



LOVRANSKE VILE

One with Nature • One with Life

Join us in discovering, co-creating and celebrating life

### Description of treatments

- ◆ **Pulse diagnosis** - is one of the fundamental diagnostic methods of traditional Chinese medicine. The pulse is controlled in three positions on two levels both on the right and on the left hand. **Computerised** pulse diagnosis, through the use of sophisticated ultrasound probes and a computer programme enables photos and graphics of the pulse for the 12 organs. It provides an analysis similar to the ECG which helps to determine therapeutical directions for acupunctural healing.
- ◆ **Shiatsu massage**- (Japanese from shi, meaning finger, and atsu, meaning pressure) is a traditional hands-on therapy originating in Japan. The therapist applies pressure with his thumbs, finger, and palms to specific areas of the client's body. Massage techniques like tapping, squeezing, rubbing, and applied pressure are applied along the meridians to unblock energy blockages and reintroduce the optimal flow of ki. Shiatsu is traditionally performed on a futon mat, with clients fully clothed.
- ◆ **Hot stone massage** - combines 10 oriental massage techniques with the heat and energy of volcanic stones. Warms up and relaxes painful, stiff muscles. Eliminates the effects of stress and hard work. Working through chakra energy points rebalances the body and mind creating a feeling of tranquility.
- ◆ **Raindrop therapy** - It is a pure essential oils technique that mimics the drops of rain along the spine and the sweeping moves of an Indian feather. It originates from Lacota Indians and has the power to clean up the body from toxins and microorganisms, helping to straighten the spinal column and relieve tension and pain by giving you an incredible sense of self and wellbeing.
- ◆ **Floating therapy** -flotation Therapy is a unique medical treatment to reach that deep relaxation which is usually only possible in the state of deep meditation or just before falling asleep. You float effortlessly in a solution of salt and water, within a flotation tank, while listening to soft relaxing music. During the spa treatment, your sensory perception is reduced to a minimum which is what makes deep relaxation possible. Floating is used for immediate pain-release and as an effective anti-stress method.
- ◆ **Ayurvedic massage**-Indian massage that creates equilibrium of natural elements (fire, water, earth, air & space) within your body. It has an intense therapeutic effect on the body, mind and soul. With every breath you will feel the negative energy leave your body and you will inhale new strength
- ◆ **Abhyanga shareera** - (body massage) is performed by one or two Ayurvedic therapists simultaneously, by massaging with special rhythmical movements and using warm oils.. It is a very pleasant procedure that brings many benefits; strengthening of the immune system, general vitality, rejuvenating of the body & releasing the body of toxins...
- ◆ **Shiroabhyanga** - (head massage with oils that have medical qualities). The sort of oil is determined according to the constitution and the kind of disorder.
- ◆ **Udwarthanam** - is a special procedure, kind of dry massage in which are used various herbal powders. This procedure helps in reduction of cholesterol, skin problems, it strengthens the muscular system, returns mobility to the joints, etc.
- ◆ **Dhara (Sirodhara)** - is a special procedure in which oil is being dripped onto the head in a constant rhythm. This is an extremely relaxing procedure which generally revitalises regenerates and rejuvenates the Mind and body. It reduces stress and tension of the Mind and body, it improves memory and it is used for insomnia and mental tensions.