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ANCIENT EASTERN WISDOM

AYURVEDA & TRADITIONAL
CHINESE MEDICINE



A person is lying down, their head tilted back, with a fine mist being emitted from a small nozzle at the tip of their nose. Above the person's head, a large, ornate copper pot hangs, with a thin tube leading from its base to the nozzle. The background is softly lit, featuring vertical light sources that create a warm, ambient glow. The word "AYURVEDA" is overlaid in a white, elegant serif font across the center of the image.

AYURVEDA



ABHYANGA

FULL-BODY WARM OIL
MASSAGE

An Ayurvedic ritual of warm, rhythmic full-body massage utilizing medicated herbal oils, covering the head, face, neck, shoulders, arms, hands, back, legs and feet.

Herbal oils tailored to your Dosha (mind-body constitution) combined with deep-tissue pressure and long, gliding strokes help to guide tension out of the body and restore deep holistic balance.

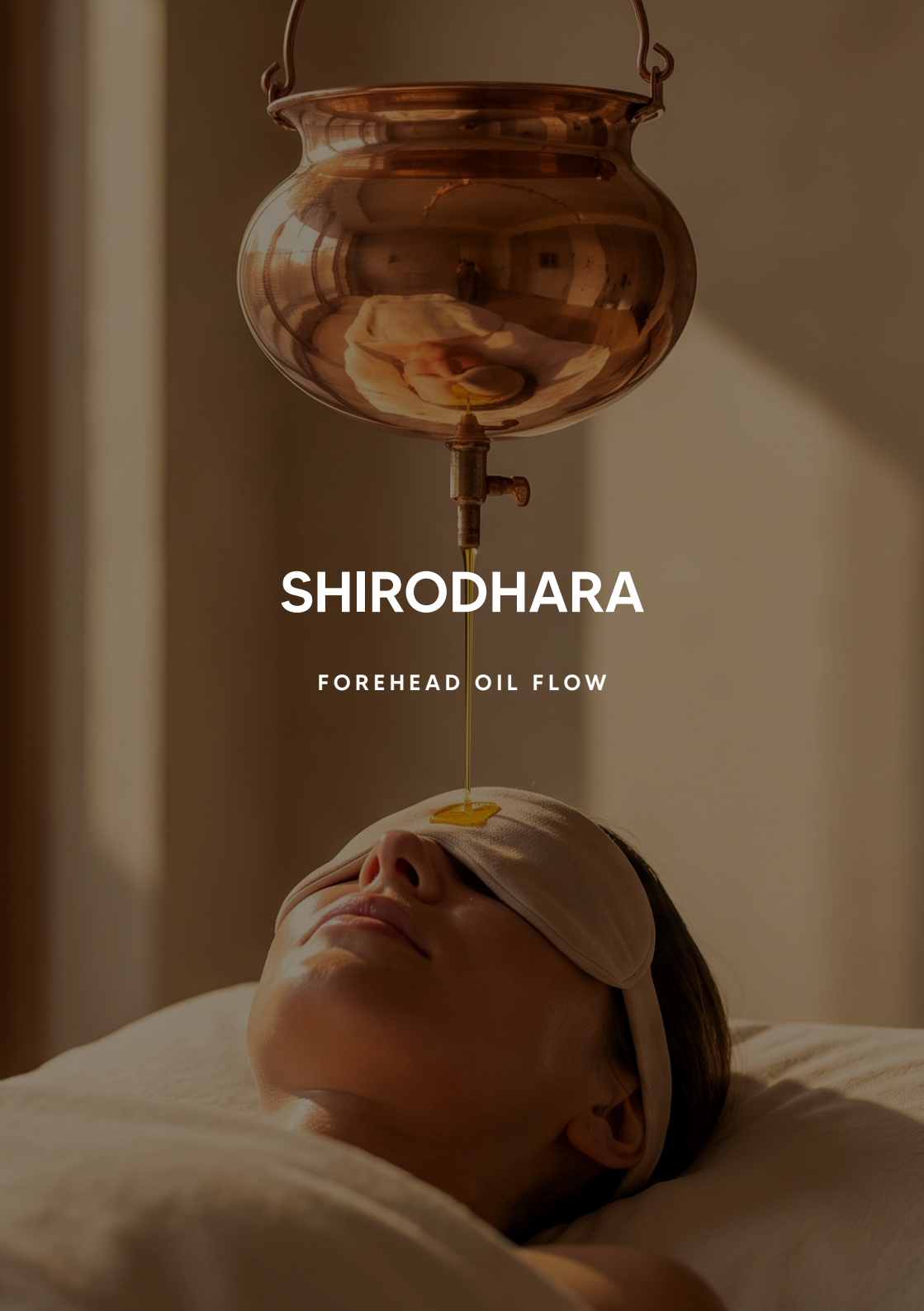
Guides tension out of the body and improves lymphatic circulation

Nourishes tissues, hydrates the skin, improves elasticity, and lubricates stiff joints

Releases muscular tension and stiffness

Supports grounding and nervous system balance

Releases physical and emotional toxins (ama) while inducing a profound state of rest



SHIRODHARA

FOREHEAD OIL FLOW

A classic Ayurvedic therapy that involves gentle, continuous and rhythmic pour of warm medicated oil, milk or herbal decoctions onto your forehead from a specialized vessel suspended over your forehead.

The word originates from the Sanskrit terms, 'shiro' meaning 'head' and 'dhara' meaning 'flow'

This "bliss therapy" focuses on the third-eye area to calm the nervous system, promote deep relaxation, and improve sleep quality

Calms the mind and nervous system and supports improved focus, mental clarity

Shifts your body out of 'fight or flight' mode, into a deep state of psychosomatic balance

Downregulates the sympathetic nervous system and lowers cortisol levels

Quiets mental restlessness, relieves fatigue and supports emotional balance



KADEEVASTI

LOWER BACK OIL MASSAGE

A localized oil therapy for lower back pain, involving a dam made of dough that is placed over the lumbar region and filled with warm, medicated herbal oils maintained at a therapeutic temperature.

Primarily relieves musculoskeletal tension, nerve inflammation, back muscle spasms and severe stiffness.

Relieves lower back discomfort and ease stiffness around the lumbar region

Sustained heat improves blood circulation, nourishes the nerves and lubricates joints

Supports relaxation of tense muscles, promoting greater comfort and mobility

Relaxes contracted muscle fibers and eases movement when bending, walking or sitting



CHOORNA PINDA SWEDA (KIZHI)

HERBAL POULTICE MASSAGE

A therapeutic massage using warm herbal poultices filled with a special type of rice that is cooked, tied into a cotton ball, dipped into a herbal mixture with warmed milk and then skillfully massaged into the body

Supports relaxation of tense and stiff muscles

Promotes circulation in targeted areas

Reduces inflammation and restore muscular vitality in specific pain areas

Supports mobility and physical recovery

Tones and rejuvenates the skin, promotes relaxation inner balance



PADA ABHYANGAM

FOOT OIL MASSAGE

A traditional Ayurvedic soothing warm oil massage focused on the feet, soles, ankles and lower legs, while stimulating vital energy points

The word originates from the Sanskrit terms, 'pada' meaning 'foot' and 'abhyanga' meaning 'massage with oil'

Highly effective at calming the nervous system, relieving anxiety and promoting deep relaxation

Soothes sore and fatigued muscles, aching feet

Supports restful sleep and relaxation

Stimulates blood and lymphatic circulation in the feet



PIZHICHIL

FULL BODY WARM OIL POURING

A luxurious drenching therapy with warm herbal oils that are massaged into the body with gentle and synchronized rhythmic strokes. It combines the benefits of deep tissue oil nourishment and intense heat therapy.

Known as the 'King's Treatment,' it involves the continuous, rhythmic pouring of warm medicated herbal oil over the body while two therapists provide a synchronized, gentle massage.

Supports blood circulation throughout the body

Alleviates muscular spasms, joint stiffness and soothe muscular tension and fatigue

Nourishes and hydrates the skin, body tissues and supports detoxification

Improves blood circulation, skin complexion and builds overall immunity and vitality



KAYA LEPANAM

HERBAL BODY PASTE

A traditional Ayurvedic therapy that involves applying a freshly ground, therapeutic herbal paste directly to specific areas of the body or the entire body.

When applied, the herbal paste slowly dries, allowing the active medicinal properties to penetrate deeply into the skin, pores, and follicles.

Soothes irritated and revitalises inflamed skin

Supports the skin's natural detoxification and nourishment

Restores balance and detoxify the tissues

Promotes a refreshed and rejuvenated body appearance



PICHU

LOCALISED OIL THERAPY

A localized external therapy that involves placing warm medicated oil-soaked sterile cotton pads or swabs on localized areas of the body to nourish nerves, relieve pain and calm aggravated doshas.

Soothes localized pain and discomfort and calm areas of physical tension

Supports relaxation of tense muscles on the forehead or joints

Nourishes targeted tissues and nerve pathways

Supports pelvic floor muscles and addresses hormonal imbalances

A woman with her eyes closed is receiving a Thalapothichil treatment. A person's hands are visible, applying a thick, green herbal paste to her head. She is wearing a light-colored, textured, sleeveless top.

THALAPOTHICHIL

HERBAL HEAD PACK

A traditional Ayurvedic therapy where a cooling herbal paste is applied as a thick pack to the scalp and left to work therapeutically.

The word originates from the Malayalam terms, 'thala' meaning 'head' and 'pothichil' meaning 'covering.'

Deeply calms mental and physical tension

Nourishes hair roots, treats scalp conditions and promotes hair growth

Provides a cooling, soothing sensation, relieving head heaviness

Specifically balances the Pitta (heat) and Vata (cold) doshas in the body

Supports relaxation of the nervous system



NJAVARA KIZHI

MEDICATED RICE POULTICE

A restorative therapy involves massaging the body with warm poultices filled with special medicated brown rice (Njavara) to target areas to nourish and strengthen tissues.

Eases muscle spasms, joint pain, arthritis, and backaches

Nourishes the skin, promotes tissue repair, and acts as a strong immune booster

Relieves chronic fatigue and severe mental stress

Promotes flexibility and ease of movement

A woman with dark hair tied back is sitting on a wooden massage table. She is wearing a white, textured robe with green piping along the edges. She is looking off to the side with a calm expression. In the background, there is a white machine, possibly a steam or mist generator, and some spa equipment. The lighting is warm and soft.

KASHAYADHARA

HERBAL DECOCTION FLOW

An Ayurvedic therapy involving a continuous flow of warm herbal decoctions that are rhythmically poured over the body to reduce inflammation, support detoxification and restore balance.

The word originates from the Sanskrit terms, 'kashaya' meaning 'herbal decoction' and 'dhara' meaning 'continuous flow.'

Reduces joint swelling, muscular pain, and stiffness

Herbal fluids penetrate pores to help manage severe skin dryness

Supports the body's natural cleansing processes

Encourages a refreshed and revitalised feeling

Calms the nervous system, relieving mental exhaustion and promoting deep relaxation



UDWARTHANAM

HERBAL POWDER MASSAGE

A therapeutic Ayurvedic deep-tissue massage using dry herbal powders applied with firm upward strokes across the body, with focus on areas of heaviness.

Deep strokes generate heat, promoting the breakdown of subcutaneous fat

Stimulates the lymphatic system and improve overall circulation

Supports skin exfoliation and renewal

Acts as a natural exfoliant, leaving the skin radiant, soft and toned

Supports healthy weight-management goals, reduces cellulite and drains retained fluids

Reduces feelings of heaviness and stiffness



JANUVASTI

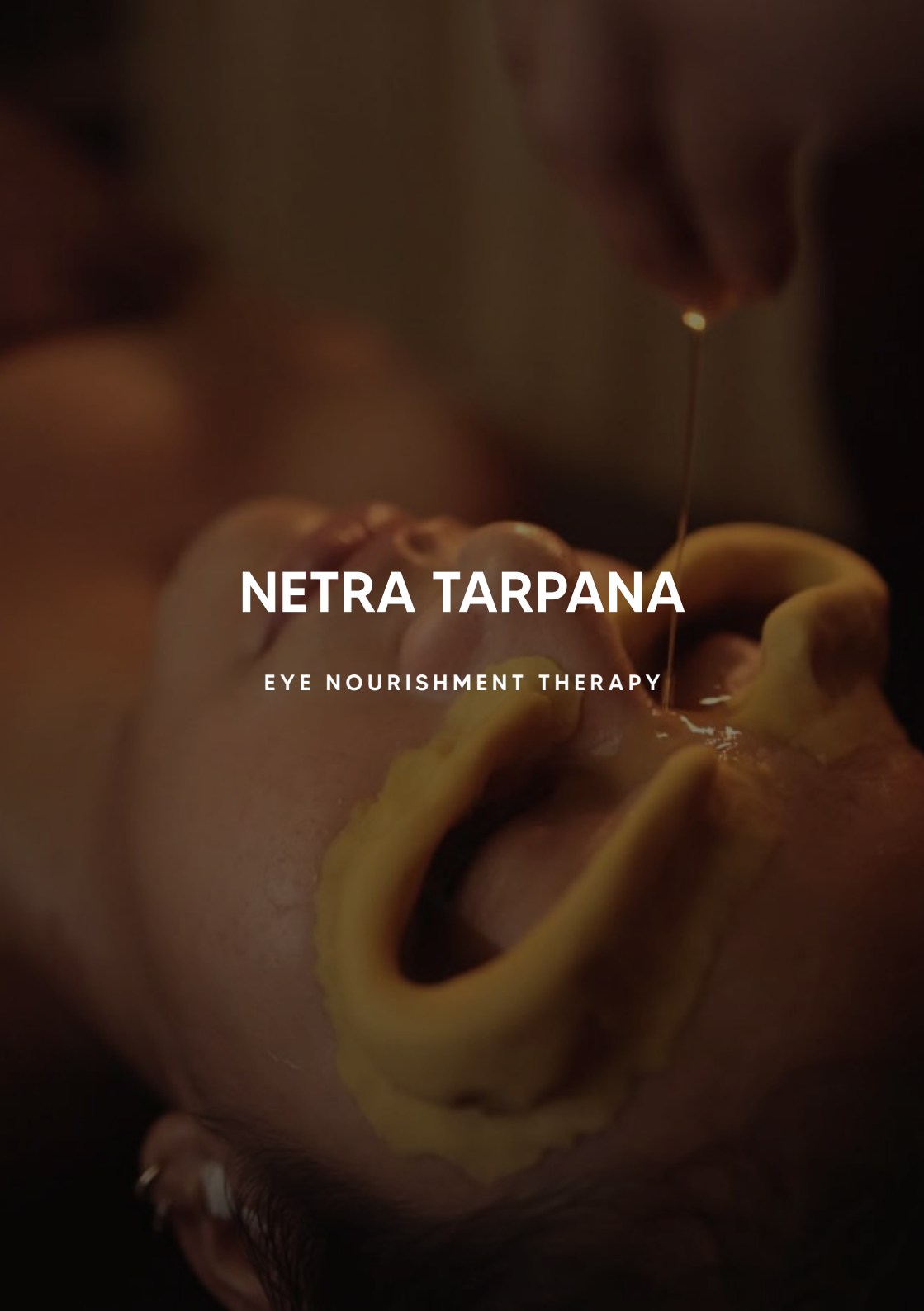
KNEE OIL THERAPY

A traditional Ayurvedic therapy where warm herbal oil is held over the knee joint within a specially formed herbal dough ring.

Deeply nourishes bones, muscles, and ligaments

Soothes knee discomfort and stiffness and supports ease of movement

Promotes relaxation and blood circulation of the surrounding muscles



NETRA TARPANA

EYE NOURISHMENT THERAPY

A traditional Ayurvedic therapy where the eyes are gently immersed in a pool of medicated ghee (clarified butter) within a specially formed leak-proof herbal dough ring.

Soothes tired, heavy and strained eyes

Improves vision clarity, strengthens ocular muscles

Provides cooling comfort and a refreshed feeling around the eyes

Supports relaxation after prolonged screen use

Nourishes, lubricates and rejuvenates the delicate eye area



MARMA ABHYANGAM

VITAL ENERGY POINT MASSAGE

A therapeutic full-body, warm herbal oil massage incorporating gentle stimulation of 107 key vital energy points (Marma) across the head, face and body.

Helps release deep muscular tension, joint stiffness and stress-related headaches

Supports relaxation, enhances blood circulation and lymphatic drainage throughout the body

Encourages balanced energy flow and clears stagnant energy pathways

Promotes a sense of mental clarity and vitality

Supports overall physical and emotional wellbeing



7 CHAKRA PODS AND CHAKRA GARDEN

ENERGY BALANCE.
MINDFULNESS. GROUNDING.

Explore seven dedicated chakra pods, each aligned with one of the body's seven energy centers, for intimate group meditation sessions of up to 3-4 guests or personalized experiences.

Our Bio-Well scan provides insights into your energetic alignment, stress levels, sleep and vitality.

Complete the experience with barefoot walks through the Chakra Garden's varied natural terrains, guided by our wellness experts to encourage grounding and sensory connection.

Supports a deeper sense of grounding and connection to the body

Releases mental tension and restore inner calm and connectivity to oneself

Encourages deeper meditation through focused chakra awareness

Personalized guidance of energetic balance and emotional wellbeing

Supports relaxation, restorative sleep and renewed personal vitality

A close-up, warm-toned photograph of a person's back during an acupuncture session. Several thin needles are visible, inserted into the skin along the spine. The person's head is turned away, and a white towel is draped over their shoulder. The background is softly blurred with warm, bokeh lights.

TRADITIONAL
CHINESE
MEDICINES



CUPPING

SUCTION THERAPY

A non-invasive alternative therapy where specialized glass or silicone cups are placed on the skin to create a vacuum, that lifts and decompresses tissues to ease tightness, enhance circulation, and support pain relief.

Dry Cupping

Hijama (Wet)
Cupping

Fire Cupping

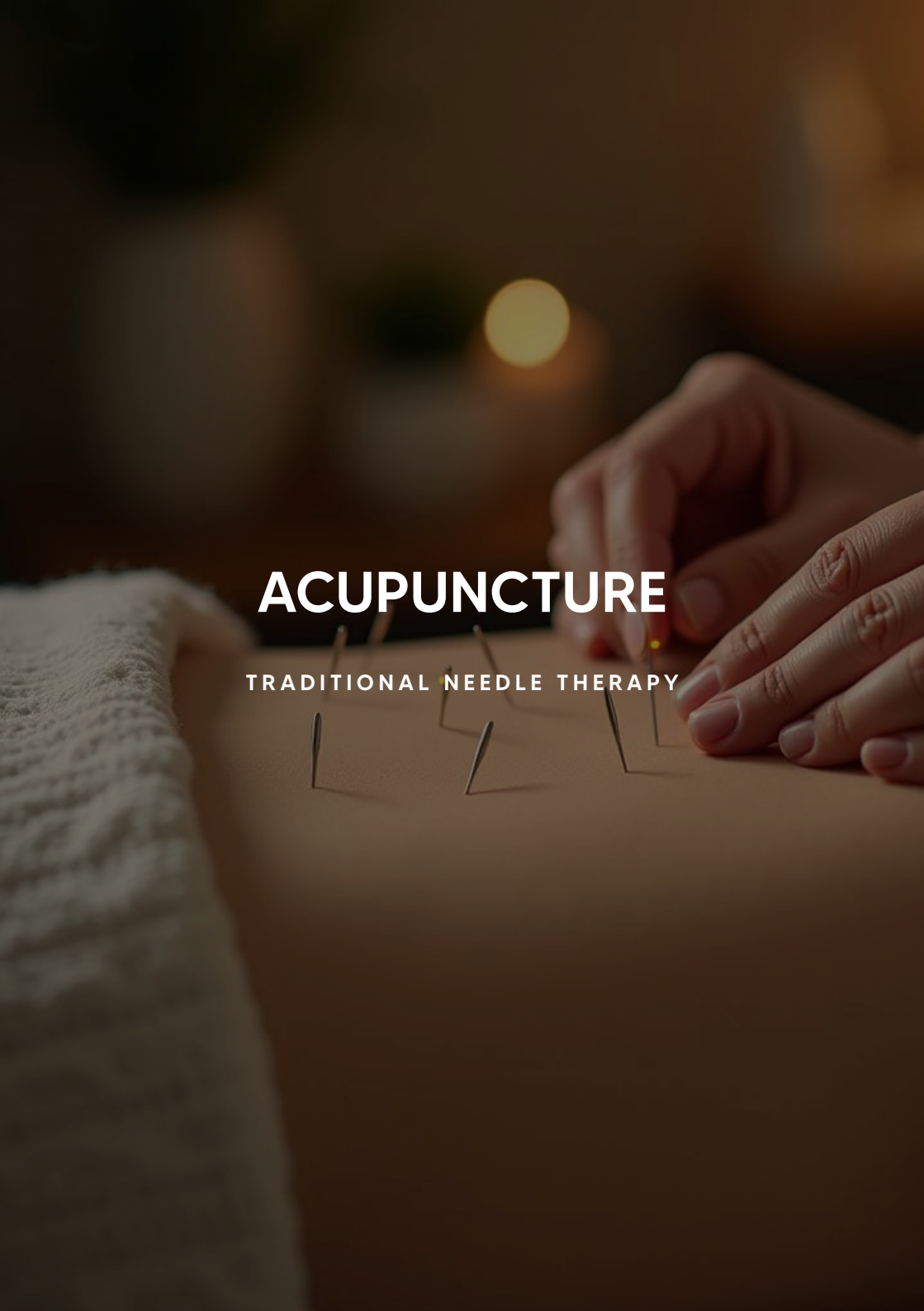
Boosts blood circulation and relieves muscle tension

Release tight connective tissue and improves range of motion and flexibility

Reduces local inflammation with the suction flow

Stimulates the body's natural healing response and promotes relaxation

Stimulates the nervous system and triggers the release of endorphins



ACUPUNCTURE

TRADITIONAL NEEDLE THERAPY

A precise needle-based therapy that stimulates specific points along the body to support energy flow, restore balance and encourage the body's natural healing response.

Helps relieve pain, tension, and muscular discomfort

Supports relaxation and nervous system balance

Stimulates circulation and the body's natural healing processes

Promotes overall physical and emotional well-being

Supports relaxation, restorative sleep and renewed personal vitality



MOXIBUSTION THERAPY

THE FLOW OF QI
(VITAL ENERGY)

A precise needle-based therapy that stimulates specific points along the body to support energy flow, restore balance and encourage the body's natural healing response.

Relieves pain, stiffness, and tension

Improves circulation and energy flow

Helps with reproductive wellness by regulating blood flow to the uterus and improving ovarian health

Supports digestion and internal balance

Strengthens immunity and vitality

wellheal



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Tranquil Wellness Tower
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