



# Massage & Wellness in your Holiday Home

inspired by Ayurveda  
a thousand-year old Indian  
science of life and longevity and other world  
traditions to offer you natural and  
eco-friendly healing  
for the mind & body

- **ABHYANGA**

60 min - 70 euro

A traditional Indian full body massage with Ayurvedic oils that soothes the body and mind.

It balances the doshas: vata, pitta, kapha

This massage stimulates the skin, the muscles, the circulatory system and the lymphatic system.

It also soothes the nervous system.

It increases energy, vitality, strength and flexibility.

- **MARMABHYANGA**

70 min - 80 euro

Complete Indian massage and stimulation of Marma energy points, the vital centers of the body.

It balances the nervous system, strengthens the immune system, detoxifies the body and provides deep relaxation.

- **KANSU**

50 min - 50 euro

Foot massage performed with a bowl of a combination of five metals and Ghee, a clarified butter. This treatment balances the fire element. It brings deep relaxation and regulates sleep. It reduces stress and renews your energy.



- **AKSHI ABHYANGA**

60 min - 70 euro

This tonic massage, in three phases, combines the benefits of a head, back and feet massage, Kansu from India.  
Excellent for calming the nervous system and reducing tensions.

- **BALINESE**

60 min - 70 euro

Balinese massage that combines techniques that harmonize body and mind. Combined anti-stress and re-energizing massage.  
A Balinese massage with a mix of different Asian techniques. It combines Ayurvedic medicine from India, and Chinese medicine.

- **LOMI-LOMI**

80 min - 90 euro

This Hawaii-massage with Monoi oil is invigorating and enveloping.  
The peculiarity is that it is practiced largely with the front arms as well as with small wooden pestles.  
It relaxes, vivifies, purifies the mind and body.



# SPECIFIC MASSAGE

- **SPORT**

60 min - 70 euro

Sport massage can meet the special needs of the athlete or any active person for back, shoulder, legs and arms.

It contributes effectively to the maintenance of muscle tone, preparation for physical activities of all kinds and recovery after exercise.

- **PAIN RELEASER**

60 min - 70 euro

This massage is for people who suffer from back, neck or shoulders pain. Sedentary people, who adopt bad postures. Those who solicit their back through physical work will be delighted with this massage which will reduce contractures and pain considerably.



# BEAUTY CARE

Japan

## COSMO LIFTING

- Facial Aeralift Massage

60 min - 70 euro



The aeralift anti aging face massage ( creative Lone Sorensen ) is a combination of techniques from Japanese acupressure stimulation medicine and Andean aborigines.

Thanks to this combination, the massage makes it possible to obtain an immediate improvement of the facial features and to reach a stress-regulating effect as well as an instantaneous relaxation at the internal and external level of the body.

## MINI CURE

A personalized mini-cure is possible during your stay...

# YOUR THERAPIST

Isabelle Mangen

Ayurveda massage therapist at the "Tapovan Open University" in Normandy, France and in Gujarat, India led by Kiran Vyas  
tapovan.com

Diploma recognized at the European level and accredited by the University of Jamnagar, Gujarat, India and the Ayurveda College of London.

"Tridoscha" massage at the "Tapovan Open University" by Sibi Elappunkal director of "Pranamaya Ayurveda Chikilsalaym"  
pranamaya.in

Improvement in ayurvedic massages techniques in Kerala,India by Lisabiandriya Lisa.

Massages "Marmabhyanga" and "Balinese" at the Pranacenter in Belgium.

Massages "Sports", "Anti-Pain ", "Lomi-Lomi" and "Aeralift" at the Wellness School in Belgium.