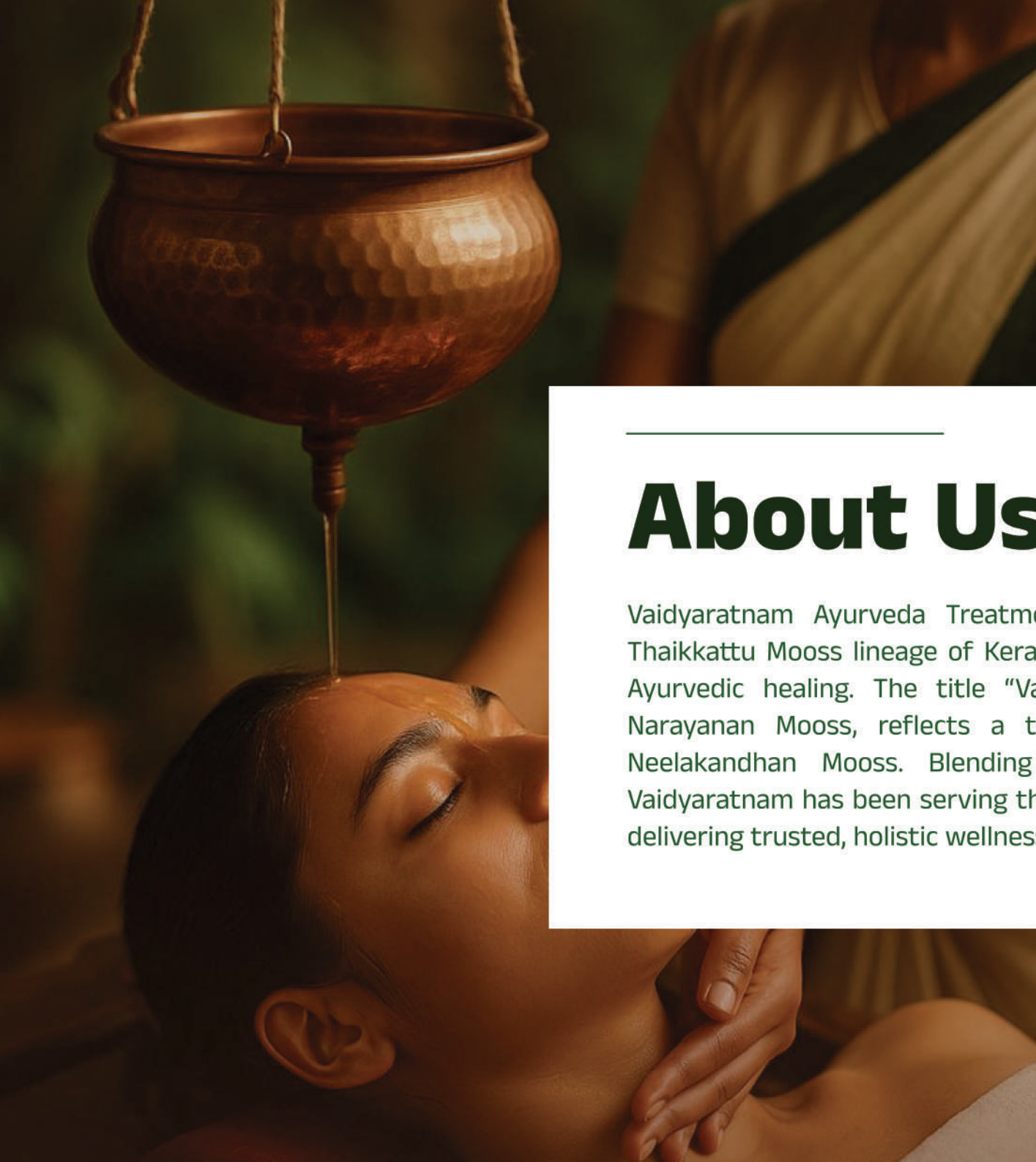
---

Where

Tradition

Meets

Natural healing



---

# About Us

Vaidyaratnam Ayurveda Treatment Centre is rooted in the esteemed Thaikattu Mooss lineage of Kerala, carrying forward a legacy of authentic Ayurvedic healing. The title “Vaidyaratnam,” awarded in 1924 to E. T. Narayanan Mooss, reflects a tradition of excellence upheld by E. T. Neelakandhan Mooss. Blending classical wisdom with modern care, Vaidyaratnam has been serving the community in Bahrain for over 22 years, delivering trusted, holistic wellness with a commitment to excellence.



“ Heal your body  
Calm your mind  
Restore your balance ”

Vaidyaratnam  
Ayurvedic



“ Strengthen your body,  
calm your senses,  
restore your flow. ”



Vaidyaratnam  
Ayurvedic



---

# A medicated full-body treatment

A medicated full-body treatment is a therapeutic therapy where herbal oils, medicated pastes, or healing formulations are applied across the body to promote deep healing and relaxation. It helps improve blood circulation, relieve muscle and joint pain, detoxify the body, nourish the skin, and reduce stress. This treatment not only relaxes the body but also restores balance, leaving you feeling refreshed,



“ Detox your body,  
de- stress your mind,  
rediscover your balance ”

Vaidyaratnam  
Ayurvedic



---

# Abhyangam

Abhyangam is a traditional therapy in which warm herbal oils are gently massaged over the entire body to improve blood circulation, relieve muscle stiffness, and deeply nourish the skin. It also helps in detoxifying the body, reducing stress and fatigue, strengthening the nervous system, and promoting better sleep, leaving you feeling relaxed, refreshed, and naturally balanced.



“ Warm your body,  
ease your pain,  
restore your balance. ”



Vaidyaratnam  
Ayurvedic



---

# Kizhi

Kizhi is a traditional therapy where warm bundles filled with herbal powders, leaves, or rice are gently pressed and massaged over the body to relieve muscle and joint pain, reduce inflammation, improve blood circulation, and ease stiffness. It also supports detoxification, improves mobility, and promotes deep relaxation, leaving the body rejuvenated—and with appropriate guidance, this gentle therapy can be safely adapted for children as well.



“ Silence your thoughts,  
soothe your mind,  
restore inner peace ”

Vaidyaratnam  
Ayurvedic



---

# Shirodhara

Shirodhara is a calming therapy where a continuous stream of warm herbal oil is gently poured over the forehead to deeply relax the mind and nervous system. It helps reduce stress, anxiety, and mental fatigue, improves sleep quality, enhances focus, and promotes emotional balance, leaving you feeling calm, refreshed, and mentally rejuvenated.



“ Stimulate your body,  
refine your skin,  
restore natural vitality. ”



Vaidyaratnam  
Ayurvedic



---

# Udwarthanam

Udwarthanam is a traditional therapy where dry herbal powders are vigorously massaged onto the body in an upward motion to help reduce excess fat, improve blood circulation, and stimulate lymphatic drainage. It supports detoxification, enhances skin tone and texture, and boosts metabolism, leaving the body feeling lighter, firmer, and energized.



“ Soothe your joints,  
improve flexibility,  
walk with comfort. ”

Vaidyaratnam  
Ayurvedic



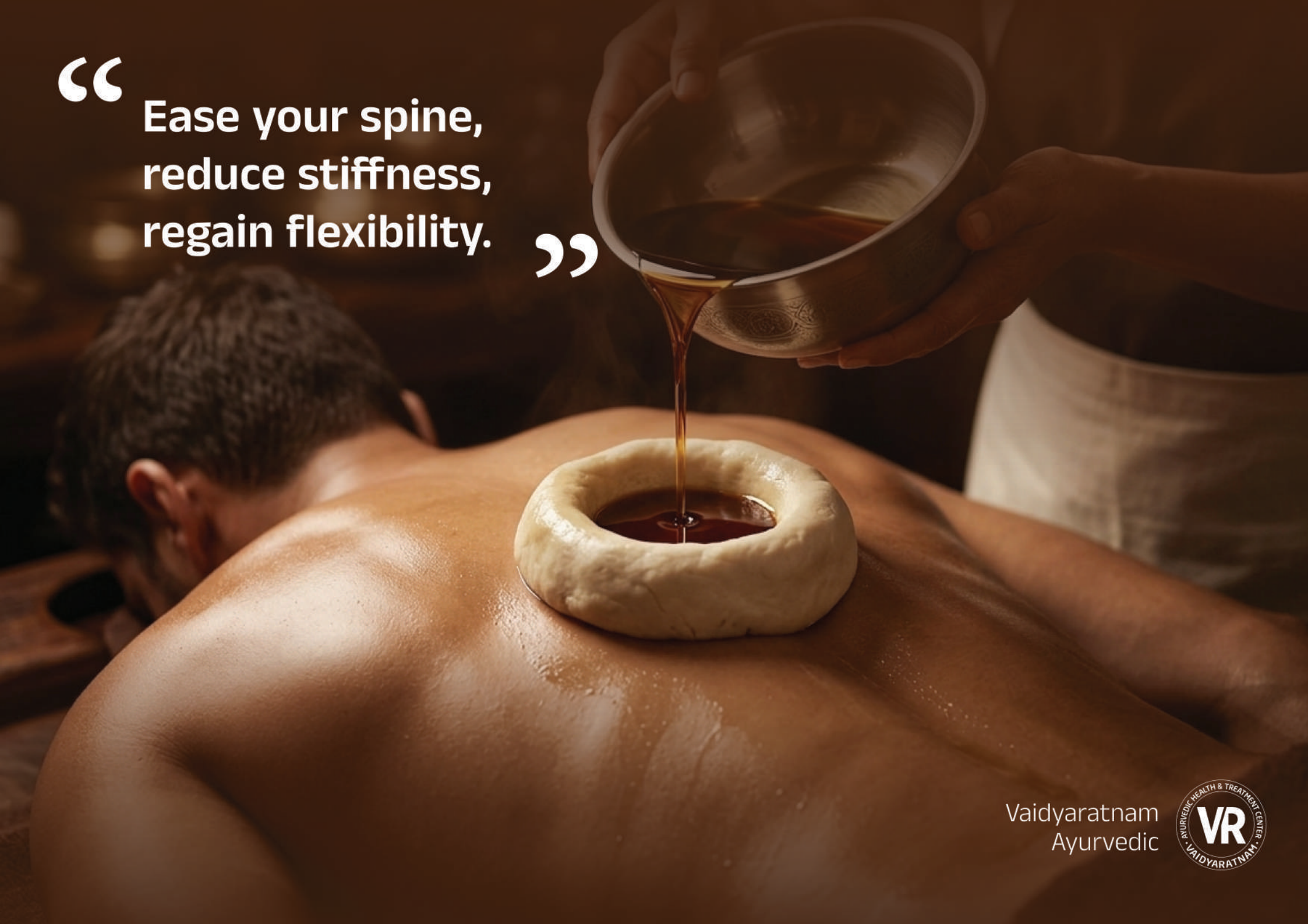
---

# Janu Vasthi

Janu Vasthi is a deeply rejuvenating that delivers warm, healing oils right where your knees need it most—melting away pain, easing stiffness, and restoring smooth, effortless movement. Feel the strength return, the discomfort fade, and step back into life with comfort and confidence.



“ Ease your spine,  
reduce stiffness,  
regain flexibility. ”



Vaidyaratnam  
Ayurvedic



---

# Kati vasti

Kati Vasti is a deeply restorative that focuses on the lower back by holding warm medicated oils over the area to relieve pain, release stiffness, and strengthen the spine. It helps improve flexibility, reduce inflammation, and restore comfort—so you can move freely, stand taller, and live without back discomfort.



“ Purify your skin,  
refresh your senses,  
reveal your glow. ”

Vaidyaratnam  
Ayurvedic



---

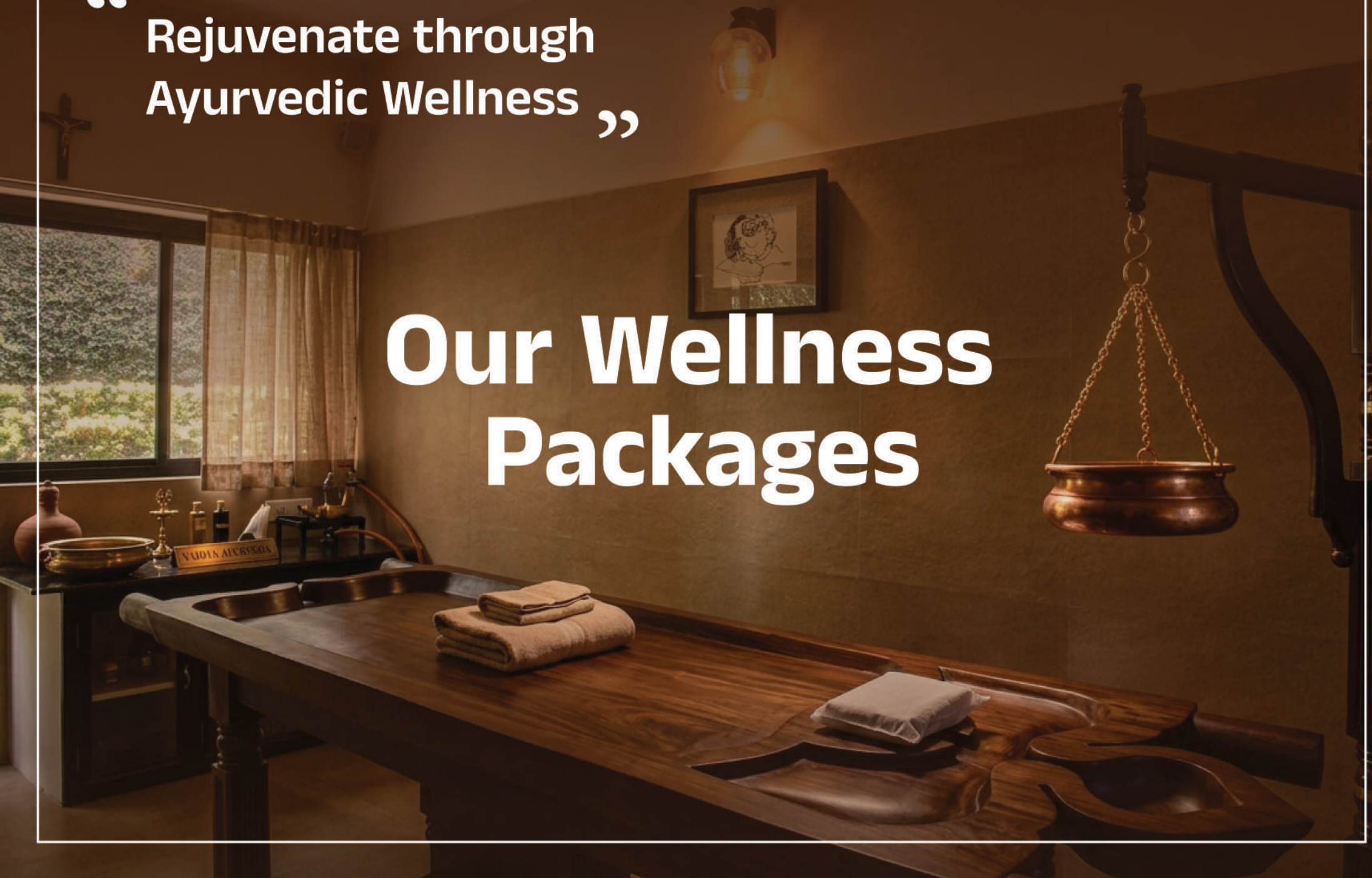
# Herbal Facial

Herbal Facial is a natural skin-reviving that uses plant-based ingredients to deeply cleanse, nourish, and rejuvenate your skin. It helps improve complexion, boost natural glow, reduce blemishes, and enhance skin texture—leaving your face refreshed, radiant, and beautifully revitalized, the Ayurvedic way.



“  
Rejuvenate through  
Ayurvedic Wellness ”

# Our Wellness Packages



**01**

**POST NATAL TREATMENT**

Ayurvedic postnatal treatment focuses on a gradual recovery period, restoring strength, balancing hormones, and enhancing immunity using hot oil massages (Abhyanga), herbal baths (Vethukuli), specialized nutrition and herbal remedies. These therapies target strengthening the back, toning muscles, aiding uterine health, and improving lactation. This includes external massage treatments which help regain the tone of abdominal muscles, prevent back pain and relieve the stress due to delivery. The internal Ayurvedic medicines help with the cleansing and retraction of the uterus and the strengthening of the uterine muscles.

**Special Package rates for 7/10/14/28 sessions**

**02**

**DE STRESS TREATMENT**

Modern life is full of hassles, deadlines, frustrations and demands. For many people stress has become a way of life. Long term exposure to stress is known to lead to various health problems. The De-stress treatment helps to tackle the health issues related to stress.

**The course varies from 7-14 session**



**03**

**DETOX TREATMENT**

In today's world, especially due to unhealthy food habits and lifestyles there is an accumulation of different toxins in the body which is believed to be the main cause of various diseases. Detoxification therapy is aimed at eliminating the toxins accumulated and thus preventing disease.

**The course is 7-14 sessions**

**04**

**RELAXATION MASSAGE PACKAGES**

Relaxation massage stimulates and relaxes the body & mind instantaneously. The skin, blood and lymphatic system are stimulated improving blood circulation, removal of dead cells & toxic wastes. Tense muscles relax, a stiff joint loosens & nerves are soothened as an effect of massage. A warm medicated oil Massage followed by herbal steam lubricates and moisturizes the skin. We also do relaxation massage with one/two well trained and experienced therapist so that the person gets a complete effect of relaxation.

**Special Package rates for 7/10/14 sessions**

**05**

### **REJUVENATION TREATMENT**

Rejuvenation Therapy in Ayurveda, aids in toning up the skin and strengthening body tissues, so- as- to facilitate longevity. The overall resistance of the body increases as well, due to the optimization of the primary vitality and the mental clarity. This prevents the process of ageing and makes the individual free from any disease even during an advanced age. Rejuvenation therapy helps to revitalize the cells and thus provide a healthy body.

**The course is 7-21 days.**

**06**

### **WEIGHT REDUCTION TREATMENT**

Weight Management in Ayurveda at our center is a program done by adopting authentic Ayurvedic treatment modalities to comprehend every aspect of slimming like weight loss, inch loss, toning and also the weight maintenance. Our doctors conduct in-depth consultations for obesity and overweight with assessment of BMI, metabolism, hereditary factors, age, stress and other lifestyle indications.

This package includes internal Ayurvedic medicines, external Ayurvedic therapies and diet and exercise programs.

**The course is 1/2/3/6/12 months programs.**



**07**

### **HERBAL FACIAL**

An Ayurvedic facial is a relaxing, purifying, nourishing, hydrating and rejuvenating experience. We do facial with special herbal medicinal powders which are free from harsh chemicals and toxins that can cause harm to skin or an allergic reaction. It typically involves deep cleansing, steaming, herbal exfoliation, Marma point massage, and a mask to boost radiance and balance.

**Special Package rates for 5/7/10sessions**

**08**

### **HERBAL HAIR PACK**

Ayurvedic herbal hair packs are natural, chemical-free, Ayurvedic treatments designed to strengthen, nourish, and condition hair, promoting growth, reducing premature greying and dandruff using special herbal medicinal powders that hydrates, cleanses, and conditions the scalp and hair.

**Special Package rates for 5/7/10sessions**

**09**

**NECK PAIN TRATMENT**

Ayurvedic neck pain treatment focuses on reducing inflammation, calming Vata dosha imbalances, and eliminating toxins through therapies like Abhyanga (medicinal oil massage), Kizhi (Herbal bundle massage), Pichu (medicinal oil fomentation), Lepana (medicinal application), Greeva vasty (medicinal oil pooling), and Nasya (nasal drops)

**Special Package rates for 5/7/10 sessions**

**10**

**BACK PAIN TRATMENT**

Ayurveda utilizes a wide range of treatment methods to treat back pain by reducing inflammation, strengthening the tissues, balancing Doshas and eliminating toxins through therapies like Abhyanga (medicinal oil massage), Kizhi (Herbal bundle massage), Pichu (medicinal oil fomentation), Lepana (medicinal application), Kadi vasty (medicinal oil pooling),

**Special Package rates for 5/7/10 sessions**



**11**

**KNEE PAIN TRATMENT**

Ayurveda adopts a holistic approach to the treatment of knee pain, focusing on balancing the doshas, reducing inflammation, nourishing the joints, herbal remedies and lifestyle changes. Main therapies include Janu Vasti (oil pooling), Abhyanga (medicated oil massage) Kizhi (Herbal bundle massage), Pichu (medicinal oil fomentation), Lepana (medicinal application), Upanahana (local medicinal bandage)

**Special Package rates for 7/10/14/28 sessions**

**12**

**HERBAL BATH PACKAGE**

Ayurvedic herbal bath benefits include calming the nervous system, detoxifying the body, and rejuvenating the skin, offering a holistic approach to wellness preceded by a luxurious full-body massage with warm oils and followed by herbal steam and skin treatments with rich herbal pastes and fragrant floral waters. These Ayurvedic baths were designed to restore balance to the body, mind, and spirit.

**Special Package rates for 3/5/7sessions**



**“ From ancient wisdom to  
your everyday wellness ”**



**Soul**



**Mind**

**Body**



BOOK YOUR APPOINTMENT

📞 3991 2777 📞 1722 8877, 1726 8080

WE ACCEPT INSURANCE



Alshamali Building No 1137, Road 1427, West Riffa