

# Ayurveda Massage Selection Made Easy



Flexibility of therapies is the beauty of Ayurveda.

This chart is prepared to help you in selecting the desired massage or Call us on 041 000 2345 so we can recommend the one best suited for your health goals or condition.

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	Whole Body Massages					Part Body Massages		
Massage Name	Chakra Balancing*	Abhyanga	Yogi's Yearning	Marma	Udvardan/ Udvardanam	Neck-Back-Shoulder	Nabhi Puranam	Part-Body Marma
Useful for	Emotional or Energetic Imbalances Clearing Energy Blockages Harmonizing mind-body-Soul connection Mental Clarity	Instant Relaxation An Ancient Body Ritual Chronic Fatigue, Muscle Stiffness, Pain Stress-Anxiety Relief Insomnia	Holistic, Overall & Emotional Well-Being Realignment Inner Harmony & Peace Mental Clarity	Effective Drug-free Therapy for Treating a Range of Health Conditions for Women & Men Mental Health Issues Release of Suppressed Emotions Manifesting as Physical Health Issues Pain relief	Deep Detox Skin Health Cellular Rejuvenation Weight Loss/ Fat reduction/ Toning	Neck stiffness Back Issues Shoulder conditions Localized Pain	Women's & Men's Health Issues Digestive Issues Emotional Health Calming	All Types of Headaches, Migraines Some Women's & Men's Health Issues Localized Pain Relief
Brief description	Chakra Balancing* Spinal Flow Technique	Signature Ayurveda Massage	Abhyanga + Chakra Balancing	An Ancient Healing Therapy Tapping into Body's Own Pharmacy	Dry Herbal Powder Massage or Herbal Paste	Upper Body Massage on Back-side	Abdominal Massage	See Marma
Emphasis on	7 Energy Centres in Spinal Area	A Unique Whole-body Experience in Itself with Head Massage	Whole body & Chakras	Marma- Vital Energy Points	Therapeutic Application of Combination of Herbs	Waist, Back, Shoulders, Neck	Abdomen, Naval Area	Part Body Area as per Condition
Type of massage	Energetic - Energy Alignment & Equilibrium	Re-Balancing, Remedial, Lymphatic, Relaxing	Abhyanga + Energy Alignment	Healing, Restorative, Blockage Removal, Cleansing	Exfoliating, Detoxing, Rejuvenating, Multidimensional Treatment	Remedial, Lymphatic, Relaxing	Oil Pounding on Belly-button, Energetic	See Marma
Nature of strokes	Gentle Strokes with Herbal Oils	Medium/Firm, 8 Types of Strokes Lots of Herbal Oils	Medium/Firm, A Variety of Strokes Lots of Herbal Oils	Varies, Marma Stimulating, Unblocking Strokes With Herbal Oils	Medium, Specific Strokes With Specific Herbs & Oils	Medium/ Firm Variety of Strokes with Herbal Oils	Gentle with Hand-Crafted Herbal Oils	See Marma
Relevant Info	*Refer to website for more info	Optional Free Steam Therapy	Optional Free Steam Therapy	More than one therapies may be required in some cases	More than one therapies may be required in some cases		More than one therapies may be required in some cases	More than one therapies may be required in some cases
"What people are saying?"	Healing Meditative Experiencing various sensations and release "Highly Intuitive"	Deeply Soothing Anti-Ageing Healing Rejuvenating "Everyone must have"	Being Nurtured Revitalising Nourishing "Life-changing" "Ultimate experience in self-care"	Truly Healing Helped Recover from Chronic Issues Experiencing Different Sensations, and Release "Highly Recommend"	Detoxing Anti-Ageing Improves muscle toning, complexion "Feel a lot lighter, Skin feels so nice"	"Felt instant relief from pain"	Calming Absolutely Relaxing Meditative "High Frequency Healing"	"Had significant relief from recurrent migraines in one treatment"