



AYURVEDIC TREATMENTS

ABHYANGA FULL BODY MASSAGE €75 (60 MIN)

1. Retexturizing, Moisturizing & Calming

Duration 60 min **KAMA**
AYURVEDA

Warm **herbalized oil therapy**. Prescribed in Ayurveda as a treatment for smooth, soft and clear skin. It helps clear up skin irritation and itching. Excellent calming and nourishing remedy after prolonged sun exposure, or if you feel mentally "overheated". This massage includes face and head. We use products from Kama Ayurveda

2. Rejuvenating & Relaxing

Duration 60 min **KAMA**
AYURVEDA

Warm **herbalized oil therapy**. Most refreshing and rejuvenating experience. Prescribed in Ayurveda as an antidote to stress, exhaustion and overwork. Highly recommended for the contemporary individual who is constantly on the go! Also recommended for sporters or active people to alleviate physical fatigue and strengthen muscles. This massage includes face and head. We use products from Kama Ayurveda

SANKALPA HEALING FULL BODY MASSAGE €95

Duration 90 min

A luxuriously relaxing and blissfully comforting full-body warm oil therapy **featuring base oils** like sesame oil or coconut oil and aromatherapy to bring the body back to balance. It also includes Pranic Healing. Synchronized motion with one therapist emphasizes the clearing of Lymph and increased circulation, resulting in significant detoxification. **Also possible without pranic healing for €75, 60 minutes**

SANKALPA BLISS TREATMENT €165

Duration 2 hours

A complete Ayurvedic wellness experience with this Sankalpa Therapy. This treatment leaves you completely rejuvenated relaxed and restored.

CURRENTLY NOT AVAILABLE

- Footh bath and scrub
- Head massage
- Four handed Abhyanga
- Svedana
- Herbal Tea.

CURRENTLY NOT AVAILABLE

SVEDANDA STEAM THERAPY €25

Duration 20 min NOT AVAILABLE NOW

A relaxing herbal steam bath therapy from the shoulders down. Generally paired with Abhyanga and Shirodhara. This purifying and detoxing therapy can be added to any of our other therapies. **CURRENTLY NOT AVAILABLE**

Benefits of External Oleation.

Outlined in: Charaka Samhita, Sushruta Samhita and Ashtanga Hridayam Benefits of applying oil to the body (Abhyanga):

Produces softness, strength and color to the body

- * *Decreases the effects of aging*
- * *Bestows good vision*
- * *Nourishes the body*
- * *Increases longevity*
- * *Benefits sleep patterns*
- * *Benefits skin*
- * *Strengthens the body's tolerance*
- * *Imparts a firmness to the limbs*
- * *Imparts tone and vigor to the dhatus (tissues) of the body*
- * *Stimulates the internal organs of the body, including circulation*
- * *Pacifies Vata and Pitta and Harmonizes Pitta*

*Although some of the treatments can be administered on its own, it will always be recommended to take it as part of a treatment plan for best results. All of the treatments are therapeutic and therefore clients will also need to complete a health form or schedule a consultation prior to any treatment. In all treatments we use organic essential oils and cold pressed base oils based on your constitution. *We use Kama Ayurveda products for some of the treatments, alongside products from other suppliers like Banyan Botanicals, and Surya Products.*



AYURVEDIC TREATMENTS

PADA ABHYANGA FOOT MASSAGE €65

Duration 60 min

A special ayurvedic oil massage of feet, legs and knees and stimulation of marma points that are to open blockages and release the flow of energy.

SIRO ABHYANGA HEAD MASSAGE €65

Duration 60 min **KAMA** AYURVEDA

De-stressing Ayurvedic head massage with herbalized oil.

This treatment also helps prevent hair loss, dandruff and premature graying. It is great for treating insomnia and depression besides many more conditions. This treatment also includes neck, shoulder and arm massage.

KARNA POORANA ~ EAR OLEATION €65

Duration 60 min

The therapy involves gently filling the ears with warm herbalized oil. It helps to relieve symptoms of tinnitus, hearing loss, TMJ, vertigo, migraines, and head and neck pain. It is also an excellent therapy for vata imbalance and associated diseases. The treatment includes, head, neck and shoulder massage.

MUKH ABHYANGA FACE MASSAGE €65

Duration 60 min

A special ayurvedic face massage including neck and head and stimulation of marma energy points so one can relax and rejuvenate.

MUKH ABHYANGA FACIAL TREATMENT €70

Duration 60 min **KAMA** AYURVEDA

Deep cleansing treatment by using active organic herbs and oils, according to your skin type. In combination with massage and stimulation of marma energy point that are to open blockages and release the flow of energy. This treatment also includes head, neck and shoulder massage.

NASYA ~ NOSE AND SINUS OLEATION €65

Duration 60 min

Nasya treatment is a therapeutic Ayurvedic procedure of instilling an herbalized oil into the nose. Nasya benefits disorders of the head and neck. Regular practice of Nasya not only improves intelligence and memory but also has several anti-aging benefits. The treatment includes, head, neck and shoulder massage.

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NETRA BASTI EYE TREATMENT €65

Duration 60 min

A special ayurvedic treatment to soothe the eyes. The treatment helps to restore moisture to the eyes, improving vision and removing any irritation. It is also nourishing for the tired, dry, rough and injured eyes. Ghee is administered to the eyes. The treatment includes, head, neck and shoulder massage.

KATI BASTI ~ LOWER BACK OLEATION €65

Duration 60 min

Rich warm, herbalized oil is applied to the lower end of the vertebral region, where it is pooled for a period of time. This particular Ayurvedic treatment is very effective in treating lower back pain, sciatica and neurological conditions of the lower back and lower limbs. The treatment includes a back, shoulder and neck massage.

HRID BASTI ~ HEART/CHEST OLEATION €65

Duration 60 min

By bathing the heart region for a stipulated time with herbalized oils we pacify aggravated Vata dosha in the chest, nourish and strengthen the cardiac muscles, regulate cardiac functions, and relieves deep seated repressed stress, anger, and grief. The treatment includes head, neck, and shoulder massage.

JANU BASTI KNEE OLEATION €65

Duration 60 min

Janu Vasti can be taken as a preventive treatment. The procedure involves retention of herbalized oil on the knee. It helps avoid the joint related problems and keeps your joints healthy. Otherwise it is an effective Ayurvedic treatment for chronic knee pain, stiffness, inflammation and injury. This treatment includes a feet, leg and knee massage.

GREEVA BASTI CERVICAL OLEATION €65

Duration 60 min

The procedure (Greeva Vasti) involves the retention of warm herbalized oil over the neck region for a stipulated period of time. The treatment gives an amazing relief from the pain and stiffness associated with neck muscle pain or cervical spondylosis. This treatment includes neck, shoulder and head massage.

SHIRODHARA THERAPY €90

Duration 90 min NOT AVAILABLE NOW

An ancient Ayurvedic therapy where warm oil (or other liquid) is poured in a continuous stream over the forehead or 'ajna marma', an area where nerves are highly concentrated. The pressure of the oil onto the forehead creates a vibration. The oil saturates the forehead and scalp and penetrates into the nervous system. It is deeply calming and relaxes the mind. Includes head massage.

CURRENTLY NOT AVAILABLE

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Kama Ayurveda was started in 2002 in India, to promote the message of authentic Ayurveda, universally. Since then, creating pure Ayurvedic products according to authentic prescriptions has been the unique purpose of the brand.

Today, Kama Ayurveda's high quality, beautifully packaged products are sold globally and used by some of the world's leading hotels and spas. Our products have received extensive coverage and recognition in various global and Indian publications including US Vogue, French Vogue, Japan Vogue, Harpers Bazaar and Tatler among others.

Known for its iconic beauty treatments such as Bringadi Intensive Hair Treatment and Kumkumadi Miraculous Beauty Fluid and Organic Coconut Oil, Kama Ayurveda has acquired a cult following globally among discerning beauty buyers looking for safe, gentle and efficient beauty treatments that are rooted in the ancient science of Ayurveda.

Kama Ayurveda is Real.

Authentic Ayurvedic products, using original, time-tested, balanced prescriptions. Though many brands draw on Ayurvedic ingredients, Kama Ayurveda creates the complete natural remedy.

Kama Ayurveda is Pure.

Their treatments are 100% natural, vegetarian and use the highest quality of natural ingredients. This means - No artificial colours. No artificial fragrance. No petrochemicals, parabens, urea, propylene glycol or other harmful additives. All our organic products are internationally certified.

Kama Ayurveda is True.

Their partner is an original Ayurvedic institution, the respected Arya Vaidya Pharmacy (AVP) in Coimbatore, with Ayurvedic hospitals and clinics all over India.

AVP laboratories - one of three testing centers in Kerala approved by the Department of Science and Technology - ensure strict quality control, tested effectiveness and the highest standards of research and development, while following and expanding ancient Ayurvedic texts.

Kama Ayurveda is Kind.

Kama Ayurveda's international-standard products are not tested on animals.



ABOUT BANYAN BOTANICALS

Once upon a time in Albuquerque, New Mexico, there were two guys with a dream. They wanted to provide the highest-quality herbs and supplements possible to Ayurvedic practitioners. In 1996, inspired by their teacher the renowned Ayurvedic Institute founder Dr. Vasant Lad, they started the home business that would one day blossom into Banyan Botanicals. Since their beginning, they have been considered one of the foremost herbal supplement companies in the United States.

Now, over 20 years later, Banyan Botanicals is the trusted online store and catalog resource for those seeking to embrace an Ayurvedic lifestyle, with an inventory of over 60 USDA certified organic herbs as well as massage oils, tablets, liquid extracts, soaps, and cooking ingredients. Their products can be purchased online at www.banyanbotanicals.com. Banyan also provides free, easily accessible written content on their website and blog for those curious to learn more about Ayurveda.

ABOUT SURYA PRODUCTS

Chris van Willigen, an Ayurvedic therapist in the Netherlands, decided in 1992 to start his own company for importing Ayurvedic products. He wanted to make this ancient knowledge about herbs as accessible as possible for everyone in the West. Of course he did not yet know what challenges he would face over the years.

What started as a small-scale business has grown over the years into a recognized and respected company that does everything it can to deliver reliable and responsible but above all effective products. Chris van Willigen now has a permanent team of employees and representatives who help and support him daily.

Chris is always busy with the herbs, their effect and the different compositions. The continuous development of natural products without harmful ingredients, the scientific substantiation of the many herbs that exist in Ayurveda and the testing of resources are a very important part of his work. As a result, his products meet the increasingly strict requirements and remain accessible for everyone.

As a father of 3 adult children, he would like nothing more than for his grandchildren and great-grandchildren to have the choice to continue to use this herbal and healing method.

www.surya.nl