

Maria José +34 617 520 603  
jayadhara108@gmail.com

# TREATMENTS

## **Holistic deep tissue massage (whole body)**

*A combination of structural massage, deep tissue and joints massage. We recommend this massage for deep relaxation at the physical, mental and emotional level. Find your harmony while you relax.*

**60 min. 100€  
90 min. 150€**

## **Swedish Massage (Back)**

*Good as Relieving, to relieve tension and stress, releases locks deeply rooted.*

**30 min. 60€  
60 min. 100€**

## **Aromatherapy Massage (Full body)**

*Stimulating massage, energizing or relaxing, as required by the patient, using essential oils that will transport you to a magical state of inner peace and harmony.*

**60 min. 100€  
90 min. 150€**

## **Head, face, neck and feet massage**

*Increases mental clarity, balances the nervous system. Experience magical feelings, connecting with yourself.*

**60 min. 100€**

## **Legs, calves and feet massage**

*Ease tension promoting blood circulation, toning legs. You'll feel light and balanced.*

**30 min. 60€  
60 min. 100€**

## **Massage for athletes**

*Special massage for athletes. Stimulates and relaxes as required.*

**30 min. 60€  
60 min. 100€**

## **Reflexology**

*Massage the reflex points of all body systems. The pressure on these activates regeneration and stimulates self-healing processes.*

**30 min. 60€  
60 min. 100€**



### **Lymphatic drainage**

*Lymphatic drainage is applied to the circulatory system and aims to mobilize the body fluids to promote the elimination of waste products. One of the main applications of lymphatic drainage is to fluid retention, cellulite, poor circulation, tired legs ... Lymphatic drainage is also a good treatment for skin as it promotes blood circulation helping to avoid forming bags and wrinkles .*

**30 min. 70€  
60 min. 110€**

### **Massage whole body exfoliating (peeling)**

*This treatment is suitable for all skin types, is the removal of dead skin cells getting one flaking surface. This got much cleaner skin, soft and fresh skin much more prepared and receptive to any further treatment. After exfoliation do a body massage where we get deep hydration of the skin, thus leaving a feeling of hydration, smoothness and well after making the session.*

**60 min. 100€**

### **Cellulite massage**

*Effectively combat cellulite localized massage by activating the circulation of the blood and oxygenated tissues by helping rid the body of water, oil and impurities. This treatment can be combined with lymphatic drainage to achieve optimal results.*

**60 min. 100€**

**Combined treatment:  
Cellulite massage + lymphatic drainage  
120 min. 150€**



# Osteopathic treatments

*Osteopathic treatment is to treat the dysfunctions that can be found in the spine, joints, nervous system, muscular system, viscera and skull. Find regain lost body balance, reactivating its self-healing mechanisms with various therapeutic techniques. **Each specific osteopathic treatment will be offered in conjunction with muscle massage.***

## Structural Osteopathy

*Dedicated to the restoration of the musculoskeletal system and posture, focusing on the spine and traumas. Feel better coordination and balance throughout your body.*

**30 min. 60€  
60 min. 100€**

## Cranio- sacral osteopathy

*Cranio-Sacral Therapy is a very subtle manual technique that helps the body restore its natural processes of balance and healing. It focuses on cranial problems, and its influence on the nervous system helps to release tension, stress resistance and blocks accumulated over time.*

**30 min. 60€**

## Visceral Osteopathy

*Focused on the proper functioning of the organs and viscera, improving the function of these using manipulation to get better blood flow. Break blocks with this technique, emotional fears and internal conflicts.*

**30 min. 60€**



## Hot Stone Massage

*The hot stone massage or geothermal therapy combines traditional therapeutic massage with the application to the skin of stones at different temperatures, to facilitate the vital energy flow and relieve physical and emotional disorders.*

*This type of therapy is especially recommended in cases of nervous disorders like stress, anxiety or insomnia, for circulatory problems, and to relieve muscle and joint pain.*

**60 min. 100€**



## Massage with Tibetan Bowls

*Vibration Tibetan bowls penetrates deep into the body, generating a massage that stimulates the cellular level and harmonizes energy circulation.*

*Vibrational Massage with Tibetan Bowls acts as an energy source for the body and is very effective in cases of stress, muscle aches, nervous system disorders, harmonizing the human being at all levels: physical, mental, emotional and spiritual.*

**45 min. 75€**



# Ayurveda Treatments

*Ayurveda "Knowledge of Life". An Indian medicine 5,000 years old. It is a holistic system of healing, which is the human being in body, mind and soul as one entity, harmonizing , the person with nature.*

## **Abhyanga (full body massage with medicated oil)**

*This full body Ayurvedic massage is the king of oil base massag. With the highest quality hot oil, it will clean and nourish your whole body and give you life in a pleasant way. It provides a deep and beneficial relaxation, stimulates detoxification and body cleansing, strengthens the immune system.*

**90 min. 150€**

## **Nabhi-Marma (stomach massage)**

*Stomach massage is one of the deeper Ayurvedic massage. This massage relaxes the pelvic muscles, anxieties, sorrows and eliminates energy blockages. Regulates digestion, calms female disorders, relieves mental stress.*

**30 min. 60€**

## **Upanaha Sweda (Ayurvedic treatment for back)**

*This treatment releases tissue tension, pain and emotions through the vital points. During the massage, the warm herbal bags (hand-made and adapted to disturbance) are pressed on the body and massage gently. Very helpful and relaxing for all back pain.*

**60 min. 120€**



### **Shirodhara (Oil flow on the forehead)**

*A stream of warm oil is poured over the forehead, gently and rhythmically, providing a state of deep mental relaxation and inner peace. Treatment is equilibrated and individually adapted to the needs of each person, and is applied as a holistic therapy in combination with other treatments.*

**60 min. 100€**



### **Pinda Sweda (massage with hot cloth Length)**

*An herbal preparation, which is made in a cotton cloth and immersed in hot oil. During the massage the skin is gently pushed with the cloth. Reaches the innermost structures, reconstructed tissue locally, boosts metabolism.*

**60 min. 120€**





# SPECIAL PACKAGES

## Harmonic

*Break free from the physical and mental stresses and harmonizing yourself*

- 60 min. Yoga or meditation.
- 60 min. Aromatherapy Massage (whole body).

**Price 150€**

## Purifying

*Tone and purify your body, and increase your awareness of the nutrition.*

- 60 min. yoga
- 60 min. Lymphatic drainage.
- 30 min. Consultation with our naturopath to help you improve the habits from day to day.

**Price 220€**

## Welfare

*Enjoy the feeling of wellbeing in your body .*

- 60 min. Holistic Massage (whole body).
- 30 min. Face and head massage.
- 30 min. Reflexology.

**Price 200€**





## Vital

*Experience your vital energy and connect with the sound vibration inside of you.*

- 60 min. Yoga.
- 60 min. Abhyanga Massage (whole body).
- 45 min. Massage with bowls

**Price 225€**

## Relax

*Immerse yourself in a deep state of mental and emotional relaxation.*

- 45min. bowls massage.
- 45min. Sirodhara (flow of warm oil on the forehead).

**Price 130€**

## Balancing

*Sets your energy balance through heat and vibration.*

- 45min. Hot stone massage.
- 45 min. Massage bowls.

**Price 130€**





# YOGA

The **Satyananda Yoga** utilize the traditional practices: **Asanas** (postures) to balance the body and mind through the physical body, **Prayanamas** (breathing practices) improving the cardiovascular and breathing system, increasing the energy and calming the mind, **Yoga Nidra** (deep relaxation technic) relax the whole body and mind and stimulates the brain, eliminate the mental tension, provides well-being and helps to think clearly and positive and **Meditation** ethnics to focus the mind develops the ability of concentration, the memory knowledge of self.

## Yoga Classes

Yoga is a comprehensive art and contains a selection of classic postures (Asanas), breathing techniques (Pranayama) , and deep relaxation. The sessions will be tailored to customer needs.

**Groups of two or more 60 € (per person)**

**Private classes 60 min.80€**

## 3 days Yoga Course

Experience the benefits of yoga, increasing physical vitality through Asanas and Pranayama will select during the program made specifically for you. This program includes internal purification techniques ( shatkarma ) , deep relaxation and meditation with mantras.

**Duration 2h per day Price 375 €**

