

THE INDIAN TRADITION

Ayur-Veda (Ayur: science/Veda: life)

Ayur-Veda is recognized as one of the oldest (over 5000 years) philosophies, sciences and medicines in the world originated in India. A wisdom giving us deep knowledge of our individual constitutions and of mother nature in the aim of self-healing and of physical, mental and emotional balancing. Meditation, yoga exercises, specific healthy nutrition, massage therapies and the use of pure essences and extracts of herbs, plants and flowers are at the base of this knowledge. Ayur-Veda is an effective way of promoting a healthy lifestyle and thus preventing disease. It brings forth consciousness and satisfaction.

⦿ Traditional Abyanga (ayurvedic massage)

▣ A healing, soothing and detoxifying massage using pure warm sesame oil. Based on the principles of the Ayurvedic wisdom, this massage treats mind and body by the stimulation and balancing of the seven Chakras, the major centers of energy and spiritual power in the body. Detoxifying, destressing and balancing.

50 min Chf 160.–

75 min Chf 220.–

⦿ Sphinx Abyanga (ayurvedic massage)

▣ Ancient Martial arts Medicinal oil massage. A physical and psychological dynamically intensive treatment with yoga postures. Advised against muscle pains, stimulating the metabolism and the blood circulation, and intensifying body suppleness.

50 min Chf 160.–

75 min Chf 240.–

⦿ Shirodhara (shiro: head, dhara: stream)

Based on the ayurvedic principles of healing, this treatment will restore balance through deep relaxation of the mind. A soothing stream of herbal oil is poured on the forehead's center (third eye). Pacifies the soul and relieves tension.

50 min Chf 160.–

⦿ Abyanga followed by a Shirodhara

100 min Chf 300.–

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⊙ **Shiroshampi**

▣ Scalp, neck and shoulders massage, providing a deep feeling of relaxation to stressed and nervous beings. Favours blood circulation and activates hair growth.

25 min Chf 95.–

50 min Chf 160.–

⊙ **Prasavpure**

▣ A massage reserved for pregnant women. A moment favouring the connection between mother and baby. Procures deep relaxation during pregnancy and aids in post-childbirth recovery.

50 min Chf 160.–

⊙ **Padavishes**

Body massage practiced with feet and warm sesame oil. Very deep, it promotes weight loss and a better distribution of body fluids. Excellent for all athletes wishing to relax their muscles.

50 min Chf 170.–

75 min Chf 240.–

This treatment is not recommended for people with heart problems, elderly people and pregnant women.

⊙ **Padavishes followed by Shiroshampi**

100min Chf 300.–

⊙ **Mardanamarma**

▣ A specific massage of the meridians, releasing energetic tensions and improving the organic fluids throughout the organism. This technique helps to restore balance to the organs' function.

50 min Chf 160.–

75 min Chf 220.–

⊙ **Udvardana**

▣ A massage practised with plant powders. Designed for persons eager to lose weight. Stimulates blood circulation and deeply cleanses the skin.

50 min Chf 170.–

75 min Chf 240.–

⊙ **Podokizhi**

▣ A Rythmic massage performed with medicinal herbal tampons and warm oil, a treatment advised for all vata (air) and pitta (fire) based problems. Treats articular and muscular inflammatory pain, nervous tension, sciatic and lumbago.

50 min Chf 170.–

75 min Chf 240.–

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⊙ **Prashtikana timuru (Shantala)**

▣ A body massage intended for babies and children up to 14 years of age.

25 min Chf 95.–

⊙ **Kalari**

Kalari massage is part of the traditional indian martial arts. It harmonises the biological body system, unifying mind and spirit vital energies. It is practised on a floor mat through hands and/or feet pressure with warm sesame oil. It is a vigorously active technique using acupressure, yoga and stretching methods. Rids toxins, tonifies the skin, stimulates and vitalises the whole body.

50 min Chf 160.–
(hands only)

75 min Chf 220.–
(hands & feet)

⊙ **Kansu**

▣ A foot massage performed with a small metallic bol composed of 7 precious metals. A deep relaxing treatment, ridding dosha pitta (fire) excess.

25 min Chf 95.–

50 min Chf 160.–

75 min Chf 220.–

⊙ **Four-hand Ayurvedic Massage**

▣ A technique performed by two therapists using warm sesame oil in a perfectly synchronized rhythm and coordinated movements, providing tension release and a deep sense of well-being.

50 min Chf 300.–

⊙ **Ayurvedic consultation**

▣ Pulse control and determination of the Ayurvedic constitution, followed by nutritional recommendations.

50 min Chf 160.–

75 min Chf 220.–

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