



## AYURVEDA

**Ayurvedic Check-up**      **30 min/50 min**      **53.50 € / 92.00 €**

Our Indian doctor offers you a special determination of the Dosha. He 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**      **83.50 €**

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

**Udvarthanam (Herbal Peeling)**      **50 min**      **83.50 €**

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 (Synchronized four-hands Massage)**      **50 min**      **134.00 €**

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

**Kayasekam (Oil bath with four hands)**      **50 min**      **150.00 €**

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

**Shirodara (Serenity with four hands)**      **50 min**      **140.00 €**

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".

**Pinda Sveda (Herbal massage)**      **50 min**      **115.50 €**

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 37.00 €**

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

**Mukhalepa (ayurvedic facial treatment) 50 min 83.50 €**

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

**Rasul 43.00€**

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

**Steambath 10 min 26.00 €**

Increases the effectiveness of Ayurvedic oil massages.

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

**Nasya & Dhoomapana (Nasal therapy) 43.00 €**

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 48.00 €**

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

**Kati Basti (back treatment) 51.50 €**

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) 59.00 €**

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





### **Jaanu Basti (Specific knees)**

**51.50€**

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

### **Raktamokshana (Blood cleansing)**

**63.00 €**

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)**

**105.00 €**

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.

### **Virechana (Medicated purge)**

**63.00 €**

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.



## **CLASSIC TREATMENTS**

### **Eden Roc Special Massage**

**80 min**

**98.00 €**

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.







## Body Aesthetics

**Body Peeling 50 min** **73.50 €**

Body scrub treatment based on salts and essential oils. Eliminates dead cells and provides freshness, softness and hydration to the skin.

**Roll-Action Massage 50 min** **68.00 €**

Physio-active massage application with equipment that promotes blood circulation in the treated area for anti-cellulite, firming or decontracting purposes. (Specific areas).

**Body radiofrequency 40 min** **73.50 €**

Body treatment that uses radiofrequency and galvanic stimulation with different effects. Firming, anti-cellulite or draining. (Specific areas)

**Body Sculptor Treatment 50 min** **99.50 €**

Body treatment indicated for people who want to reduce fat in localized areas and shape the silhouette.

## Facial aesthetics

**Facial hygiene 75 min** **79.00 €**

Deep cleansing of the facial skin. Does not include hair removal.

**Firming treatment 50 min** **89.00 €**

Treatment with a moisturizing, nourishing, antioxidant and regenerating effect. Visibly smoothes the appearance of existing wrinkles.

**Moisturizing treatment 50 min** **84.00 €**

Moisturizing treatment that helps keep the skin supple and young.

**Sensitive Skin 50 min** **84.00 €**

Indicated for sensitive skin, with a calming and decongestant effect.

**Facial radiofrequency 40 min** **73.50 €**

Technique aimed at treating skin laxity, causing a lifting effect on the facial oval. Improves the appearance of the skin, achieving a younger and firmer appearance.





**Radiofrequency eye contour 40 min**

**52.50 €**

Truly effective treatment to restore the youth and health of before to your eyes. Drains, tightens and reduces bags and dark circles.

**Facelift Kobido 45 min**

**64.00 €**

This Japanese facial massage promotes the regeneration of skin cells and deeper tissues, helps to relax and unwind the muscles of the face, head and neck, has a general healing and rejuvenating effect.

## Rituals

**Oasis of Serenity 80 min**

**157.50 €**

The perfect combination of an anti-stress body treatment and a nourishing and moisturizing facial treatment that will provide you with the peace, physical and mental relaxation you need.

## Beauty

**Semi-permanent manicure 50 min**

**42.00 €**

**Semi-permanent pedicure 50 min**

**47.00 €**

**Eyelash lift 45 min**

**47.00 €**

