

## Counseling and Anamnese

### **Skinanalysis and determination of your constitution according to Ayurvedic Health System.**

Find out who you are and let your inner glow reflect on the outside. Mindfully selected Ayurvedic products for your specific skin typ will pamper and rejuvenate your skin.

60min / 85€

### **Nutrition counseling according to Ayurvedic Health System**

The right food at the right time is the base to holistic health in Ayurveda. Specific tips and tricks as well as a general Nutrition plan for your body constitution and needs will support you to slow down the aging process, to remain perfect health and youth.

60min / 85€

## Coaching

### **Love your Body. Nutrition**

Respect and love your body, so it becomes your cosy home. Step by step I will support you to get to know your body and your metabolism. We will discover and balance misalignments and detox your system. The body tissue will regenerate quickly and your metabolism will be optimized. You will feel the result in a more balanced body and body weight and a calm mind. You will experience more energy and more joy in your every day life.

### **Loose your Stress. Lifestyle & Stressmanagement**

Step by step coaching for a stress free, content and purposeful life. Life is demanding! And that is great. We feel alive! And still we need a compensation and an intelligent time management to reconcile all daily tasks. Only a balanced nervous system will support us in making smart decisions and staying calm in challenging situations. Together we will develop a strategy to optimize and organize your lifestyle. Time management, mental training and getting to know different relaxation techniques will be our tools to individually plan your relaxed and fulfilled life.

### **Lift your Spirit. Find your Purpose.**

This coaching is for the brave! People, who want more than an ordinary life. It is for those, who are willing to create a purposeful, powerful life from the heart! Together we will go on the journey to your deepest wishes. We dare to look into the shadows of the unconscious, we will work at the believe system and will bring light and lightness. I accompany and support you with solving challenging situations and with the finding of your true purpose of existence. I hold the space for your process and self-realization. Together we set off to find your joy and contentment.

Session 60-90min 95€ / 5 Sessions 450€ / 10 Sessions 850€.

## Face & Head

### Headspace

Experience clarity and deep relaxation with this Shiro Abhyanga, the ayurvedic scalp and neck massage. Matching oils for your constitution type not only relax your muscles, but also your mind. Helps with tension headaches, spinning mind and mental blockages.

30min / 50€

### Young & Fresh

Mukha Abhyanga is the ayurvedic face, neck and cleavage massage with your individual skin type matching products. Helps to prevent wrinkles, teeth grinding, headaches and nurtures the skin for a fresh skin glow.

30min 50€ / 60min 85€

## Body

### Relax & Nurture

Abhynaga - ayurvedic full body oil massage. This revitalizing full body treatment relaxes your muscles, nurtures the tissues from skin to bone. The specifically for your constitution chosen ayurvedic oils penetrate deeply into your tissue, detoxes it and helps the body to rejuvenate and regenerate faster. For an effectively cleansing and detoxing result a package of 3-7 treatments is recommended. I am happy to counsel you!

60min 95€ / 90min 135€

### Release & Let go

Marma Kalari Abhyanga - ayurvedic deep tissue massage and pain treatment with special oils and flavoring substance, originally developed for athletes and warriors. If there are imbalances, the body gives us signs. Worst case, it is pain. The more we mindfully realize the signals, the easier it is to solve the root of the problem. With my expertise and experience in professional sports and pain relieving therapy, I can help your sooth and prevent Backpain, Seouler and neck issues. With a short interview we will find the right therapy method for your need!

30min / 55€ (Back & Neck)

60min / 95€ (Full Body)

90min / 135€ (Full Body + Energy treatment / Öleinwirkung / Kinesio Taping)

### Smooth, Light & Tight

Udhwartana - Dry powder peeling. When the body reduces muscle tissue, fat will go into the space. The body form can suffer. The ayurvedic treatment with special powders supports the detoxing and cleansing through the skin. The skin will be noticeably smoother and with a treatment package of 5-7 massages your weight can be effectively reduced. The whole body will be rubbed with the powder or a special oil-salt mixture in 7 body positions.

60min / 95€

## Pregnancy & Baby

### **Pregnancy massage**

Garbhini Abhynaga. During pregnancy you and your body need special care. The technique will soothe your whole body, strengthen your joints and stimulate your metabolism. Energy blockage which might have occurred will be dissolved with gentle and long strokes. Nourishing Oils keep your skin elastic and smooth.

This treatment helps with nausea, backpain, sleeping disorder, anxiety, worry, stress, metabolism disorder, swollen ankles, cramps, heavy legs and it prevents stretch marks. Treatment is recommended from the beginning of the 4th month of the pregnancy until 8 weeks after (at least).  
60min / 95€

### **Baby massage (coaching for self practice)**

When a baby leaves the protecting and nourishing Belly of the mother, it needs special care for the first month and years of its life to adjust to the new situation. The baby massage provides nourishment, supports the physical and mental development, strengthens muscles and joints, has a positive impact on the metabolic system, improves circulation and sound sleep. Step by step I will teach you the technique, so you can treat your baby at home every day. This massage is for mothers and fathers a unique chance to bond with the baby and build a deep loving relationship. The baby massage helps to prevent from negative environmental influences, so that it can grow up healthy and protected.

## KIDS

### **Calm & Easy**

Head and neck massage for the little guests. The head and the brain are our most precious property. The special Ayurvedic oils for kids are working effectively in the deep tissues, lubricate the bone and brain and help cells to grow. The head relaxes, the nervous system calms down and it is easier for the juvenile brain to perceive all the new things it learns every day.  
20min / 30€

### **Straight Spine**

The spine is the column of life! If the spine is strong and physiologically erected, the whole body of your child is growing symmetrically and free from blockages. This massage is a soft, relaxing treatment for the back muscles with Ayurvedic oils that nourish the tissue and help the growing and regenerating of the cells. This back massage helps to align the spine. For a strong backbone!  
20min / 30€

### **Relax & Grow**

When the body is growing and developing, it needs special nourishment for the cells. This full body treatment for kids helps the cells to detox, to grow and regenerate. The gentle long strokes align the whole body, balance side misalignments and clear blockages. Your child will relax and gain new power and strength for the upcoming adventures.  
20min / 30€

## **The stories of the little Buddha**

I love to tell the short stories about the journey of the little Buddha for the small and for the grown up guests. These suitable for children stories are full of Wonderful teachings for every day life. They teach serenity, patience, kindness and grace of charity. With a cup of hot cocoa or a healthy tasty smoothie from our Glow & Glory Wellness-Bar we dive into the life of the little Buddha. Afterwards we can discuss and philosophy over the experiences.  
Priceless - No charge

## **Holistic Health - Body, Mind & Spirit**

### **• Yoga**

Yoga is the journey and the goal, the semen and the fruit the connection of all elements in the inside and outside. Yoga is more than just a sequence of posture and stretching. It is the path of self-exploration, self-healing and self-awareness. Posture (Asana), breath work (Pranayama) and philosophy are the tools, that make yoga a long proven holistic health system. Together we will find your individual practice, to relax and empower your body and mind. Every lesson I will prepare mindfully and specifically for your needs.

Private Lesson 90min / 95€

Twin Lessen 90min / 125€

### **• Foot Reflexology**

Did you know that in the feet and hands end 72.000 nerves and energy lines? Since ancient times the feet are used as the mirror of the human body for therapy, pain-relief, injuries, metabolic challenges and other indications. This special pressure point treatment opens the nervous system and energy channels and activates the self healing and regeneration of the whole body.

- Prevention and healing for runners knee
- Prevention of deforming arch of feet
- Refreshes tired legs
- Relaxes back and aligns the spine
- Activates metabolism

60min / 85€

### **• Marma Therapy**

Marma is a word from Sanskrit language. The ancient language of India. It means hidden or secret. A marma point is a junction in the body, where different tissues meet. E.g. muscle, blood vessels, tendons, ligaments, bones or joints. Marma points are even more than just the normal connection of tissue. They are points of vital life force. Injury or stagnation of energy in these areas can have negative impact on the body and mind. The energy can be blocked, the nourishment of the tissue can be insufficient and the body gets out of alignment. With the special Marma therapy treatment the marma points will get stimulated, they are made to sink deeper into the body to resist from injury and the energy will be in free flow again. Pain can be relieved instantly, all tissues and organ system will be detoxed and rejuvenated.

- For athletes, prevents injuries
- Reduction of back pain
- Reduction of frozen shoulder
- For more flexibility in the whole body

60min / 95€

## • Reiki

Reiki is an alternative healing method, that is approved by the WHO (World Health Organization). The healing and activation of the self healing happens by placing the practitioners hands on the body of the client in a specific sequence. It's also possible to hold the hands over the body not touching it. The Reiki Energy runs through the practitioners crown of the head through the body and hands in the direction of the misbalanced body part of the client. Reiki works on the physical, mental and spiritual level. The treatment is mostly experienced as very calming and relaxing and is a very gentle method. It supports healing of all kinds of ailments and is also recommended as accompanying treatment for allopathic medicine.

- healing of skin lesions, surgery scars
- Pain relief
- Physical and mental blockages
- Managing burnout, panic attacks, grief and depression

## • Theta Healing

Everything is energy. We can agree on that, right? And we can also agree on that there is more than just what we can see, hear, smell and feel. The invisible power has many names. Universal energy, creative power or creative energy, to name some. This power guides us and performs miracles. In a ThetaHealing session the practitioner goes into a deep meditative state and connects with the frequency of universal power. He then commands the healing and change on all planes of the clients body, mind and soul. Staying in this connection the practitioner then witnesses the process of change and a spontaneous healing could be experienced in the belief system, in energetic blockages from past lives or other issues from subconscious levels. Healing on DNA level is also possible and has been witnessed. The act of witnessing this healing is important to see the new energy settle and manifest into the gross energy of our reality. It is similar to quantum physics. Only the witnessing makes the process real. There is no time and no space in the energetic world of healing. Therefore it is possible of different planes of existence and independent of the location of the client.

90min / 95€

## You are worth it!

### **Glow & Glory - Holistic 360° (One day Holiday)**

This highly effective rejuvenation cure not only pampers the body, but it nourishes the cells from head to toe, from skin to the bone. Through gently massaging the body with special oils for your constitution, the active components will penetrate all tissues. The head and body will be lubricated and the nervous system will be calmed down. Treat yourself with a time out, gain new energy and experience a new and fresh body feeling.

Face-, head- and neck-, full body massage, foot reflexology. Coffee, Smoothie, Energie Ball.

360 min / 369€

### **Deep Sleep & Relax**

Have you experienced this? In the evening you are laying in your bed, exhausted but unable to fall asleep? Your thoughts are spinning and your body is still tensed? Counting sheeps does not help

anymore? In the morning you feel beat up? A healthy and regenerating sleep improves your productivity and slows down the aging process! With calming aroma, relaxation techniques or a soothing massage your body can gear down. Together we will find the perfect treatment for your wholesome sleep. I teach you the fitting relaxation technique, which you can practice at home. The Head- and full body massage with special ayurvedic oils calms the mind and lets the body go into regeneration mode.

Head- , full body massage, relaxation technique, aroma.

30 min / 50€

60 min / 85€

120 min / 145€

### **Glow & Glory Wellness-Bar (Menu coming soon)**

- Smoothie
- Proteinshake
- Juice
- Immune Buster Shots
- Kaffee / coffee
- Energy Balls