



## Treatments and massages:

### **1. Abhyanga carried out by two therapists - Duration: 45 minutes, price: 210 PLN**

### **Abhyanga carried out by a single therapist - Duration: 45 minutes, price: 170 PLN**

Abhyanga (Sanskrit: अभ्यंग or अभ्यङ्ग "Oil Massage") introduces energy into the body and releases toxins by moving them out through the body's excretory systems. It is an oil massage of the entire body, performed by one or two therapists simultaneously. This technique strengthens the vascular and lymphatic systems, stimulates the skin and muscles, helps renew the cells through elimination of toxins, and relieves pain. It completely removes deep tensions and relaxes and balances the nervous system. Abhyanga increases the body's vital forces and decreases Vata level. Vata controls blood flow, elimination of wastes, breathing and the movement of thoughts across the mind. Abhyanga considerably rejuvenates the body when used regularly.

### **2. Shirodhara - Duration: 45 minutes, price: 170 PLN**

In Sanskrit, "shiro" means "head" and „dhara" – "stream of warm oil." This is a treatment which makes use of a trickle of warm oil, poured on the forehead. It is performed in complete silence. It has beneficial effects on the functioning of the brain and nervous system, improves cerebral circulation, eliminates toxins, purifies the sinuses and energy channels, and soothes the mind. When used regularly, it improves memory, broadens perception, and eliminates headaches caused by chronic tension. It is popularly referred to as a technique of bliss.

### **3. Marma - Duration: 45 minutes, price: 150 PLN**

In Sanskrit, "marma" means mysterious or hidden. This term refers to invisible points situated at intersections of vital energy channels (prana). These channels, called "nadi" are connected to every organ in the body and enable the flow of vital energy throughout the entire body. Marma treatment stimulates "marmani" points in order to remove all disruptions in the energy flow, synchronising our body's activity on three levels – body, mind and spirit. Stimulation of the flow brings back natural energy, and as a result, ensures correct functioning of body organs, vital forces and a general feeling of well-being. In order to preserve our body's harmony, it is advised to repeat the treatment. It is a unique and powerful technique, which will revitalise an exhausted body.

### **4. Face massage - Duration: 30 minutes, price: 65 PLN**

This treatment involves massage combined with the stimulation of "marma" points. Apart from nourishing and rejuvenating the face, it also has a relaxing effect on the whole body. It is often combined with the Marma whole-body treatment. Separately, it is used when the client is short of time and needs the renewal of vital energy.

### **5. Marma with face massage - Duration: 60 minutes, price: 190 PLN**

**6. Abhyanga with Svedana - Duration: approximately, 90 minutes, price: 240 PLN**

Svedana is a type of sauna. It differs from a traditional sauna in that it protects those parts of the body which are sensitive and prone to overheating. It also eliminates toxins more effectively than Abhyanga alone through perspiration.

**7. Abhyanga with Marma carried out by two therapists - Duration:120 minutes, price: 330 PLN**

Abhyanga with Marma carried out by a single therapist - Duration: 120 minutes, price: 290 PLN

**8. Abhyanga with Shirodara carried out by two therapists - Duration: 120 minutes, price: 330 PLN**

Abhyanga with Shirodara carried out by a single therapist - Duration: 120 minutes, price: 290 PLN

**9. Craniosacral therapy - Duration: Approximately 45 minutes, price: 150 PLN**

This technique consists of gentle pressure being applied to the area of the skull, spine, and sacrum. It influences the fascial system, which mobilises natural self-healing forces and restores the natural balance of bodily fluids. This method aims at regulating the flow of cerebrospinal fluid and normalising intracranial pressure, both of which influence the central nervous system. It is most commonly used for headaches, vertigo, migraines, sight and hearing disorders, spine and back pains, alimentary canal disorders, hyperactivity, depressive states, problems with concentration , and autism.

**10. Katti Basti - Duration: 45 minutes, price: 140 PLN**

This treatment involves pouring hot oil on the spine. Oil is more intensively absorbed in the lumbar region than in any other part of the body. It reduces Vata and Kapha, and it increases Pitta (which is why it isn't used in summer when Pitta rises naturally). It significantly relaxes the back and all organs in that area of the body. It enables energy to reach and nourish areas of tension and fill them with energy. It also increases vitality and a sense of well-being. When repeated, it effectively releases tension located in pelvis and improves blood circulation in the legs, thereby removing pain and cramps.

**12. Karna Purana - Duration: 45 minutes, price: 130 PLN**

This treatment consists of warming the inner ear with warm oil and intensive massaging the auricle, ear and neck regions. As a result, the Vata level (air excess) considerably decreases, as Vata is connected with hearing. It is especially recommended after travelling or surgery. It also improves hearing when used regularly although it can't be used if there is an ear infection.

**13. Netra Tarpana - Duration: 45 minutes, price: 140 PLN**

This treatment consists of bathing the eyes in ghee (clarified butter). Clarified butter has beneficial effects on strained eyes. It is used in case of Pitta excess (too much heat in the body), when eyes burn, are reddened, are hurt or where there are burst blood vessels. Since the eyes are connected with the liver, this treatment also helps to limit liver overheating. It also improves sight when used

regularly, unless eyesight has been impaired by physical changes.

**14. Nasya - Duration: 45 minutes, price: 130 PLN**

This treatment involves purifying the upper respiratory tract, particularly the nose and sinuses, through the inhalation or application of strong potent substances which eliminate toxins such as turmeric smoke or eucalyptus oil. Detoxifying nasal drops are administered and the upper body and head are massaged. It aims at lowering Kapha (mucus) and removing any feeling of heaviness. It also eases breathing.

**You should make sure that you receive treatments on an empty stomach or 1 hour after a light meal. Treatments can't be used:**

In the case of any kind of infection that has caused a high temperature

If you are under the influence of alcohol or any other intoxicants

Abhyanga can't be used during the first trimester of pregnancy, second and third day of menstruation and in the case of heavy menstrual bleeding

Marma can't be used during first trimester of pregnancy, second and third day of menstruation and in case of heavy menstrual bleeding

Nasya can't be used during menstruation or pregnancy.

Netra Tarpana can't be used during menstruation.

Registration for treatments can take place Monday to Friday between the hours of 9am and 6pm, and on Saturdays between the hours of 9am and 1 pm.

**Place:** Centre for Health Promotion Taraska 19A, 26-337 Aleksandrów