



USHMA SWEDNA - AYURVEDIC STEAM THERAPY

60" ⌚

This ancient steam bath therapy using a mix of ayurvedic herbal oils and plants helps to open the skin pores, detoxify the body, soften muscle tissue and support the increase of blood circulation.

Besides leaving you invigorated, it also acts on the lymphatic system. at the end you will be given a mix of gram powder to remove some of the oil as well as exfoliate the skin. To rehydrate the body, room temperature cooling teas like rose mint or hibiscus will be given.

LOWER OR UPPER BACK TREATMENTS KATI OR GREEVA BASTI

60" ⌚

This specialized therapy relieves and nourishes the lower back using herbal oils or ghee. After a gentle Ayurvedic oil massage, specially prepared warm herbal oil is poured over the lumbar sacral area and retained inside a dam made out of dough. The hot medicated oils help to melt lower spine rigidity. This treatment is combined with a spinal massage, relieving pain, soreness, and tension and restoring flexibility.



INDIAN HEAD MASSAGE - MAALISH

25" ⌚

Indian Head Massage Works on both a physical and psychological level, the techniques used represent a de-stressing programme for the whole body. By massaging the head and shoulders, energies will become rebalanced and a general feeling of relaxation will be achieved.

HEALING MARMA POINT MASSAGE REFLEXOLOGY

25"/50" ⌚

Due to accumulated stress our biorhythm and energy network are out of balance. This therapy helps to release stress on cellular and more subtle levels, and deeply relaxes mind and body, thus releasing negative emotions.

Marma Point Therapy is a unique therapy in Ayurveda that helps awaken "energy points" throughout the body, and stimulates the flow of Prana through the energy network.

FACE MASSAGE

20" ⌚

An Ayurvedic Face massage is a great way to relax tension held in the face. You will notice an instant boost to your complexion, leaving you rejuvenated with a healthy glow. Skin conditions are helped through both the physical and physiological effects of the massage and the use of special Ayurvedic oils.

This treatment truly allows you to unwind

SHIRODHARA TREATMENT

60" ⌚

Experience the ancient Ayurvedic ritual to rest and calm the mind with Shirodhara. In this process, warm herbal oils, milk or buttermilk, or decoctions are poured in a slow steady stream on your forehead. This treatment is profoundly relaxing and nourishing. It is said to stimulate the 3rd eye and crown chakras, and awakens intuition and inner wisdom, working on the cerebral system, helping to relax the nervous system.



AYURVEDIC TREATMENTS AND MESSAGES AT SIOLIM HOUSE

The following treatments are available from our therapists at Siolim House. Our therapists have many years of experience in Ayurvedic treatments, and use the best quality products and oils. We can also organise longer term treatments or consultations with an Ayurvedic doctor upon request.



AYURVEDIC BODY MASSAGE - ABYANGA

60" ⌚

Abhyangam is a popular body treatment in Ayurveda, and is often used therapeutically.

To massage is to exercise the nervous system, and to activate the digestive, lymphatic and circulatory systems. Benefits of Abhyangam include increases the production of white blood corpuscles and antibodies, which provide more resistance against viruses and diseases and increases immunity against environmental changes. It also Corrects digestion and blood pressure and enjoy better sleep

DEEP TISSUE MASSAGE

60" ⌚

Deep Tissue Massage, focuses on the deeper layers of muscle tissue. It is designed to reach the deep sections of thick muscles, specifically the individual muscle fibers.

Using deep muscle compression and friction along the grain of the muscle, the purpose of Deep Tissue Massage is to unstick the fibres of the muscles and release both toxins and deeply held tension points. Specific hand positions and strokes are used to respond to various tissues while breath and movement techniques are employed to release muscular congestion. It helps to loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly.