

A Y U R V E D A

Ayurveda is a health system that originated in India and is made up of central elements such as massage, nutrition and herbal medicine. We offer a small part of its teachings in the form of massage.

Abhyanga

50 mins/125.00

80 mins/185.00

An Indian whole body massage involving special massage and positioning techniques to provide a unique experience. The combination of massage and selected herbal oil essences produces a special form of relaxation.

Shirobhyanga

35 mins/89.00

An Ayurvedic massage of head, neck and shoulders, related to Indian Head Massage. Using ayurvedic oils and stimulating specific energetic pressure points, called “marma” for deep relaxation.

Padabhyanga

35 mins/89.00

An Indian form of foot massage which stimulates the organs and energy flow to bring peace to the whole body. It is particularly suited to times of stress and those who spend lots of time on their feet.

Partner Massage Course

2 x 50 mins/240.00

2 x 80 mins/345.00

This state-of-the-art massage class in two units teaches the basics and most important techniques to perform a safe and relaxing massage. You and your partner learn how to set up a fabulous treatment-place at home as well as how to prepare yourself for massage. In addition you will receive a small gift.

We are also happy to offer other massages on request:

Craniosacral, Hot Chocolate Massage, Hot Bamboo Massage, Lymphatic Massage, Pantai Luar, Prenatal Massage, Reiki, Sports Massage