


Ayur
Wellness
SPA & YOGA

Thamel, Kathmandu, Nepal
+977-9745723001, 9851052685, 01-4700888
ayurwellness@gmail.com
ayurwellness.com.np

For more details



For Location Map





**Ayur
Wellness
SPA & YOGA**

Ayur wellness is well defined as unique and the best combination of finest spa, beauty salon, acrylic swimming pool with international standard under one roof at the heart of kathmandu, inside hotel majestic and spa run by set of professional and experienced hands.



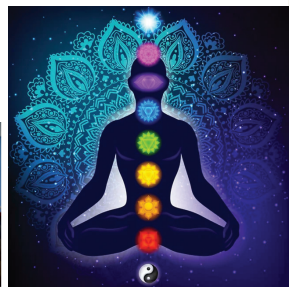
OUR SERVICES

THERAPY

- Ayurvedic
 - Deep Tissue
 - Nepali Traditional
 - Swedish
 - Thai Stretching
 - Hot Stone
 - Jacuzzi Hydro
 - Sauna/Steam
 - & many more...
- Foot Reflexology
 - Body Polishing/ Body Scrub
 - Hair Spa
 - Hair Color/Cutting/Wash
 - Facial, Threading, Waxing
 - Manicure/Pedicure, Gel Nail
 - Polish Extension
 - Waxing
 - Fitness Club
 - Swimming Pool



Yoga is a holistic practice that combines physical postures, breath control, and meditation to enhance both physical and mental well-being, providing a timeless path to balance, flexibility, and inner peace.



YOGA & HEALING CLASSES:

- ▶ Hatha Yoga Flow
- ▶ Singing Bowl Healing Meditation
- ▶ Classical Hatha and Raj Yoga
- ▶ Chakra Balance with Prana and Sound Healing
- ▶ Outdoor Yoga