



CLASSIC TREATMENTS

Eden Roc Special Massage **80 min** **75.00 €**

Relaxing combination of body, cranial and podal massage performed with subtle manoeuvres aimed at harmonizing the nervous system, eliminate physical tiredness and disconnect the mind in order to cause a deep sensation of well-being.

Aromatic Candle Massage **50 min** **65.00 €**

Relaxing body treatment that combines the effect of gentle massage manoeuvres with the sumptuousness of the aromatic oils of the candles.

Therapeutic Massage **50 min** **61.00 €**

Massage that has as its main purpose to relieve discomfort of different parts of the body caused by contractures, bad postures and stress among others.

Partial Therapeutic Massage **25 min** **40.00 €**

Massage that aims to relieve tension mainly from back or legs.

Full Body Massage **50 min** **55.00 €**

Full body massage, whose main objective is to relieve tension and decrease the level of stress of the day to day.

Partial Body Massage **25 min** **37.00 €**

Relaxing massage applied to a certain area of the body. Skull, back, legs or feet. It has a calming and relaxing effect.

Lymphatic Drainage **50 min** **61.00 €**

Manual massage technique with very soft emptying manoeuvres, which favour circulation and help to eliminate fluid retention in the body.





Foot Reflexology **25 min** **37.00 €**

Technique that promotes the treatment of various conditions by stimulating points in the feet that cause a reflex in other areas of the body, allowing the relief of discomfort.

Craniopodal Massage **25 min** **37.00 €**

Perfect combination of cranial and podal massage that help to achieve a state of relaxation both physical and mental.

Craniofacial Massage **25 min** **37.00 €**

Relaxing combination of cranial and facial massage, brings good amount of benefits to the skin of the face and promotes rest.



AYURVEDA

Ayurvedic Check-up **30 min/60 min** **51.00 € / 92.00 €**

Our Indian doctor offers you a special determination of the Dosha. It will also advise you on nutrition, yoga and herbal supplements in accordance with the constitution of your body to restore the balance between body and mind.

Abhyanga **50 min** **79.50 €**

It's the basic massage in ayurveda. Our professionals will work with warm ayurvedic oil on the head and body favoring blood circulation and relaxation of the mind.

Udvarthanam (Herbal Peeling) **50 min** **79.50 €**

Massage based on special powders of herbs with exfoliating effect. Recommended to break the nodules of fat and cellulite. Removes impurities and dead cells, and promotes circulation. It is the appropriate treatment to prepare the skin before any other massage.





Synchron (Massage synchronized to four hands) 50 min 127.50 €

Traditional Ayurvedic massage with warm oil made with four hands at a synchronous rhythm. Excellent for mental and physical relaxation. Massage ideal to strengthen your immune system.

Kayasekam (Oil bath with four hands) 50 min 143.00 €

This is the most exotic of all Ayurvedic treatments. After a full body massage, warm oil is poured continuously throughout the body. It is recommended to strengthen all body tissues as well as to relieve pain and other Vata disorders.

Shirodara (Serenity in four hands) 50 min 133.00 €

Relaxing and complete body massage, with application of medicinal oils on the forehead. This powerful therapy relaxes the mind and is recommended for states of insomnia, anxiety, depression, nervous disorders and also to improve mental clarity. Balance the doshas "Vata" and "Pitta".

Mukhalepa (ayurvedic facial treatment) 50 min 79.50 €

Facial treatment is an ancient beauty ritual of Hindu origin, which treats the skin and balances its imperfections.



Pinda Sveda (Herbal massage) 50 min 110.00 €

Massage with oil and application of hot herbal bags prepared with rice and medicinal powders. Relieves muscle stiffness and joint pain, especially back pain.

Om kara (Ayurvedic Cranial Massage) 15 min 35.50 €

Relaxing massage on the head recommended for a proper circulation of energy on the upper body. Indicated to relieve tensions.

Nasya & Dhoomapana (Nasal therapy) 41.00 €

It is one of the most important treatments in Indian medicine. Includes facial massage, application of steam, medicinal drops via nasal and finally inhalation of medicinal vapors. Recommended for people with heaviness of head and neck, migraine and other respiratory problems.

Basti 46.00 €

Ayurvedic Colon Cleansing by means of an enema indicated to eliminate toxins.





Kati Basti (back treatment)

49.00 €

Combination of massage in the area of the column, bath of warm oil with medicinal herbs, and poultice of herbs. Indicated to relieve tension, stiffness, spasms and pains.

Netra Basti (eye care)

56.00 €

Traditional ayurvedic treatment to improve eyesight, counteract fatigue, heaviness and dryness of the eyes.

Jaanu Basti (Specific knees)

49.00€

Specific ayurvedic treatment for knee disorders. Effective in degenerative arthritis and for healing bone injuries of the knee.

Rasul

41.00€

Treatment of arabe origin with purifying effect. Consistente in a bath of different sludge, combined with a steam bath.



*** Only on request once in the Center and according to the advice of the doctor:**

Raktamokshana (Blood cleansing)*

60.00 €

Effective blood purification therapy, in which a carefully controlled extraction of small amounts of blood is carried out to neutralize the accumulated Pitta toxins of many blood-borne diseases.

Vaman (Therapeutic vomiting)*

100.00 €

One of the five panchakarma therapies in Ayurveda. Vaman means therapeutic vomit which is a medicated emesis. This treatment is performed for the aggravated kapha dosha, which evicts toxins mainly from the respiratory and gastrointestinal tract.

Virachana (Medicated purge)*

60.00 €

It is defined as medicated purification therapy, which cleanses the Pitta and purifies the blood, eliminating toxins from the body. While performing the Virechana, the vitiated doshas are removed through the rectum. Virechana therapy is an effective ayurvedic treatment that can cure a number of health problems naturally.

