

TRATAMENTOS, MASSAGENS E CONSULTAS

Treatments, Massages & Consultations

MASSAGENS E RITUAIS *Massages and rituals*

Relaxamento 60' <i>relax massage</i>	55
Reflexologia Podal 60' <i>feet reflexology</i>	55
Desportiva 60' <i>sport massage</i>	55
Deep Tissue 60' <i>deep tissue</i>	55
Costas 30' <i>Back massage</i>	35
Pre Natal 60' <i>pregnancy massage</i>	55
Ritual do Sal by [Comfort Zone]	90
Ritual Tranquillity Shape Anti-Celulítico by [Comfort Zone]	85
Aromática Villa Prana 75' <i>villa prana aromatic massage</i>	65
Drenagem Linfática Manual <i>lymphatic drainage</i>	40
5 Pack Drenagem Linfática <i>5 lymphatic drainage pack</i>	175
10 Pack Drenagem Linfática <i>10 lymphatic drainage pack</i>	320

Todos os alunos ativos, usufruem de 10% desconto Em todas as massagens acima de valor superior 50 euros.

All practitioners with valid card, get 10% off in every massage, from 50 euros and above

TRATAMENTOS TERAPIA AYURVEDA *Ayurveda Therapy Treatments*

CONSULTA DIAGNÓSTICO <i>ayurveda consultation diagnostic</i>	70
MASSAGEM AYURVEDA CLÁSSICA 60' <i>classic ayurveda massage</i>	55
MASSAGEM AYURVEDA CLÁSSICA 90' <i>classic ayurveda massage</i>	75
MARMA DETOX 70'/90' <i>marma energy points massage</i>	75
MERU CHIKITSA 75' <i>spine & Neural Therapy</i>	70
ABHYANGA 60' <i>oleation massage</i>	70
PADA ABHYANGA 60' <i>feet oleation massage</i>	65
UDWARTANA 60' <i>exfoliation massage</i>	70
THAI YOGA MASSAGEM 90' <i>thai yoga massage</i>	75
TRATAMENTO NASYA 90' <i>nasya treatment for sinusitis</i>	80
PINDAS KHIZIS <i>pindas massage</i>	75
INDIAN HEAD MASSAGEM 30' <i>indian head massage</i>	35
SWEDANA SAUNA <i>indian sauna</i>	15