

AYURVEDIC MASSAGE - ABHYANGA MASSAGE

Abhyanga!: Total body massage using warm oil. Specific massage movements and pressure points will be used adapted to the persons constitution.

The ayurvedic oils used in this massage consist of a blend of vegetable oils and plants of organic origin, selected according to the objective of the massage, the season and constitution of the individual, thus increasing the benefits of the massage.

This massage will :

Detoxify the emonctory organs, liver, kidneys, skin, intestines.

Improve your digestive system and aid elimination.

Stimulate your whole body (lymphatic, respiratory, venous, digestive and nervous sytems).

Harmonise your nervous system.

Improve your memory and ability to concentrate.

Procure a sense of rejuvenation.

Revitalise and animate both your body and mind.

During the massage you will release deep-seated tensions and eliminate accumulated stress.

After the massage you will feel a sensation of wholeness, profoundly relaxed and also a subtle mix of vitality and inner peace and feel totally liberated to take part in the marvellous moments of activity and calm, soothing and reenergising yourself here in this haven of peace.

This massage is suitable for people of all ages.

It is wise to have a well heated room available off season and during the winter and a quiet environment. The massage can be done in the open air, in a calm pleasing spot, weather permitting.

Adult Session :

«TAILAM» Duration 1h30 - allow 2h00 for the whole session.

Tarif : 80 euros

Children's Session (from 8 years)

«BALA» Duration 45 mn Price : 40 euros

KANSU / FOOT MASSAGE (WITH BOWL)

Kansu massage originates from the Province of Guajarat in the north of India. It is carried out using ghee (clarified butter) the principal function of which is to balance the body's fire element.

Kansu massage works on all reflex points engendering a positive action on the whole body. It improves the health of the eyes, helps insomnia and has a beneficial effect on the hormonal and nervous systems.

It has a calming effect while at the same time re-energising the body, generating loving feelings, recreating positive thinking, triggering new vitality and an overall feeling of well being.

The massage is suitable for all ages.

Session «KANSU» Duration 30 to 40 mn Price : 40 euros

A HEAD AND FACE MASSAGE CAN ALSO BE CARRIED OUT WITH THE KANSU MASSAGE which promotes deep relaxation even more and renders it more beneficial

Session KANSU and Face «PREMA» Duration : 50 to 60 mn Price 55 euros

The massage can be performed in the open air, in a calm pleasing spot, weather permitting