



The duration indicated corresponds to the total duration of the care, including the reception time, the diagnosis and the chosen treatment.

AYURVEDIQUE CONSULTATION 150€


It is a comprehensive approach to analyzing the body using Ayurvedic diagnostic methods. It gives a clear picture of the physical and mental health of the person. Duration : 1h30

AYURVEDIC MESSAGES


 **SYNCHRO ABHYANGA** 230€
Rhythmic massage with 4 hands. Helps in the intense purification of the body – Duration : 1h30


 **MUKHAABHYANGA** 60€
Releases facial tension and nourishes the skin -
Duration : 0h45

 **ABHYANGA** 110€
Whole body massage with hot oil. Brings deep relaxation to body and mind – Duration : 1h


 **PADAABHYANGA** 60€
Specific foot massage. Brings deep relaxation while stimulating the different organs of the body.
Duration : 0h45


 **ABHYANGA & MARMA** 180€
Oil massage that focuses on the vital points of the body. Helps in detoxification and rejuvenation - Duration : 2h


 **SHIROABHYANGA** 50€
Specific massage of the head and shoulders. Acts on the nervous system and the body's balance - Duration : 0h30


 **KALARI MARMA** 180€
Pure traditional massage from Kerala. Helps to improve the circulation of vital energy - Duration : 2h


AYURVEDIC TREATMENTS


 **DHANYAMLA DHARA** 230€
4 hands – Body bath with warm medicinal water. It removes unwanted substances from the body
Duration: 1h20


 **PIZHICHIL** 230€
4 hands – Body bath with warm medicinal oil. It strengthens the immune system
Duration 1h20


 **SHIRODHARA** 165€
Slow and steady flow of medicinal oil over the head. Rebalances the basic qualities of body and mind
Duration 2h

 **TAKRADHARA** 150€
Slow, regular and rhythmic flow of medicinal milkshake over the head or body. Soothes hypertension disorders
Duration 1h45

 **UDWARTHANA** 130€
Exfoliation and deep massage with herbal powders. Helps reduce accumulated fat
Duration 1h30

 **KARNAPURANA** 100€
Oleation of the ears based on medicinal oil. Suppresses ear disorders and improves hearing
Duration 1h

 **NASYAM** 60€
Nose treatment based on medicinal oil. Relieves headaches and enhances all the senses –
Duration 45 min

 **PICHU** 70€
Wraps weakened body parts with medicinal oil. It is one of the best restorative treatments –
Duration 45 min


 **BOL KANSU** 100€
It is an energetic foot massage with medicinal ghee and a bowl composed of 5 metals –
Duration 1h


 **NETHRADHARA** 60€
Eye wash. It cleans the eyes and gives clarity to the vision – Duration 45 min

SARVANGA SWEDHANA 40€
Whole body sweating. Eliminates waste accumulated on the body – Duration 30 min

POUCHES

They are applied to the skin by circular movements, pressure and smoothing. The active ingredients of spices and plants are then condensed and then released during contact with the body.

 **CHOORNA SWEDHANA** 150€
Deep massage with a hot pouch made from herbal powders. Helps relieve pain and inflammation in the body.
Duration: 1h30

 **JAMBIRA PINDA SWEDA** 150€
Deep massage with a hot pocket with lemons and herbs. It releases toxins and reduces tension
Duration 1h30


 **SHASHTIKA SHALI PINDA SWEDA** 150€
Deep massage with a hot pouch made of rice and milk. It strengthens muscles and increases vital energy
Duration 1h30


BASTI TREATMENTS


Hot oil reservoir made from chickpea flour and applied to the body. The oil penetrates deeply and relieves tension.

 **HRIDAYA BASTI** 120€
Bath the heart region with medicinal oil. Balances cardiac functions and improves breathing
Duration 1h10

 **JANU BASTI** 130€
It is a bath of the knee area with medicinal oil. It relieves the joints and reduces pain
Duration 1h15

 **GREEVA BASTI** 120€
Bath the neck area with medicinal oil. Releases tensions in the neck and muscles – Duration 1h10

 **TARPANAM BASTI** 80€
It is an eye bath with medicinal ghee. It helps improve vision and heal eye ailments
Duration 50 minutes

 **KATI BASTI** 130€
Bath of the spine with medicinal oil. It solves all the pains related to the spine – Duration 1h15

YOGA & MEDITATION

GROUP SESSION 30€ / Pers.

PRIVATE SESSION 65€ / Pers.
Up to 4 persons (family or friends) +30€ / pers.