

# AYURVEDIC THERAPY

*Ayurvedic Massage* has a large list of relaxation and wellbeing experiences through various massages. Discover the solutions that have been carefully prepared to free your body and mind, giving back energy, and a sensation of wellbeing.

## MASSAGE TREATMENTS:

### ❖ **ABHYANGA | Full Body Massage**

Relaxation massage with hot oils that hydrates the skin, tones the muscles. Lymphatic cleanse and activation of the blood circulatory system, acts on sciatic, neck pain, hernias and fibrosis. **1h15m | €**

Partials:

- Back: 30 min | €
- Feet: 30 min | €
- Indian Head Massage: 30 min | €

### **VASTI**

- ❖ Treatment with hot oil in bread dough. Strong effect on local pains. **40 min | €**

### **UDVARTANA | For oily skin**

- ❖ Massage and exfoliation with aromatic herbs. **40 min | €**

### ❖ **UDVARTANA | For dry skin**

Massage and exfoliation with oil, flower salt and aromatic herbs. **40 min | 65€**

### **PINDA SWEDA**

- ❖ Massage with cotton bag, filled with rice or medicinal and aromatic herbs. Is a rejuvenating therapy that works effectively on nervous system and joint articulations. **40 min | €**



**Ayurvedic Medicine** has its origin in India, about 5000 years ago and it still being used in large scale in that country.

Ayurveda means Knowledge of life - Ayur (life) Veda (knowledge).

Acts essentially as preventive, but also as a healing therapy.

It is based on the idea/philosophy that the 5 natural elements ( ether/space, air, fire, earth and water) are the cause of existence of all matter in the universe, including our body. So all living matter is made out of the 3 doshas (Vata Pitta and Kapha) that combine this 5 elements, giving life strength to the body and energy to all biological and physiological processes essential to life.

Ayurvedic Massage is one of Ayurvedic treatments, used to rebalance that energetic forces in the body. Uses hot oils made of special plants (aromatic and medicinal), using various techniques of slide, traction and rotation on marmas and chakras points, being a very relaxing massage which will be reflected on our physic and mental wellbeing.

**At physical level has direct impact on:**

Blood circulation | Lymphatic cleanse | Capillary balance | Memory and concentration | Tension on Muscles | Joint pains | Sciatic, neck pain, hernias and fibrosis | Balance of the production of fat in Skin.

**Professional Licence from Portuguese Confederation of Non Convencional Medicines**

Book your massage/treatment through: Telf. 967485748