

**NEW  
EARTH**  
AYURVEDA  
HEALTH CENTER

# Price List Ayurvedic Treatments

[neweartheurope.com](http://neweartheurope.com)

## Abhyanga

A gentle oil massage of the whole body performed synchronously by 2 therapists.

Stimulates circulation, strengthens the central nervous system, reduces tension and anxiety, improves sleep quality, strengthens muscles, improves digestion, prevents disease, revitalizes and rejuvenates the entire body.

120 € • 60 min

## Shirodhara

A unique relaxing experience – a stream of herbal oil is poured on the forehead.

Provides deep regeneration of the nervous system. Good for neuropsychological problems – improves the quality of sleep, lowers high blood pressure and eliminates headache.

90 € • 25-45 min

## Udvaartana

Ladies' favorite – a very pleasant peeling massage performed by 2 therapists

Both relaxing and stimulating at the same time. The healthiest solution to obesity, cellulitis and excess body fat. Recommended to persons of low-energy.

135 € • 60 min

## Swedana

Ayurvedic sauna – herbal steam bath for the whole body.

Stimulates circulation, reduces inflammation, revitalizes and rejuvenates the skin, removes stupor, improves digestion, relieves stress, reduces stiffness and rigidity.

80 € • 20 min

## Nasya

An elaborate inhalation therapy preceded by an oil massage of head, face and chest.

Clears breathing channels, relieves allergies, sinusitis, cold, migraine, headache. Prevents early graying and loss of hair, and slows down the aging process.

120 € • 60 min

## Netra Tarpana

A special eye treatment – eyes are bathed in clarified butter (ghee) or herbal liquids.

Improves sight, prevents eye disorders such as conjunctivitis, rashes, glaucoma etc. The effects of the treatment are aesthetically pleasing.

90 € • 30 min

## Pinda Swedana

A combination of massage and sweat therapy performed with warm herbal bags.

Recommended for musculoskeletal problems like rheumatoid arthritis. Relieves pain, tension and stiffness, increases mobility.

170 € • 90 min

## Vishesh

A whole body massage performed synchronously by 2 therapists using increased pressure.

Stimulates circulation in the whole body, relaxes muscles, improves digestion and restores energy. Has a very positive impact on musculoskeletal system. Recommended to athletes.

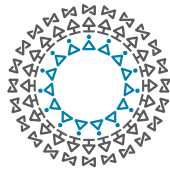
120 € • 60 min

Wellness Oasis

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**NEW  
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# We offer a variety of Ayurvedic treatments and packages that keep the body healthy and young.

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## Pizichilli – Royal Massage

An ultimate experience in deep relaxation. A continuous stream of healing warm herbal oil is poured over the body.

Induces sweating and helps the elimination of waste. Prevents disease, revitalizes and rejuvenates the entire body.

————— 270 € • 90 min

## Takradhara

A treatment similar to Shirodara, but instead of oils, herbalized milk or ghee is applied on the forehead.

Balances the nervous system, reduces insomnia, very effective on psoriasis and other skin problems.

————— 105 € • 30 min

## Griva/Kati/ Janu/Hrid Basti

Neck spine/lumbal spine/  
knees/heart area –  
localized treatments with  
herbalized oils.

Promotes deep relaxation, helps with stress and reduces the pain in the treated area.

————— 95 € • 30 min

## Head massage

A massage designed for relaxation, alleviation of stress and improving circulation in the head area.

Improves strength and focus, contributes to hair and scalp health.

————— 70 € • 25 min

## Breast & Chest treatment

One of the most neglected body parts when speaking of therapy. Main purpose of this treatment is to evacuate toxins from the body.

Improves lymph circulation, breast tonus and overall health.

————— 70 € • 25 min

## Padabhyanga

A relaxing foot massage of the marma vital points.

Activates the immune system, calms the mind, reduces stress, improves peripheral circulation. helps maintain good eyesight and hearing, alleviates foot pain.

————— 70 € • 45 - 60 min

## Basti

Ayurvedic enema – a central part of Ayurvedic medicine. The treatment starts with a warm oil massage in abdominal and lower back area and is followed by a proscribed type of enema – oil or herbal concoction.

Beneficial for overall detoxification and cleansing, helps with gastrointestinal diseases, chronic constipation, common cold, heart, neck, joints and lower-back aches; as well as mental imbalances.

————— 75 € • 30 min

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