

# Massages for body and soul

## **Ayurvedic massage - abhyanga**

For the ancient indian whole body massage warm sesamy oil will cover your entire body. Rhythmic touch on the muscles and meridians will bring stocked energy back into flowing and works detoxing and rejuvenating. Also mentally this kind of massage makes you feel very relaxed and balanced. You feel recharged with new energy, respectfully touched and nourished on all levels.

90 min

## **Lomi Lomi Nui – body work**

From the ancient healing art of hawaii Lomi Lomi Nui is also a whole body massage to balance body and soul. Rhythmic long stretches will be done mainly by forearms and elbows. A holistic massage which includes energetic body work and dynamic flow. Like a warm wave of water sensitive hands will flow over your body and invite you to fall into a deep relaxation and recovery.

90 min

## **Swedish massage** without /with **aroma oil therapy**

A classical treatment to relax tensed muscles and mind. It improves blood circulation and will leave you in a state of wellbeing, balance and stability. With addition of pure aroma oil you will have the benefits of aroma therapy.

90 min

## **Foot reflexology**

In reflexology, pressure is applied to specific reflex points on the foot. These points correspond through the meridians to organs and areas of your whole body. The treatment will offer you deep relaxation and wellbeing.

60 min

## **Contact: Amba, in Arillas**

Amba is a german certified and experienced massage & wellness therapist.

**Tel: (++49) 1575 4802853**

**gapistor@gmx.de, www.tamoya.de**

