

HERE & NOW

Relaxation.

Choose your ritual and your path.



RITUAL #1 - JaOm.. (ABHYANGA)

90MIN - FULL MAGIC - FULL BODY + AYURVEDIC STOMACH MASSAGE / 135€

60MIN - FULL BODY / 95€

Our Signature Massage. A magical experience that can give you absolute deep relaxation.

We work with you on all levels. Warm oil, a full body aroma massage and marma point pressure releases blockages, brings energy into the flow, increases the vibration of the cells and activates the self-healing powers. Svasthya, baby!

MÖGLICHE EFFEKTE

+ stress reduction, deep relaxation, harmonization of all body systems, prana - flow

RITUAL #2 - BACK & NECK RECOVERY

60MIN - COMPLETE BACK & NECK + ARMS + HEAD / 95€

30MIN - COMPLETE BACK & NECK / 55€

In this ritual we focus on the back - shoulder - neck - part of the body that is heavily tensed by our stressful everyday life. Step by step we soften hardenings and open blocked energy channels.

The restful and lasting effect on body & mind can lead individually to inner peace or an energy boost, depending on what you need right now!

MÖGLICHE EFFEKTE

+ tension release, intensive stimulation of the blood circulation, calming & revitalization

RITUAL #3 - ZERO GRAVITY (PADABHYANGA) 60MIN / 95€

We accompany you on your journey into weightlessness. The relief of your shoulder - neck - area and the aroma - footbath at the beginning let the everyday life drop off. With a rhythmic reflex zone massage, we treat your feet and legs, from the little toe up to the hips, so that you can continue your journey, inspired and at the same time grounded.

MÖGLICHE EFFEKTE

+ relief, stimulation of blood and lymph circulation, feeling of weightlessness

RITUAL #4 - THE ROOTS 30MIN / 55€

A warm aromatic foot bath at the beginning lets you arrive and feel your connection to the earth. The foot reflex zone massage has a deeply relaxing and activating effect at the same time. This ritual strengthens, nourishes and gives flexibility - inspired by the meaning and symbolic power of the roots for plants and humans. A homage to your feet, which carry you day after day and let you walk safely on your way.

MÖGLICHE EFFEKTE

+ relaxation from head to toe, release of energetic blockades, balance, strengthening of the earth connection

BEFORE EACH RITUAL YOU CAN CHOOSE BETWEEN DIFFERENT, NATURALLY PURE ESSENTIAL OILS FOR YOUR AROMA EXPERIENCE AND WHETHER YOU WANT TO BE MASSAGED WITH ORGANIC COCONUT, SESAME OR OLIVE OIL.



holistic



pure



plantbased



valuable



sustainable