



Ayurveda

Abhyanga (Massage of the whole body with oil)

The massage of the whole body is the queen of oil massages in Ayurveda. Well-trained hands treat and spoil you and strengthen your immune system. High-quality oils which fit your Dosha support that effect and provide you more energy.

1 therapist, 90 minutes

102 €

2 therapists,(synchronous)

142 €

Nabhi Marma Massage

The Nabhi Marma is the center where all of Ayurveda's seventy-two thousand nadis (energy pathways) converge. The massage releases fears, worries and energy blockades. It is a complex treatment that is especially helpful in cases of indigestion, female disorder and psychic pressure.

1 therapist, 40 minutes

59 €



Ayurveda

Mukabhyanga – Facial massage and beauty treatment

A head, face, neck, chest and shoulder massage followed by an Ayurveda day treatment including an energetic Ayurveda foot massage. It is one of the most beautiful and complex treatments in Ayurveda. Apart from its rejuvenating and beautifying effect the facial massage influences the female inner life, removing preoccupations, stress and fears and providing the sensation of love, harmony and inner strength.

1 therapist, 90 minutes

94 €

Ayurveda back massage

Special, soothing herbal oils support the massage effect and let relax the neck muscles.

1 therapist, 30 minutes

55 €

Finca Son Roig



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Ayurveda

Garshan Massage – Stimulate your senses

This dry massage with silk gloves refines the skin appearance and stimulates the metabolism and the lymphatic system. Ideal in preparation for nourishing oil massages as Abhyanga or Upanaha Sweda.

1 therapist, 50 minutes

59 €

2 therapists (synchronous)

89 €

Udvarthana

In contrast to the more nourishing oil massages, this rubbing massage with powder reduces the body tissue. Especially areas where you accumulated excess weight can be treated intensively. The powder is made on herbs and pulses, is heated at the beginning and then put on the skin. It has a pleasant stimulating effect.

1 therapist, 90 minutes

86 €

2 therapists (synchronous)

128 €

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Pinda Sweda

The massage stimulates the metabolism and treats back and joint pain.

1 treatment of the whole body

138 €

Upanaha Sweda – Back massage

The massage relieves tensions, pain and accumulated tensions using special vital point. Warm linen balls with herbs (handmade, according to the disorder) are softly put on the body and rubbed in. During the resting period these balls are re-applied to the areas affected by tensions. In supine position and prone

1 therapist, 90 minutes

103 €

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Padabhyanga – The energetic Ayurveda foot massage

The Ayurveda foot massage is an extremely effective massage, applying special holds and strokes. Feet, calves and knees are massaged with warm oil. Padabhyanga is one of the most important Ayurveda massages and has a very calming and easing effect on headaches, insomnia, nervousness and the sensation of cold.

1 therapist, 40 minutes

59 €