



Catalogue

Traditional Ayurveda Treatment

Abhyanga

45mins / 50€

60min / 65€

Abhyanga is a practice of therapeutic as well as self-care significance. Abhyanga refers to the procedure of performing massage on full body and on the affected area with the help of medicated oil. Abhyanga is a useful therapeutic solution for diseases like anxiety, stress, depression, prolonged cardiovascular diseases like hypertension. It tends to calm the body, brings about sound sleep, reduces various known and unknown inflammatory reactions going inside the body, and provides nutrition to deep skin tissues.

Kati Abhyanga (Back Massage)

30mins / 40€

Kati abhyanga (back massage) is a special massage with focused on The back and spine .The use of hot sand potlis are also an option during during this massage.

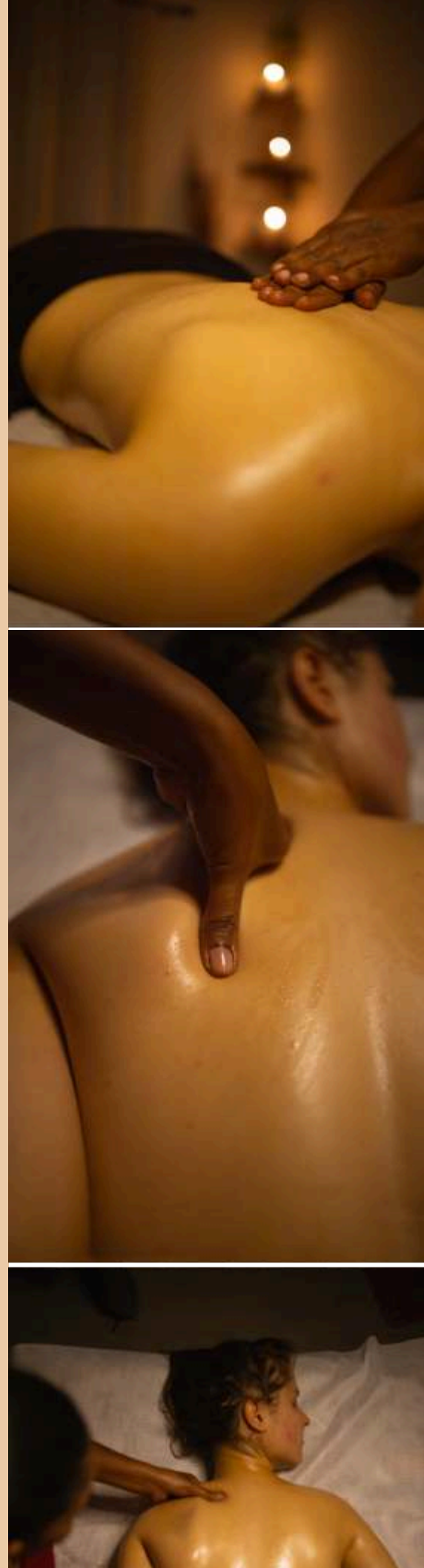
Abhyanga and Marma Stimulation

90mins / 100€

Abhyanga is a therapeutic procedure which includes massaging the body using various types of hand movements. The procedure when includes the stimulation of Marma points i.e. a set of vital points on body using different strokes and customized oil according to use, tends to relief all the physical as well mental ailments of the body.

Tension Release Massage 90mins / 100€

This massage therapy has shown excellent results on the patient with regards to the release of bodily tensions i.e. both, physical as well as mental tensions. Massage reduces tightness by applying pressure to knots and breaking adhesions. Massage relaxes the muscle, separates and loosens the muscle fibers. It increases the blood flow to all the tissues and viscera in the body. Use of medicated oils in the procedure leaves a therapeutic effect thus nourishing the skin cells and leaving behind enhanced skin glow and luster.





Potli Massage

60 mins / 80€

Tired of tossing and turning in your bed at night due to painful bones and joints? It may be due to a severe and chronic back ache, joint pain, muscle catch, stiffness etc.

Here is an unparalleled treatment for your excruciating pain.

In this therapy, number of medicated powdered herbs are wrapped and enclosed in a clot which is later heated and applied in the patient.

Potli massage is a widely used therapy for elevating pain caused due to rheumatoid arthritis, spondylitis and osteoarthritis. It is also helpful in managing polio affected legs and muscular atrophy.



Shiroabhyanga

30mins / 33€

10mins / 11€

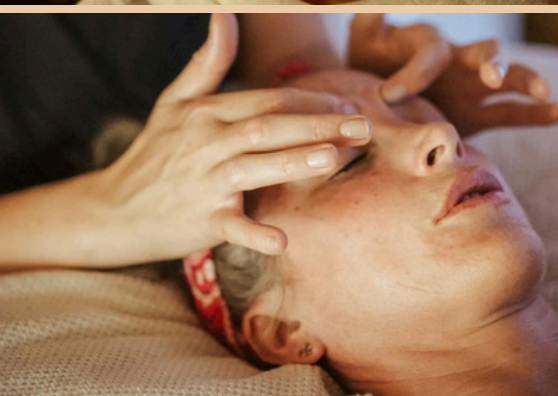
Ayurvedic oil head massage with a comprehensive versatile effect. This amazing massage is performed using a special therapeutic Ayurvedic oil, which improves the condition and prevents premature hair loss, accelerates their growth, prevents dandruff and skin diseases.

Along with the cosmetic effect, Shiro massage has an **anti-stress effect, improves sleep, and effectively relieves migraines and other headaches.**

During the massage, the healing oil is carefully rubbed into the scalp with gentle massage movements. Also, head massage includes massage of the cervical-collar zone & shoulder area, since the harmful effects of stress and muscle tension accumulate here.

POSITIVE IMPACT ABHYANGA HEAD MASSAGE:

- Relieve headache;
- Improves sleep;
- Relieves fatigue;
- Relieves stress, fatigue and emotional exhaustion;
- Accelerates hair growth and prevents hair loss;
- Prevents skin drying and dandruff.



Mukha Abhyanga (Facial Massage)

30mins / 33€

Mukha abhyanga is a special massage of the face. The treatment starts with facial steam then we use a Natural Himalayan Scrub (for all skin types) which have properties to increase the shine and lustre of the skin, followed by a massage to have a glowing effect.

Basti Therapy

Discover the Benefits

30mins /45€

Basti therapy is an ancient Ayurvedic treatment using medicated oils applied in specific ways to enhance health and well-being.

Here's a brief overview of its various types and benefits:

- **Neck and Shoulders Basti (Greeva Basti):** Relieves nervous congestion, stress, and muscular tension, while reducing pain and stiffness, improving circulation, and enhancing cervical flexibility.
- **Heart Region Basti (Hridaya Basti):** Regulates cardiac function, nourishes and strengthens cardiac muscles, induces peace and happiness, and reduces anxiety and stress.
- **Navel Region Basti (Nabhi Basti):** Balances digestive fire, normalizes the solar plexus, strengthens digestion, and releases deep-seated emotions.
- **Lumbar and Sacral Region Basti (Kati Basti):** Treats lumbar spondylosis, sciatica, slipped disc, and lower back pain, alleviating pain and stiffness while improving flexibility.
- **Knee Joints Basti (Janu Basti):** Relieves pain and swelling, enhances weight-bearing capacity, and improves knee joint mobility.

Why Choose Basti Therapy?

Basti therapy promotes overall well-being by improving circulation, reducing stress, and strengthening various body systems. It's ideal for those seeking relief from chronic pain, better cardiovascular health, balanced digestion, or relaxation and rejuvenation.

Book Your Basti Session Today

Experience the transformative benefits of Basti therapy by booking your session today and enhance your health and overall well-being.



Sensory CARE

Nasyam

30mins / 30€

Nasyam is the procedure of introducing medicated oils into the body through nostrils. This procedure tends to rectify most of the diseases above clavicle and is potent enough to treat facial paralysis. It is commonly used to treat recurring and prolonged diseases of Ear, Nose and Throat (ENT) along with respiratory tract like asthma, Rhinitis, Sinusitis, Migraine, memory loss etc.

Akshi Tarpana

30mins / 30€

Akshi means eyes and Tarpana means nutrition. Hence, Akshi Tarpana is an Ayurvedic treatment in which the eyes and the surrounding areas are filled with the medicated oils. It is used to treat many eye diseases such as refractive errors, chronic conjunctivitis, xerophthalmia, etc. It also aids in improving vision and adding beauty to the eyes.

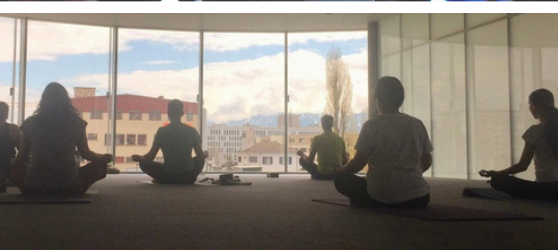
Karna Purana with Karna dhoopam

30mins / 30€

Karna Purana is an Ayurvedic ear treatment that involves the administration of medicated oils in the ears. It is used to treat various ear problems such as hearing loss, tinnitus, Meniere's disease, earache, etc.



Yoga & Pilates



Private Lesson

45mins /33€

100% empathic service with an unique personalised guidance focused on a direct goal, the wellbeing of my guest.

You will:

- Gain confidence
- Achieve purpose
- Improve physical & mental health
- Achieve happiness (gain peace of mind)
- Heal in the process

Events & corporate

**Minimum 5 participant
60mins /65€**

Do you want to make your day special focusing on your well being? or dedicate every week a healthy moment with a nice group of people?

Then this is the time you can dedicate to empower your team, family & friends!

(The time, place and price can varie depending on your availabilities)

Group Lessons

Ask for the availability in weekly clases at diferent locations.

Online Private Lessons

45mins / 16€

Any where you are, lets get connected!

Meditation | Breath Work

Private Lessons

30 mins / 22€

Online 11€

Minimum 5 participant

Group Lessons

30mins /32€

Online 17€

Wellness Pack for all month!

98,5€

30min wellness consultation + 45min practice + 45min massage

Recommended for those who want to take care of their health during all month. We will make an appointment of 30min to personalized your practice and treatment (It can be online too or combined with the other sessions). After that we will meet for our 2 personalized sessions in a day of your choice (They can be done in the same day too).