

AYURVEDIC THERAPIES

“Ayurveda has been transmitted through generations & the World Health Organization (WHO) recognizes it as the most ancient & complete healthcare system.”

Ayurveda is an alternative medicine from India originated 5000 years ago. It is a therapeutic complementary & holistic system integrating into mainstream. It helps to understand the individual health and the cause of disease. It treats the diseases, restores the physical & emotional well-being while detoxifying & rejuvenating the body through natural, simple methods of lifestyle, regime, diet & nutrition, cleanses herbs, therapies, Yoga & Meditation.

Personal consultation with Ayurvedic doctor 30 minutes - €45

A thorough assessment of health status to identify the root cause of disease is done. Also lifestyle, diet, regime, mind-body dosha identification, pulse diagnosis, tongue-nail analysis is done. Appropriate suggestions about nutrition, herbs, cleansers & yoga are recommended.



Acute conditions of cold, cough, pains, sprains are dealt with as a part of the therapy. A standard consultation is recommended for chronic conditions. Problems related to metabolism, hormones, digestive, respiratory, circulatory, nervous, reproductive, musculo-skeletal & other systems are dealt with. Complementary therapies for autoimmune, cancer are advised.



Original Ayurvedic Therapies

Relaxing Massage Marma-55Mins - €55

Relaxing,, invigorating full body massage.

Original Indian head massage with back or foot massage-55 minutes-€55

Relaxes mind, regulates sleep, helps with sinus, head ache, pain in neck & shoulders, sleep, hypertension.

Deep tissue massage-Kalari 55minutes - €55

Deep tissue massage, remedial sport massage based on Indian martial art techniques, good for injuries, pains, sprains,

Pregnancy massage Sukha - 55 minutes - €55

Relaxing massage suitable for sensitive people, pregnant, children, elderly.

Body exfoliation-Udvardana-60 minutes-€60

A full body massage followed by exfoliation to get rid of cellulite, retention & excess weight gain.

Detox Wrap-Ubtan-85 minutes-€80

Full body massage followed by exfoliation and a wrap, good for detoxing and weight loss, radiant skin [subject to availability].

Hot poultice massage-Podikizhi-60 minutes-€60

Full body massage followed by compress with hot herbal poultices good for chronic pains, congestion, mucus, cold, inflammation, arthritis, rheumatism, etc.

packages

Rejuvenating Package-110 minutes-€105

A full massage [deep/relaxing] and anti-ageing facial

Relaxing Package-110 minutes-€105

Indian head massage with foot massage followed by full body therapy

Detox Package-90 min€80

A full body massage, followed by herbal exfoliation and a mini facial

Anti-inflammatory ritual-90minutes-€80

A full body work with hands-on followed by hot herbal poultices for compression and a mini facial

Pregnancy Package-110 minutes-€105

Pregnancy massage, radiant facial, leg compress and foot massage.

Therapeutic Package-3 visits-€275

Although it varies from one to another individual situation in terms of health issue, need of the situation etc., this package allows an initial thorough consultation and a suitable therapy for one and a half hour followed by 2 visits for 65 minutes with follow up consultation and suitable therapies which are a mixture on two therapies.

FACIALS

Anti -ageing Facial - 55 minutes - €60

Exfoliating, nourishing and lifting facial, suitable for all skin types & men's skin.

Radiant facial-55 minutes-€60

Deep cleansing, hydrating facial suitable for all skin type especially sensitive skin

Deluxe Ayurvedic Facial – 85 minutes - €90

Deep cleansing, exfoliating, hydrating products to clear the pores, soften the skin, improve the complexion from within. Inc extended massage on face, scalp, hands and feet.

PANCHAKARMA THERAPIES

These could be done along with body therapy for additional price of €20

Kati/Janu/Uro/Nabhi Basti-55 minutes €55

Local pooling of oil therapy for chronic arthritis/joint problems in knee, lower back and appropriate local tissue work.

Matra basti-55minutes €55

Enema with suitable liquid and appropriate massage incorporated to suit the individual needs..

Nasal therapy-Nasya-55 minutes-€55

Herbal instillation into the nose and Indian head, face & neck massage. Good for sinus, hay fever, headaches, etc.

Ear ritual-Karna purana-55 minutes-€55 –

pooling of oil in the ear, suitable for wax, tinnitus, etc. .[not indicated in ruptured ear drum].

Yoga & Meditation-group and one-to-one

Yoga classes are conducted with advanced booking.

Personal meditation and breathing sessions are available.



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