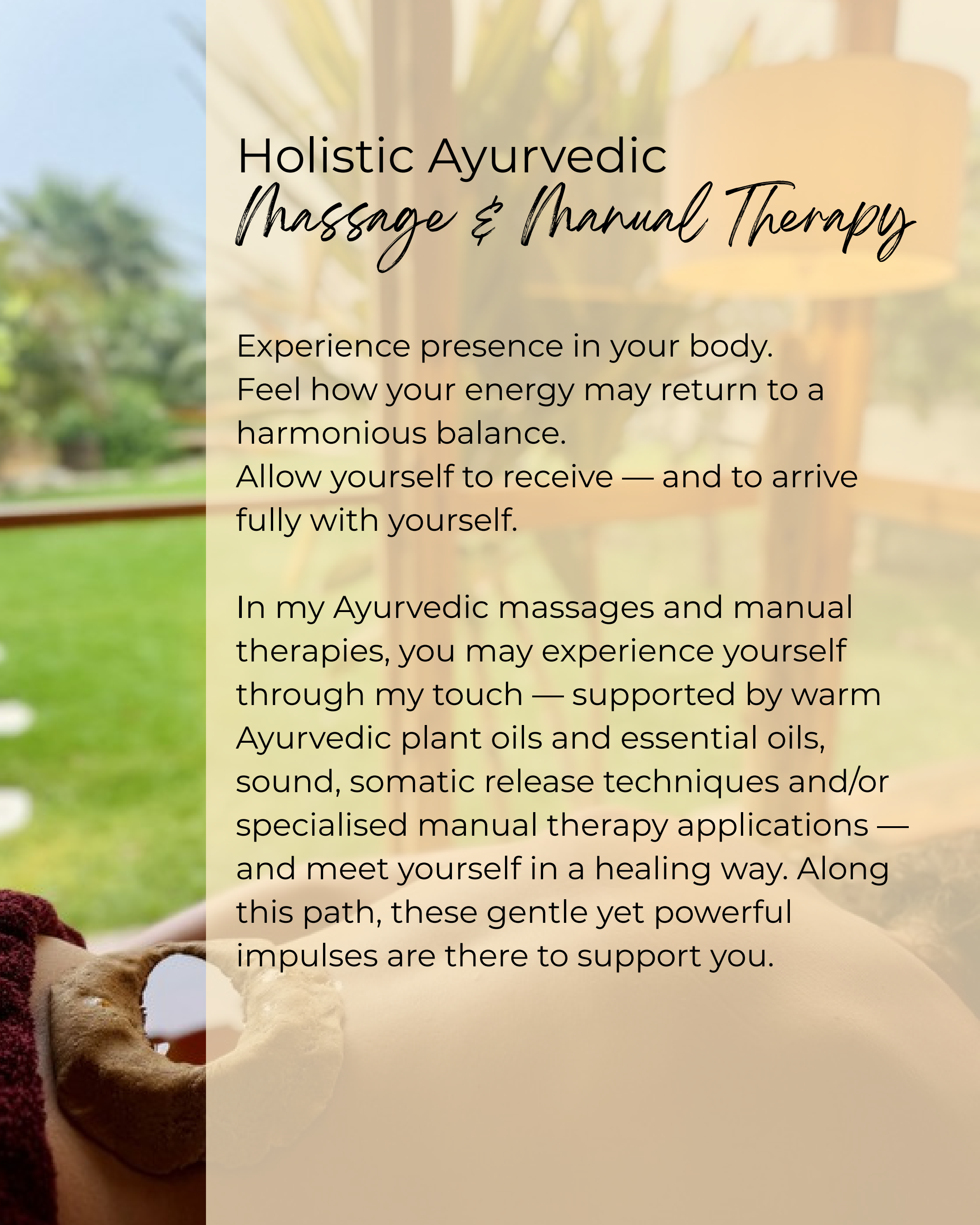




Holistic Ayurvedic *Massage & Manual Therapy*

Experience presence in your body.
Feel how your energy may return to a
harmonious balance.
Allow yourself to receive — and to arrive
fully with yourself.

In my Ayurvedic massages and manual
therapies, you may experience yourself
through my touch — supported by warm
Ayurvedic plant oils and essential oils,
sound, somatic release techniques and/or
specialised manual therapy applications —
and meet yourself in a healing way. Along
this path, these gentle yet powerful
impulses are there to support you.

Ayurvedic oil massage (with Ayurvedic plant oils & essential oils)

- Harmonise the flow of energy
- Make blockages in marma points & chakras perceptible (and release them where appropriate)
- Make muscular tension and fascial adhesions perceptible and release them
- Nervous system regulation (somatic techniques, sound, touch)



Marma oil bath (Basti)

Harmonises the energy in the corresponding energy centre (marma, chakra)

- Hrdaya Basti: Heart chakra (upper back or sternum) – opens and soothes the heart, eases blockages in the chest
- Root & sacral chakra (lower back) – releases tension in the lower back, harmonises the energy in the pelvic space
- Nabi Basti: Navel chakra – soothes and nourishes the belly & digestion



Shirodhara (forehead oil pour)

- Regulates the nervous system & reduces the sensation of stress
- Soothes Vata & harmonises the Ajna chakra

Herbal poultice massage (Pinda Sveda)

- Stimulates the metabolism
- Increases vitality
- Releases tension and blockages





Price list

Ayurvedic oil massage

45 minutes - €75

Marma oil bath (Basti), incl. Ayurvedic massage & Ayurvedic steam sauna

70 minutes - €120

Shirodhara, incl. Ayurvedic massage & Ayurvedic steam sauna

70 minutes - €120

Herbal poultice massage (Pinda Sveda)

60 minutes - €120