

# Shiroabhyanga

(Partial sitting massage)

The shiroabhyanga massage is among the most relaxing massages, as it directly affects the nervous system, immediately producing a deep relaxation throughout the body. Relieves stress and headache, and insomnia. It promotes mental clarity and produces an energizing effect due to increased blood circulation in the brain.

It is performed on a chair, starting at the upper back, shoulders, arms, hands, neck, skull, face and ears. It stimulates 52 Marmas points, and is especially beneficial for Vata imbalances.

Indications: acne, tinnitus, hair loss, anxiety, apnea, insomnia, constipation, dandruff, headaches, depression, back and shoulder pain, torticollis, bruxism, halitosis, trigeminal neuralgia, grief, dizziness.

It is made with oil tempered with herbs, although it is possible to do it with clothes.



Approximate duration 60 min

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# Bliss Abhyanga

(Partial stretcher massage, back)

It helps with the elimination of toxins, as well as mental and emotional blockages. It improves the functioning of the nervous and lymphatic systems; Nourishes the skin, and relaxes and tones the muscles.

It also works with the Marmas points of the body undoing energy blocks that cause physical, mental and emotional disorders.

It strengthens the body's defenses, improves blood circulation, stimulates lymphatic drainage, facilitates removal of toxins, releases tension and muscle aches, raises energy levels, promotes relaxation and induces deep sleep.



Approximate duration 60 min

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# Abhyanga

(Full body massage)

It helps with the elimination of toxins, as well as mental and emotional blockages. It improves the functioning of the digestive, nervous and lymphatic systems; Nourishes the skin, and relaxes and tones the muscles. Induces relaxation and deep sleep.

Also works with 107 Marmas points of the body. Massage works by undoing energy blocks that cause physical, mental and emotional disorders.

Decreases the overall aging process, strengthens the body's defenses, improves blood circulation, stimulates lymphatic drainage, facilitates the elimination of toxins, promotes nutrition in all body tissues, releases tension and muscle aches, elevates Energy levels, favors relaxation and efficient management of stress.



Approximate duration 60 min/90 min

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# Padabhyanga

(Massage of legs and feet)

The feet are a very important part of our body, as many nerves of many organs end up in the feet.

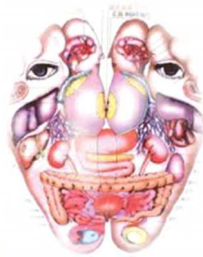
So the massage helps to strengthen the nerves and restores the health of many parts of the body.

Very useful for people with insomnia, fatigue and cramps.

In India, it is practiced as daily, especially before bedtime at night. It is performed from the knee and is not especially painful.

"Let sickness not approach one who massages his feet before bed, just as snakes do not approach the eagles."

It calms the mind, helps maintain sight and hearing, promotes sleep quality, improves peripheral circulation, helps prevent sciatica, helps calm Vata.



Approximate duration 45 min

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## Shirodhara (Jaladhara)

Temperate flow in the forehead or third eye for an adequate period of time. It is performed as complementary therapy of Shiroabhyanga massage.

Very useful for insomnia, indicated for diseases related to the head, neck, eyes, ears, nose and throat, gives firmness to the body by stimulating the nervous system. Very useful for many diseases of the nervous system such as nerve disorder, facial paralysis, paralysis and drooping eyelids. It strengthens the neck and head, reduces the burning sensation of the head, revitalizes the pituitary glands and cools the body. It improves digestion and also the health of the skin, controls mood swings and depression.

### Jaladhara (con agua de mar)

Tailadhara (with medicated oil), Ksheeradhara (with medicated milk), Takradhara (with medicated ghee).



Approximate duration 30 min (+60 min Shiroabhyanga)

# Swedana

(Steam bath)

It consists of applying steam evenly to the whole body (except the head) with the use of a sweat box.

This method is used as a complement to Abhyanga massage or any other massage with oil, to detoxify your body and help medicinal oils penetrate deeper into all tissues.

Essential oils and / or specific herbs are added to the steam bath providing their healing effects.



Approximate duration 20/45 min

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## Hot Stones Basaltic

Abhyanga massage with water-heated basalt stones of different sizes to give a slow deep tissue massage, especially in areas that tend to accumulate tension and stagnation of blood, such as the back, neck and shoulders. Stones promote the absorption of oils into tissues, creating a feeling of comfort and warmth, relaxes muscles and reduces Vata.

The hot stones expand the blood vessels and push unwanted blood and waste products, this has a sedative effect on the nervous system, in addition to a rejuvenating effect throughout the body, as it facilitates the cleaning of all systems, In particular the lymphatic system.



Approximate duration 60 min

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# Shatabhyanga

(4-hand synchronized massage)

Based on the Abhyanga, it effectively combines the techniques of massage, music and aromatherapy. Made in four hands, perfectly synchronized, that give the person who receives it a total relaxation with a unique feeling.

The two masseurs stimulate the body in a symmetrical and simultaneous way, which translates into a greater benefit as the patient's mind finds more easily the capacity to enter into a meditative and deeply relaxing state.



Approximate duration 60 min

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## Kadee Vasti

(Local Treatment for Low Back Pain)



A small receptacle is made in the lower back with a dough and then filled with medicinal oil. The oil temperature is maintained for a minimum of 45 minutes. It is highly effective against sciatica and hip arthritis.

Approximate duration 35 min (Mín 5 days)

## Greeva Vasti

(Local Treatment for Neck Pain)

Similar to Kati Vasti, except that this is carried out in the neck region. Strengthens the muscles and tissues of the neck, relaxes and nourishes the region, lubricates the neck and shoulder and upper spine. Beneficial against cervical spondylitis, neck pain and stiffness, pain in the hands extending from the neck, spasms, stiffness headaches and migraines, and shoulder pain.



Approximate duration 35 min (Mín 5 days)

# Janu Vasti

(Local treatment for knee pain)

This is a special treatment in which the hot medicinal oil is kept on the knee, very effective in treating different conditions of the knee joints such as arthritis, degenerative conditions, etc.

Relieves knee joint cracking, relieves knee joint arthritis pain and inflammation, helps in degenerative knee joint disease, helps recover from a knee injury or ligament injury .



Approximate duration 35 min (Mín 5 days)

  
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# Hrid Vasti

(Local heart treatment)

This is a special treatment in which the hot medicinal oil is kept on the pectoral area.

It stimulates the heart chakra and liberates feelings of love, forgiveness and compassion. The deeply nutritious oil allows the release of old feelings and makes us more capable of handling the emotions we have today.

The heart is one of the main points of the three vital in the body of Ayurveda, and therefore needs to be protected.



Approximate duration 35 min (Mín 5 days)

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