

Abhyanga – Herbal Oil Massage

This is a full body Ayurveda massage where oil is applied all over the body and a specific pattern of movements is given with firm pressure. Very effective for physical & mental relaxation. Its benefits include improved appetite, alertness throughout the day, and better sleep at night, reduced stress level, glowing skin and reduction in overall mental and physical fatigue, increased blood circulation

70 min

34 000 HUF

Shirodara – Third Eye Therapy- Awake your brains

Relaxation & Rejuvenation for body and mind. A flow of herbal oil in a scientific manner continuously on the forehead with central nervous system as governing part.

40 min

27 000 HUF

Abhyanga (Herbal oil massage) + Shirodhara (Third eye therapy)

110 min

46 000 HUF

Kizhi (Herbal leaf bag massage)

Elakizhi, where Ela means leaf and Kizhi means bundle, is a special massage treatment, hailing from the ancient traditions of Ayurveda, carried by medicinal leaves bundle dipped in warm oil. During treatment circulation will increase, perspiration will intensify, which makes toxins leaves thro skin. It is used to tackle joint pain, muscle cramps and stiffness. This treatment is also recommended for inflammatory conditions of bones & joints, chronic back pain, spondylitis and sports injuries.

60 min

34 000 HUF

ShiroAbhyanga Indian Head & Neck Massage

Ayurveda gives special importance to head and neck massage, as head is said to be the center of two vital 'chakras'. Herbal oil is applied to the scalp and the roots of the hair, then massaged in with special hand movements with varying degrees of pressure. It is extremely beneficial for calming the nerves, removing fatigues, curing hair loss premature balding, dryness of scalps and graying of hair.

40 min

27 000 HUF

Prustaabhyanga back massage

According to Ayurveda, unhealthy food habits, sedentary lifestyle and improper postural habits are mainly responsible for backache. This massage works carefully up the lower back, buttocks, spine, waist and shoulder areas which are generally stressed in our daily life. The massage also focuses on Marma points (energy points) over the whole back, arms and hands with the aim of removing blockages in the muscles and cartilages, so that there is free flow of body fluids and the nerves emerging from the spinal cord are relaxed to perform their jobs efficiently, thus nurturing the body.

30 min

18 500 HUF

PadaAbhyanga - Full Leg Massage

'Pada' in Ayurveda means Foot. It is an extremely soothing and relaxing massage that not only treats the feet, but also the lower legs and knees. The massage with warm oil stimulates all organs, as well as the flow of energy and helps to get the self-healing powers going. It immediately alleviates roughness, stiffness, dryness, numbness and tingling sensation of foot and leg, tiredness of the foot, strengthening the foot, offering stability in the foot.

40 min

27 000 HUF

Ayurveda Pregnancy Massage

Ayurvedic pregnancy massage, is a beautiful and unique massage, which has it is roots in Ayurveda and Marma therapy. The treatment focuses on the whole body of the woman, and varies according to which stage of pregnancy she's in.

60 min

30 000 HUF