



villa astra  
HISTORIC SPA HOTEL

## AYURVEDA

**Ayurvedic Massage (152 movement)** 90 min / 650 kn, 70 min / 550 kn

Indian massage which 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. We combine classical massage with stretching.

**Shirodhara** – 50 min / 300 kn

**Shirodhara** – (3 treatments) / 500 kn

**Ayurveda + Shirodhara** – 120 min / 700 kn

Warm oil is poured on particular points on your forehead to help you achieve deepest relaxation and get in touch with your subconscious. Gives relief from stress, headache, insomnia and nervousness.

**Swedana** – 30 min / 200 kn

**Ayurveda 70 min + Swedana 30 min** / 650 kn

Swedana or steam therapy is a procedure that is used to induce sweating. Swedana relieves stiffness and heaviness, and it also relaxes and purifies the body.

**Udvarthana** – 85 min / 600 kn

Udvarthana is an intensive friction massage of the entire body with a peeling consisting of oil and herbs. The Udvarthana peeling stimulates cells and the organ metabolism as well as blood circulation. It stimulates, rejuvenates and detoxifies.

**Garshana** – 45 min / 320 kn

The brushing (garshana) increases circulation and exfoliates the skin so that the herbal oil can penetrate deeply. Garshana is an Ayurvedic anti-cellulite treatment that helps break down fat deposits by enhancing blood and lymphatic circulation.

**Chakra Dhara** – 10 min / 100 kn

The ayurvedic chakra dhara massage is both sensual and spiritual. It includes the dripping of warm herbal oil onto the chakra points. Our therapists use this oil ritual to rejuvenates and balance our energy centers and to purify the body, mind and spirit.