



# Elixir Thalassotherapy Center

## Ayurveda

### “The Mantra for Health & Happiness”

#### Welcome to a journey of self realization...

*A whole new dimension of Spa opens up as we learn to touch and communicate with you in a manner that honors your uniqueness and body type. The spa-experience then becomes a context where your true nature can blossom and unfold. Inevitably, this is what each one of us seeks. Our wide range of luxurious face and body treatments are customize product selection and treatment for your body nature. Ayurveda is a science dealing not only with treatment of some diseases but is a complete way of life. This system of science stress on the prevention of body ailments in addition to curing them. This tradition of natural healing system has been a part of culture and daily life in India since the Indus valley civilization (BC. 3000). It is the most natural way to refresh you, eliminate all toxic imbalances from the body, and regain resistance and good health. Ayurveda is based on the universal principles and is a living, growing body of knowledge, which promotes positive health, natural beauty and long life. It concentrates on the mental, physical and also spiritual harmony of an individual creature as a whole and also of the universe. This is the only system, which removes the ailment from the root cause.*

#### We offer something more than just a good treatment...

#### We present a journey of self discovery...

## Body Massages & Treatments

### Abhyangam 60'/75€

This is the basic Ayurveda massage. Experts massage lukewarm Ayurvedic oil on the head and body. Enhances proper blood circulation and relaxes mind.

### Uzhichil 60'/90€

This is done by applying pressure on the vital points (marma), muscles. The masseur applies pressure with the fingers, thumb or palm at certain points having high concentration of life energy. This massage is superb for overworked, tired, stressed muscles to help stretch the body and alleviate fatigue.

### Elakkizhi 75'/130€

One of the most relaxing and refreshing massages that you can enjoy. This is a massage with warm roasted leaf bags after 40 minutes of basic massage from head to toe with Ayurvedic oils. This is very good for relieving spasm and stiffness of muscles, lubricating the joints, strengthen the spinal muscles and relieves joint pain especially backache. Enhances peripheral blood circulation, cleanses the channels of circulation and expels toxins through the sweat.

### Navarakkizhi 75'/160€

Massage with Ayurvedic oils for the whole body is done in the first phase of this treatment. This is followed by massage with warm rice

(medicinal rice, Navara) bags dipped in milk and a herbal decoction. Oil massage follows as the next phase. This massage nourishes tissues, softens the skin, enhances complexion, strengthens body muscles, cures the stiffness of the joints, and improves digestive power.

### Sirodhara 75'/115€

This is a unique massage of Kerala in which a steady stream of medicated oil is poured on the forehead in a peculiar pattern. This is done after 30 minutes of basic massage for whole body. It is mainly done for relaxing the mind. Very effective for mental relaxation, sleep disturbance, head ache, hair problems and skin diseases.

### Udvarthanam 75'/105€

Massage with special herbal powder after 40 minutes of oil massage. This is done like a scrub for exfoliation; break cellulite; deplete the fat, strengthens the muscles. Removes impurities, dead skin cells and stimulate circulation. This prepares the body for further treatments.

### Spine Care 60'/100€

Spine massage starts with an application of warm herbal poultice after anointing oil. Luke warm oil is allowed to stay on the low back / upper back or neck for 30 minutes in a dam made with dough. This therapy relieves occupational tension buildups, stiffness, spasm, pains and aches. This is very effective for sciatic pains and spondylosis.

## Signature Massages

### Anti Voyage Fatigue 90'/200€

This massage is designed to relieve the stress and strain due to long journeys. This is helpful to relieve the muscle pains and aches, swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

### Scrub N' Trim 90'/200€

This massage is designed for reducing weight. This includes an herbal powder scrub after an exotic and vaso-dilating massage with warm herbal bags in oil / decoction. Repeated sessions help in over weight.

## Head & Face Treatments

### Nasya & Dhooma 40€

Three to ten drops of herbal juice or medicated oil are applied through nose. This is followed with application of medicated steam for few seconds. This treatment is highly effective for certain kinds of headaches, sinusitis, facial paralysis, mental disorders, neck problems, allergic respiratory diseases etc.

### Herbal Face & Head Massage 30'/50€

There is not usually time for a full face and head massage as part of a full-body massage. You might like to try it on its own or in combination with a neck and shoulder massage.

### Ayurvedic Facial 60'/100€

Let the ancient tradition of Ayurveda calm your mind, as we cleanse and balance skin. This utterly relaxing facial will soothe your senses, while treating skin with a blend of essential oils. This includes an Ayurvedic cleansing, steaming, face massage and face pack. Various oils/creams and face packs are used according to the skin type.

### Ayurveda Kaajal 20€

Ayurveda recommend daily use of a natural kaajal and collyrium for the health and beauty of eyes. This includes putting herbal eye drops in the eyes and an eye wash with herbal water. Reduces puffiness and disperse congestion.

## Express Treatments

### Scalp Massage 15'/25€

A gloriously relaxing yet invigorating experience. Let our therapist iron out the stress and strains of life as she massages the scalp - one of the main tension holding sites of the body with or without Ayurveda oils in the traditional Indian style.

### Neck & Shoulder Massage 15'/25€

For many people, the neck and shoulders are common areas of soreness and tension. Working at a desk or a computer all day helps to create such problems. This massage with or without herbal oil relieves your tension build ups.

### Ayurvedic Neck & Shoulder Care 25'/50€

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the neck and shoulder after hand massage. This relieves the spasm and stiffness of neck, shoulder and

upper back muscles. This is very effective for cervical spondylosis.

### Legs & Feet Massage 15'/25€

Our legs and feet frequently get ignored and small twinges and discomforts often go unheeded. Massage provides the means to ease these tensions and revitalize this weight-bearing part of the body. Feel the joy of pampering in the soles of your feet and the very tips of your fingers with exotic rituals.

### Ayurvedic Leg Massage 25'/50€

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the legs and feet after the traditional hand massage. This relieves spasm, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and effective on swollen feet.

## Various Treatment Packages

### For 1 To 28 Days

#### Ayurveda Refreshment Program 1 Day 215€

Elakkizhi - 75 minutes (In the morning)

Ayurveda Herbal Tea Sirodhara - 75 minutes (In the evening)

#### Ayurveda Refreshment Program 3 Days / 445€

This includes the combination of traditional massages; Herbal Soothe, Tranquility, Body Revive along with time tested herbal teas for the total refreshment of body and mind.

#### Body Slimming 5 Days / 880€

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body massage by special herbal powders and internal herbal medicine. There can be a possible weight reduction of around 2-3 kilos in 1 week.

#### Stress & strain relief program 5 Days / 880€

An effective and prominent treatment for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace.

## Ayurvedic Treatments

### For Children

#### Kaumara Abhyangam 30'/50€

A special body massage which restores the moisture to the skin, soothes the nerves, strengthens the bones and nourishes the tissues.

#### Anna Lapa 45'/80€

A rejuvenation technique that causes the entire body to perspire by using medicated rice cooked in herbal decoction and milk and applied all over the body with gentle oil massage. This clears the obstruction in the channels of the body, improves blood circulation, removes wastes from the body, improves complexion, strengthens digestion and restores vigor. It makes the entire body strong, sturdy and well developed. It helps to sharpen the senses.

# Elixir Thalassotherapy Center Guidelines

## PREPARATION

- Please arrive 15 minutes before your treatment. Before your treatment, you will be asked to complete a lifestyle questionnaire.
- You will be provided with a bathrobe, towels and slippers.
- Please remove all jewellery and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapist.
- The management will not be held responsible for the loss of any personal items.

## TREATMENT

- During treatments, please let your therapist know if you're comfortable or uncomfortable, too warm or too cold, or if the pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness.
- If you have any questions, your therapist will gladly answer them.

## RELAXATION AREA

We recommend using our relaxation room after your treatment in order to enjoy refreshing juices or a variety of herbal teas. Our professional therapists are at your disposal for any further wish you might have.

## CANCELLATION

We request a minimum of 4 hours' cancellation notice for a single treatment or 24 hours' advance notice for rituals. If you fail to cancel or reschedule your appointment, you will be charged for the scheduled service. Being late for your appointment may shorten the length of your treatment.

## CHILDREN'S POLICY

Persons aged under 18 years are not allowed in the Elixir Thalassotherapy Center, unless accompanied and with the consent of an adult.

## KINDLY NOTE

- Mobile phones are not permitted in Elixir Thalassotherapy Center. This is the time for your body and mind to release the worries and stress of the day.
- Smoking is not permitted in Elixir Thalassotherapy Center,

## VORBEREITUNG

- Bitte kommen Sie spätestens 15 vor Behandlungsbeginn zum Empfang. Zuvor werden Sie gebeten, einen persönlichen Fragebogen auszufüllen
- Sie werden mit einem Bademantel, Handtüchern, und Hausschuhen versorgt
- Entfernen Sie bitte, bis auf Ihre Unterwäsche, alle Schmuckstücke und

Kleidung. Für einige Behandlungen werden Sie von Ihrem Therapeuten mit Einwegunterbekleidung versorgt.

- Wertsachen sollten in Ihrem Safe aufbewahrt werden. Das Management kann für den Verlust von Gegenständen keine Haftung übernehmen

## BEHANDLUNGEN

- Sagen Sie Ihrem Therapeuten bitte Bescheid, ob Sie die Behandlung als angenehm oder unangenehm empfinden, wenn es Ihnen zu warm oder zu kalt ist oder der Druck zu leicht oder zu fest wirkt. Ihre Wohlbefinden steht im Mittelpunkt und hat immer Vorrang.
- Informieren Sie den Therapeuten über eventuelle Verletzungen oder physische Beeinträchtigungen, so dass die Behandlung entsprechend angepasst und die Wirksamkeit erhöht werden kann
- Sie haben Fragen? Der Therapeut steht Ihnen gerne Rede und Antwort

## RUHERAUM

Wir empfehlen Ihnen, nach der Behandlung unseren Ruheraum aufzusuchen und unsere erfrischenden Säfte oder die Vielfalt unserer Kräutertees zu genießen. Unsere professionellen Therapeuten stehen Ihnen gerne für weitere Wünsche zur Verfügung.

## STORNIERUNG

Wir bitten Sie für den Fall, dass Sie die Behandlung ausfallen lassen möchten, sich rechtzeitig zu melden. Die Abmeldefrist beträgt bei Einzelbehandlungen vier Stunden, bei Programmen 24 Stunden. Wenn Sie Ihre Behandlung nicht rechtzeitig annullieren oder einen Ersatztermin vereinbaren, müssen wir Ihnen die Behandlung in Rechnung stellen. Sollten Sie zu spät zu Ihrem Behandlungstermin kommen, wird dies die Dauer der Behandlung verkürzen

## ALTERSBESCHRÄNKUNG

Eintritt im Elixir Thalassotherapy Center, für Kinder unter 18 Jahre alt, ist ohne Zustimmung nicht gestattet und müssen von einem Erwachsenen begleitet sein.

## BITTE BEACHTEN SIE

- Mobiltelefone sind im Elixir Thalassotherapy Center, nicht gestattet. Dies ist die Zeit für Ihren Körper und Geist, um die Sorgen und den Stress des Tages los zu lassen.
- Rauchen ist im Elixir Thalassotherapy Center, nicht gestattet.

## ΠΡΟΕΤΟΙΜΑΣΙΑ

- Παρακαλούμε να βρίσκεστε στο ραντεβού 15 λεπτά νωρίτερα, για την υποδοχή, την αλλαγή ρούχων και τη συμπλήρωση του προσωπικού σας ερωτηματολογίου.
- Στους πελάτες παρέχονται ρόμπες, πετοέτες και παντόφλες.

- Παρακαλούμε πριν τη θεραπεία να αφαιρείτε τα κοσμήματα και τα ρούχα σας εκτός από τα εσώρουχα. Για κάποιες από τις θεραπείες θα προμηθεύσετε εσώρουχα μας χρήσης.
- Δεν φέρουμε καμία ευθύνη για αντικείμενα που τυχόν χάσετε.

## ΘΕΡΑΠΕΙΕΣ

- Κατά τη Διάρκεια της Θεραπείας παρακαλούμε ενημερώστε τους Θεραπευτές μας για το αν αισθάνεστε άνετα ή όχι και αν η θερμοκρασία δωματίου σας ικανοποιεί. Το να αισθάνεστε άνετα είναι το κυριότερο μέλημά μας.
- Ενημερώστε τους Θεραπευτές μας για τυχόν εκδορές, τραυματισμούς ή πόνους σε συγκεκριμένα σημεία του σώματός σας. Έτσι η αντιμετώπιση θα είναι η πρόποσα βάσει των δικών σας αναγκών.
- Αν έχετε ερωτήσεις ή απορίες οι Θεραπευτές μας με χαρά θα σας τις λύσουν.

## ΧΩΡΟΣ ΧΑΛΑΡΩΣΗΣ

Σας συνιστούμε να χρησιμοποιήσετε το χώρο χαλάρωσης μετά τη θεραπεία σας, να απολαύσετε δροσιστικούς χυμούς ή μια ποικιλία τσαγιών με βότανα. Οι Θεραπευτές μας είναι στη διάθεσή σας για οτιδήποτε επιθυμείτε.

## ΑΚΥΡΩΣΕΙΣ

Σε περίπτωση ακύρωσης κάποιας συγκεκριμένης θεραπείας, πρέπει να μας ενημερώνετε τουλάχιστον 4 ώρες νωρίτερα από το ραντεβού σας, ενώ στα πακέτα θεραπειών 24 ώρες νωρίτερα. Χωρίς έγκαιρη προειδοποίηση θα επιβαρυνθείτε για το συγκεκριμένο ραντεβού. Σε περίπτωση που καθυστερήσετε αυτό ίσως μειώσει το χρόνο που θα έχετε στη διάθεσή σας για τη θεραπεία.

## ΚΑΝΟΝΙΣΜΟΣ ΓΙΑ

### ΠΑΙΔΙΑ

Απαγορεύεται η είσοδος στο Elixir Thalassotherapy Center, σε παιδιά κάτω των 18 ετών χωρίς την συγκατάθεση και την συνοδεία κηδεμόνα.

## ΠΑΡΑΚΑΛΟΥΜΕ

### ΣΗΜΕΙΩΣΤΕ

- Τα κινητά τηλέφωνα δεν επιτρέπονται στους χώρους του Elixir Thalassotherapy Center, άλλωστε μην ξεχνάτε πως ήρθατε να χαρίσετε στον εαυτό σας στιγμές χαλάρωσης στο σώμα και στο πνεύμα σας.
- Σας υπενθυμίζουμε ότι το κάπνισμα στο Elixir Thalassotherapy Center, απαγορεύεται. Σας ευχαριστούμε που δεν καπνίζετε!

## ΠΟΔΓΟΤΟΨΗ

- Παρακαλούμε, приходите за 15 минут до начала вашей процедуры. Перед процедурой, пожалуйста, заполните предлагаемую анкету.
- В Спа-центре Вам

предоставляются: купальный халат, полотенца, и шлепанцы.

- Пожалуйста, снимите все драгоценности и украшения, а также одежду до нижнего белья. Для некоторых процедур терапевт Вам предоставит специальное нижнее белье.
- Администрация центра не несет ответственности за утерю ваших личных вещей.

## ΠΡΟЦΕΔΟΥΡΥ

- Во время процедур, пожалуйста, не стесняйтесь сообщить врачу, о тех или иных удобствах или неудобствах, слишком холодной или горячей воде, низком или высоком давлении воды. Наш главный приоритет - забота о Вас и Вашем комфорте!
- Если у Вас имеется специфическая рана или физический недостаток, пожалуйста, не стесняйтесь сообщить об этом врачу, который предложит соответствующие условия для прохождения вами процедуры и повышения её эффективности.
- Ваш врач с удовольствием ответит на все Ваши вопросы.

## ΣΑΛΟΝ ΔΙΑ ΟΤΔΥΧΑ

Рекомендуем Вам после процедуры насладиться освежающим соком или одним из травяных чаев в салоне для отдыха. Наши профессиональные терапевты всегда к Вашим услугам. Вы можете обратиться к ним в любое время.

## ΟΠΟΖΔΑΝΙΕ ΙΙ ΑΝΝΥΛΙΑ΢ΙΑ

Убедительно просим Вас уведомить нас об отмене посещения не менее чем за 4 часа до начала процедуры или за сутки до посещения специальной программы. При более поздней аннуляции мы вынуждены выставить в счет полную стоимость аннулированных процедур. Если вы опоздали на процедуру, то время ее проведения соответственно сокращается.

## ΔΕΤΙ

Дети в возрасте до 18 лет могут посещать Спа центр Эликсир только с разрешения опекуна и только в сопровождении взрослых.

## ΠΟΧΑΛΟΥ΢ΤΑ, ΟΒΡΑΤΙΤΕ ΒΝΙΜΑΝΙΕ

- На территории Спа - центра Elixir Thalassotherapy Center мобильными телефонами не разрешается. Это – время заботы о вашем теле и духе!
- Курение на территории Elixir Thalassotherapy Center.