

HEALTHY & BEAUTY TREATMENTS

THE URBAN VILLA

invites you to a journey of relaxation and stimulation of the senses...





MASSAGE THERAPIES

Reflexology foot Massage by a Reiki Healer 60 min. € 75

Special massage and pressure technique focused on the feet. The reflex zone point on your feet will be stimulated, activate and prompt relief from aches and pains.

Full Body Relaxing Massage 60min 70€

Full body relaxing massage implemented with almond oils. Favourably affects the condition of skin and helps to relieve stress.

Aromatherapy Calming. Indulgent. Harmony. 60 min. € 75

Fragrant essential oils derived from flowers and plants are selected for their powerful remedial effects and used in this sensory-rich Swedish-style massage. Uses light to moderate pressure

Balancing Energy 60 min. € 145€

Balancing Energy therapy is the Chakra Balancing Massage, a menu item that includes deep-tissue massage, foot reflexology, and subtle energy work.

Thai Massage 60 min. € 85

Full body massage combined with limb stretching and backbone massage technique.

MASSAGE THERAPIES

Facial Massage 60 min. € 50

Facial massage relieves tension, promotes relaxation and restores energy to your face and body by increasing circulation. Holistic Cleansing or anti-aging facial

Hands on Reiki 60 min. 65 €

Full body relaxing massage implemented with almond oils. Favourably affects the condition of skin and helps to relieve stress.

Indian Head Massage 35 min. € 40

Indian head massage is a therapeutic massage technique using gentle, rhythmic movements. It focuses on the upper back, shoulders, upper arms, neck, scalp, ears and face. It stimulates nerves and can help loosen up muscles and relax tissues.

Ayurvedic Full Body 60 min. € 80

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BALANCING ENERGY

Balancing Energy therapy is the Chakra Balancing Massage, a menu item that includes deep-tissue massage, foot reflexology, and subtle energy work.

This ritual connects clients with something familiar like massage, while also introducing them to the less well-known aspects of energy work. As a result, clients come away with a greater appreciation for the interwoven aspects of their mind, body, and spirit, and a greater sense of participation in their healing journey.

Benefits of a Balancing Energy Massage:

- Balances your body's Life Energy so your life is more effortless, joyful.
- Mobilizes the power of the Healer Within to promote wellness, ease.
- Deep relaxation and a relief from busy thoughts and uncomfortable emotions.
- A deeper awareness of Self that you can let go into.
- Access to positive feelings and more spacious sensations, more joy, less pain.
- Learn take home energy meditations to extend the benefits into your daily life.

Balancing Energy 70 min. € 145€



THAI MASSAGE

Traditional Thai massage uses no oils or lotions. The recipient remains clothed during a treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked.^[3]

The recipient wears loose, comfortable clothing and lies on a mat or firm mattress on the floor. In Thailand, a dozen or so subjects may be receiving massage simultaneously in one large room. The true ancient style of the massage requires that the massage be performed solo with just the giver and receiver. The receiver will be positioned in a variety of yoga-like positions during the course of the massage, that is also combined with deep static and rhythmic pressures.

The massage generally follows designated lines ("sen") in the body. The legs and feet of the giver can be used to position the body or limbs of the recipient. In other positions, hands fix the body, while the feet do the massaging. A full Thai massage session may last two hours and includes rhythmic pressing and stretching of the entire body. This may include pulling fingers, toes, ears, cracking knuckles, walking on the recipient's back, and moving the recipient's body into many different positions. There is a standard procedure and rhythm to the massage, which the giver will adjust to fit the receiver.

Thai Massage Session 60 min. 85€





NAIL SERVICES

- Polish change 30 min. € 35
- Gel Polish 65 min. € 65
- Basic manicure / pedicure 35 / 40 min. € 35
- French manicure / pedicure 35 / 40 min. € 40
- Deluxe manicure / pedicure 65 / 65 min. € 55
- **Luxury Manicure** - 50 euros (includes basic manicure plus exfoliation and hydrating mask as well as hand massage and polish)
- **Luxury Pedicure** - 65 euros (includes all elements of a pedicure as well as exfoliation, hydrating mask and foot massage as well as polish)

AYURVEDA MESSAGES

Ayurveda is the art of daily living in harmony with the laws of nature. It is an ancient natural wisdom of health and healing, and literally translates to ‘the science of life’. Both prevention and healing are carried out by entirely natural means.

After many years of practicing the Vedic Sciences, **Bhagavatamrita** undertook the Ayurvedic Wellness Counsellor program at the Kerala Ayurveda Academy, USA and studied Ayurvedic Massage at the Ayurveda Institute, UK, he then furthered his studies in India, receiving invaluable knowledge from many traditional teachers.

He is currently sharing his healing therapies in Spain and gives conferences on Ayurveda and other Vedic related subjects.

Private Consultation 70€



Bhagavatamrita offers the following Ayurvedic Therapies at Urban Villa:

Indian Head Massage: 30 mins

Indian Head Massage is effective for treating stress because it works on the areas of the body where we tend to carry it – the upper back, neck, shoulders and head, improving your overall sense of wellbeing. The massage and stretching techniques used help to reduce headaches, muscle stiffness and improve joint mobility. The massage also increases nourishment and oxygen to the scalp and hair follicles which in turn stimulates hair growth. This massage can be done fully clothed and performed without oils.

Price40€



Abhyanga Massage: 70 mins

Abhyanga Massage is arguably the most important treatment in Ayurveda, India's ancient system of medicine. Abhyanga is a cleansing, relaxing, balancing and restorative Ayurvedic massage treatment with herb-infused medicated oils.

Price70€





Marma Massage: 90 mins

Marma massage is a deeply relaxing and powerful treatment which focuses on 107 vital energy points on the body. These points are significant both on a physical and energetic level and when stimulated correctly the entire body and all its organs are flooded with energy. A marma massage includes Abhyanga.

Price80€



Pinda Sweda: 120 mins

Pinda sweda is a combination of massage and sweating therapy and perfect for sluggish energy and a stiff achy body. Rice is processed in herbal decoctions and wrapped up to form boluses. Using these poultices of warm rice and herbs, a soothing, rhythmic massage is delivered that is deeply nourishing to the skin, muscles, bones and joints. The result is increased energy, circulation and mobility, along with a wonderful sense of lightness and calm. A Pinda sweda

Price95€



Shirodhara: 60 mins

Shirodhara is considered as one of the most celestial therapies of Ayurveda. Practiced in India for more than 5000 years, this **ayurvedic detox therapy** is extremely relaxing and rejuvenating, releasing stress and anxiety. It helps your brain release negative energy while providing you a serene space to peel away all the tensions of life. A specially prepared warm herbal oil is poured in a thin steady stream directly onto the forehead and sixth chakra for around 40 minutes, followed by a gentle head massage.

Price90€

REFLEXOLOGY THERAPY & MESSAGES

Reflexology therapy. A session of healing on the physical, emotional and energetic level to heal all the body.

And full body massage to relax deeply and to release tensions and blocks. Also works on the physical, emotional and energetic level of the body.

Reflexology has many health benefits*

- Relaxation. ...
- Improvement of Your Nerve Functions. ...
- Improvement In Your Brain Power. ...
- Increased Blood Circulation In Your Body. ...
- Eliminating Your Body's Toxins. ...
- Boosting Your Metabolism & Energy Level. ...
- Reducing Your Headaches. ...

1 hour-65€ / 30 min-45€

