



Wellness Seeker

Our wellness treatments go beyond surface-level benefits, encompassing elements that contribute to your overall vitality. These treatments often combine therapeutic modalities, mindfulness, and natural remedies.

AYURVEDIC CONSULTATION

60 Minutes

Ayurvedic consultation and treatment are integral components of Ayurveda, a traditional system of medicine that originated in India over 5,000 years ago. Ayurveda focuses on achieving holistic well-being by balancing the mind, body, and spirit. Here's an explanation of the Ayurvedic consultation and treatment process:

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- **Constitutional Analysis**

Ayurveda recognizes three fundamental doshas (bio-energies) - Vata, Pitta, and Kapha. The practitioner assesses your unique dosha constitution to understand your inherent balance and any imbalances that may exist.

- **Pulse Diagnosis and Examination:**

Ayurvedic practitioners often use pulse diagnosis (Nadi Pariksha) as a diagnostic tool. They assess the pulse's qualities and rhythm to gain insights into the state of your doshas and overall health.

- **Discussion:**

The consultation includes a dialogue between you and the practitioner, where you discuss your health concerns, goals, and any specific symptoms or discomfort you're experiencing.

- **Holistic Approach:**

Ayurvedic consultations take a holistic approach, considering physical, mental, and emotional aspects of your health. Lifestyle, stress levels, and emotional well-being are all taken into account.



NATURAL BODY LIFT

60 Minutes

The Natural Body Lift is a holistic and invigorating approach to health that incorporates a harmonious fusion of traditional practices and specialized massage techniques. This treatment aims to enhance overall well-being by promoting better blood circulation and lymph movement while effectively reducing the appearance of cellulite.

NATURAL FACE LIFT

60 Minutes

Indulge in our exquisite Natural Face Lift Treatment, a harmonious fusion of timeless techniques inspired by the artistry of Japanese and Indian Face Massage. This sought-after treatment presents a holistic approach to restore your youthful radiance.

FIVE ELEMENTS REFLEXOLOGY

60 Minutes

Experience the transformative power of Five Elements Reflexology, a deeply relaxing and therapeutic treatment that harmonizes the entire body through the feet. By combining reflexology with the principles of Traditional Chinese Medicine (TCM) and Five Element theory, this technique utilizes specific pressure techniques on nerve endings, elemental organs, and acupressure points to enhance and deepen each session.

INTUITIVE MASSAGE

60 / 90 Minutes

Restores and heals. Enjoy a personalized full body massage with medium to strong pressure. An invigorating therapy based on age old Indian healing rituals to relax muscle tension. This healing massage makes it easier to recover from any sports related muscles to release and fatigue. This powerful massage will calm your nervous system, allowing you to relax and be totally at peace.

ABHYANGAM

60 Minutes

Abhyangam is a Sanskrit word meaning the application of oil all over the body. The intense, full-body oil massage improves overall longevity by providing resistance against diseases and improving your emotional wellbeing. Recommended for relieving fatigue, improving eyesight, enhancing sleep quality, and soothing the nervous system.

SHIRODARA

60 Minutes

Shirodhara is an Ayurvedic healing technique of pouring lukewarm oil in a steady flow onto the third eye – the chakra point just above and between the eyebrows. Start with a relaxing scalp and head massage, followed by the oil flow treatment. The soothing warmth of the oil has a pacifying effect on the mind and body.. Recommended for relieving stress, removing physical tension, improving vision, and relieving insomnia.

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ENERGY HEALING THERAPY

30 Minutes

Our skilled practitioners use ancient techniques and intuitive energy work to balance and harmonize your body's subtle energies, promoting deep relaxation, stress relief, and overall well-being

PADABHYANGAM

30 Minutes

A therapeutic foot massage deeply rooted in Ayurvedic traditions. Our skilled therapists use precise techniques to rejuvenate your body and mind through your feet, promoting relaxation, improving circulation, and releasing tension

PRIVATE YOGA / MEDITATION

45 Minutes

Immerse yourself in a tranquil oasis where skilled instructors guide you through personalized sessions, promoting inner peace and physical wellness. Whether you seek relaxation or a deeper connection with your inner self, our private sessions offer the perfect opportunity to find your Zen and embrace the serenity of the moment.

TRIGGER POINT THERAPY

30 Minutes

Trigger point massage can help with a variety of ailments, they are proven to be particularly effective for tension headaches and plantar fasciitis, an irritation in the sole of the foot around the heel. It is also used to treat neck and back pain, as these muscles are prone to becoming tight and developing knots as a result of routine activity or even poor posture. Trigger point therapy naturally relieve this pain by reducing inflammation and improving blood flow, which makes it less likely for the pain to come back.

INDIAN HEAD MASSAGE

30 Minutes

Everything is better with some pure coconut oil. Your hair and scalp are massaged with natural lukewarm oil. An alternative medicine massage, combined with the upper back, shoulder, neck, head and face massage.

