

<b>Rebalancing treatment Vata, Pitta e Kapha 60'</b>	<b>70 €</b>
<b>Treatment of energetic reflexological points Marma 60'</b>	<b>60 €</b>
<b>Facial ayurvedic treatment 35 '</b>	<b>50 €</b>
<b>Feet ayurvedic treatment 20'</b>	<b>40 €</b>
<b>Ayurvedic draining and remodeling treatment 60'</b>	<b>65 €</b>
<b>Ayurvedic anti-stress treatment 60'</b>	<b>65 €</b>
<b>Ayurvedic decontracting treatment 70'</b>	<b>70 €</b>
<b>Scalp ayurvedic treatment 20'</b>	<b>45 €</b>
<b>Ayurvedic treatment with udvartana powders 70'</b>	<b>80 €</b>
<b>The massage is done with herbal powders, gives stability and lightness to the body and helps to remove impurities from the skin.</b>	
<b>Pinda Swedana treatment, helps to awaken cellular memory 70'</b>	<b>75 €</b>
<b>Hot stone treatment with hot lava stones 70'</b>	<b>75 €</b>
<b>After oiling with medicated oils, maneuvering is performed on the whole body or on specific areas with hot polished stones, combining a beneficial effect of fomentation, suppleness, drainage and relaxation.</b>	
<b>Pregnancy massage for mother and child Garbabhyangam 60'</b>	<b>70 €</b>
<b>The massage during pregnancy is crucial for the well-being of mother and child. At curative level, as in the case of lumbago, sciatica, muscle cramps and poor circulation in the legs, or at the preventive level, the massage is with no doubt the most elective technique.</b>	
<b>Kalari treatment massage made with the feet 60'</b>	<b>70 €</b>
<b>The Kalari massage (from the name of an ancient Indian martial art) is characterized by the exclusive use of the feet even if to achieve a relaxation effect, is allowed in certain cases, the use of the hands. Very popular among martial art practitioners, dancers and circus artists, having ancient origins, dating back at least 3000 years ago in the region of Kerala (South-West India) was considered the best tonic for warriors preparing to face a battle or having to heal from trauma and bruises. Even today it is used to loosen stiff joints, blocks of muscles and relieve fatigue.</b>	
<b>Myofascial massage 50'</b>	<b>60 €</b>

<b>Sport massage for Men 70'</b>	<b>80€</b>
<b>It 'a class massage that provides a true muscular reset of legs, back and neck. It generates a mental relaxation and promotes inner peace.</b>	
<b>Sport massage for Ladies 70'</b>	<b>65 €</b>
<b>The massage brings out the real elegance in the harmonic movements, precise and delicate, gives joy and restores the enthusiasm.</b>	
<b>Yoga massage 60'</b>	<b>60 €</b>
<b>Wearing comfortable suit. Relaxing and rebalancing massage.</b>	
<b>Rebalancing Tridosh Treatment (Tridosh Abyangam) 60'</b>	<b>65 €</b>

#### **Ayurvedic Abyangam Massage**

**The Ayurvedic massage is called "Abyangam" in Ayurvedic medicine. The Ayurvedic massage is one of the most traditional techniques for body care. It is considered a unique art, the way that allows the unification of body, mind and spirit, capable of producing and recreate the real individual energy. For a better result of the massage, we will use vegetable oils and other medicated products of the indian traditional medicine. The use of these oils at topical level helps, integrated to other internal therapies, renew compromised states of health . The Ayurvedic massage is a total energetic treatment; its action is based mainly on the circulatory system with a draining action on tissues, but its aesthetic effect is also evident.**

**The benefits of traditional Ayurvedic massage can be summarized follows:**

- **It strengthens the body, since the increase of circulation of vital fluids and the elimination of toxins allow a better nutrition of tissues and fortify them.**
- **It improves sleep: the head and the foot massage quiets the mind.**
- **It strengthens the skin, maintaining its proper hydration and making it soft and radiant.**
- **It improves complexion: improving the skin tone, makes it stronger and healthy.**
- **It eliminates stress.**
- **It helps increase the immune system and accelerates the healing of wounds, as it helps hormonal and vital circulation.**
- **It removes fatigue, either caused by mental effort, muscle stress or accumulation of toxins.**
- **It helps restore harmony and balance the nervous system.**

**The use of appropriate oils and the expertise allow however to customize treatments and work on specific problems such as psychic stress, depression or physical distress: muscles, joints, digestive system problems, circulatory system and so on.**