

# TREATMENTS

## SHIRO CHAMPI AYURVEDIC MASSAGE

45min 95€



*This is a neck and shoulder massage based on the principal of the traditional Ayurvedic medicine. It combines energetic and physical aspects, with the purpose of mobilizing the liquid cerebral medulla and activating the displacement of the lymph and blood. In addition to relieving back and neck pain, releasing physical and emotional stress. It prevents exhaustion and activates the mind; it improves insomnia and phobia problems. To this, we add the benefit of using flaxseeds oil, warm and stimulating. It also benefits the capillary system, as it reinforces the scalp and hair.*

## THAI MASSAGE

60min 100€



*body.*

*This a millenarian healing technique of the traditional Thai medicine. It is a perceptual masage and it combines stretching and deep manouvres. The aim of the Thai massage is to create harmony in the body, to optimize the energy flow and stimulate the whole energy of the body so to create a perfect balance. It also aims to balance the function of the elements of the*

## PODAL REFLEXOLOGY

45min 95€

*It consists of massaging, relaxing or stimulating some specific points of the foot in order to take advantage of its reflex effects on the different organs of the body. Among the benefits that can bring us is the activation of the immune system, favors the purification and elimination of toxins from our body, in addition to balancing the different systems*





### **CHI NEI TSANG**

**45min 95€**



*This is a millennial Chinese technique, consisting on the massage of the internal organs through the abdomen.*

*"Chi" means energy and "nei tsang" internal organs. It is based on the Taoist philosophy, which defends that the abdomen is the center of our organism and that, therefore, to take of it is to take care of ourselves, as it favors the flow of energy releasing tensions, emotional loads,*

*contributes to the vital organs function correctly and helps to feel well both physically and mentally.*

*The treatment results will improve with the use of the healing effect of the 6 Ayurvedic sounds.*

### **CHIROMASSAGE**

**60min 100€**



*It combines the use of the hands and essential oil to improve musculoskeletal problems. It also has a proven efficiency on cardiovascular, circulatory, lymphatic and nervous systems, on a mental or psychological level, visceral, on adipose tissue and even on the skin. It helps our body to find its balance again and feel better.*

### **RELAXING MASSAGE**

**(Only shoulder and back 40min 80 € / full body 1h 100€)**

*It combines delicate Technique and the use of relaxing essential oils to bring back to the body the pleasure to feel good.*

### **RELIEVING MASSAGE**

**(Shoulder and back or legs 45 min. 95€ / FULL BODY 1h 15 min. 120€)**

*It is the combination of techniques and points that helps the body to dissolve or relieve the pressure and the weight of moments of high stress or phisical efforts.*

### **KOBIDO face end neck massage**

**40 min 95€**

*Japanese massage methods, firming face lift, with deep and precise techniques, which work the musculature, and a variety of superficial movements "is achieved to improve the oxygenation and nutrition of the skin cells, activate, light up and tone the skin of the face and neck.*

*Whit narulas oil.*



## ACUPUNCTURE

**90min 150€**



Acupuncture is a practice of the traditional Chinese medicine and it is based on the stimulation of specific points of the body. The World Health Organization recognizes that it is effective for at least 49 illnesses, including anxiety and chronic stress. Each acupuncture session can have different result and generally its effects can be noticed really quickly and it is very beneficial for the general wellbeing. We do a diagnosis at the moment of the anamnesis. Depending on the diagnosis we will use this technique alone or combined with others such as moxa, cupping therapy, electrostimulation, auriculoacupuncture and others, all explained below.

## SYSTEMIC ACUPUNCTURE



The main treatment is the stimulation of acupuncture points with the insertion of filiform metal needles that are left implanted for about twenty minutes and then removed and discarded.

## ELETRACUNPUTURA



It is a form of acupuncture where a small electric current is passed between pairs of acupuncture needles. This is a complementary treatment for pain or paralysis. It is not painful technique. The sensation is similar to a tingling one. The intensity of the electrical stimulation can be precisely regulated and therefore adapted to the patient specific tolerance.

## AURICULOTHERAPY\*

**50min 100€**



This is a technique in which stimulation specific of points of the auricle and the ear to stimulate and balance certain bodily functions. It can treat various diseases, whether acute or chronic, such as headaches, allergies, sports injuries, sciatica, back pain, anxiety and stress.

\* You have the option to choose only this treatment

## **MOXISBUTIÓN**



*It consists of burning dried mugwort (moxa) on particular points of the body in order to heal disorders or diseases and achieve the balance of physiological functions. It is usually combined with acupuncture to increase its healing effects. The heat is produced by using the therapeutic properties of the mugwort's root (Artemisia)*

## **CUPPING THERAPY**



*This technique is based on the use of a suction cup on the skin that removes the air from it, creating a movement in the blood and muscles that can be beneficial for health and some ailments or diseases. In addition, it opens the pores and promotes blood and lymphatic circulation.*

## **INDIVIDUAL OR GROUP YOGA SESSIONS (with a minimum of 2 people)**

*We offer our clients the possibility of doing a 1-hour and 45-minute individual yoga session where it is possible to work on specific problems such as circulatory, digestive, respiratory, genitourinary, metabolic or emotional problems or a group session enjoying the power of energy present in each person and focusing on meditation and relaxation always using aids such as bricks, cushions, belts, ropes to facilitate people with some difficulties or motor problems.*



**INDIVIDUAL 80 €**

**GROUP 60 €**