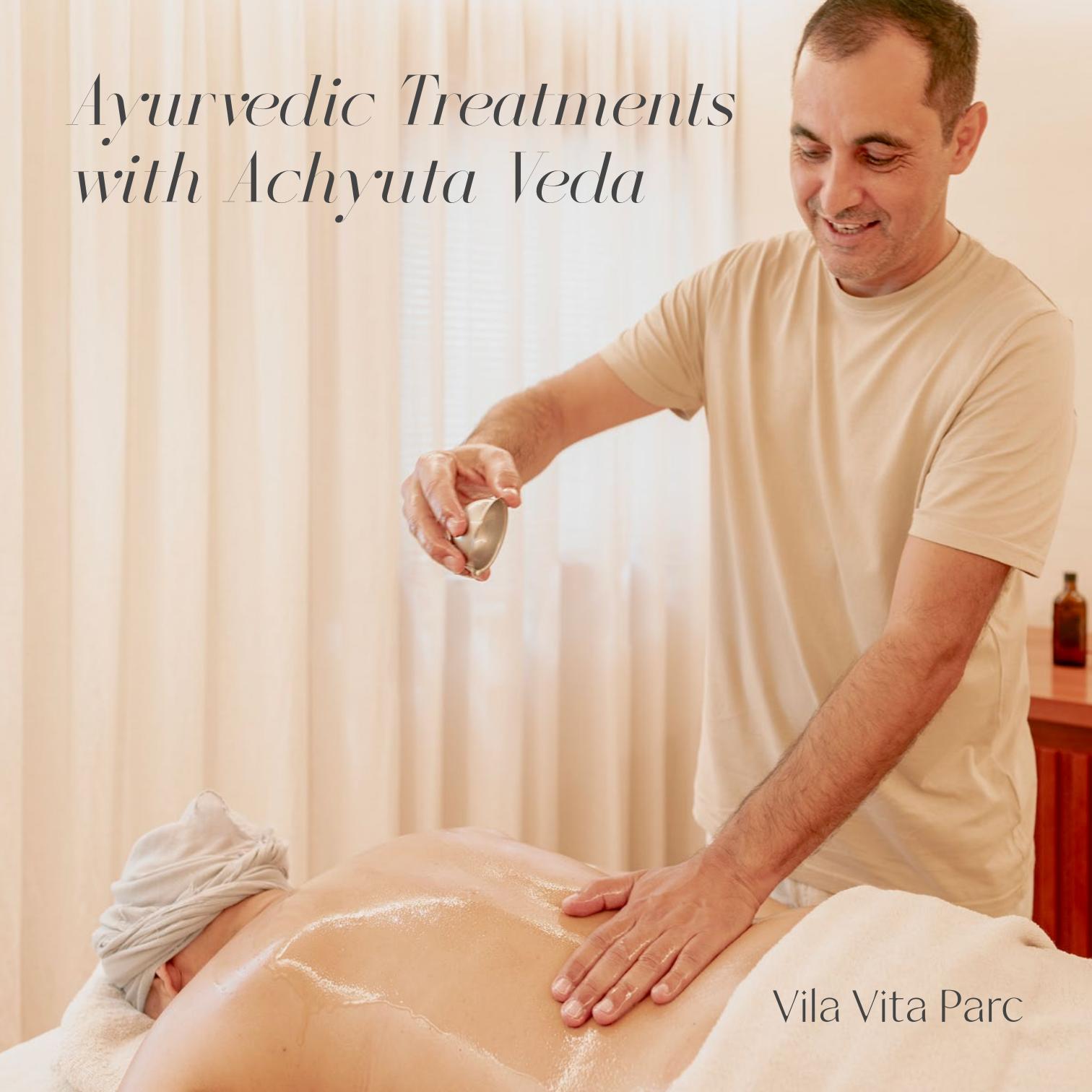


*Ayurvedic Treatments
with Achyuta Veda*



Vila Vita Parc



Ayurvedic Treatments with Achyuta Veda

Every Tuesday, Thursday and Saturday

By appointment only

Vila Vita Spa by Sisley Paris

Ayurveda is a combination of science and philosophy which supports physical, mental, emotional and spiritual health. The word comes from the Sanskrit Ayur - meaning "life" and Veda - meaning "knowledge" or "truth"-, which transliterates to mean "Knowledge of Life / Science of Longevity". This system emerged more than five thousand years ago in India based on the holy scriptures, the Vedas.

Ayurveda is the development and maintenance of a healthy life by observing the actions of nature and the universe, its evolution and creation; seeking the root of the imbalance to treat each individual in essence, and utilising preventive therapies and various methods of detoxification involving medicinal herbs, massage with medicated oils and herbal powders, steam application and numerous other procedures.

Ayurvedic Therapy Consultation

Duration: 80 min

110€ per person

An Ayurvedic therapy consultation uses a set of measurement tools to assess the physical and mental biotype of the individual. Through a series of questions and an analysis of the pulse, eyes, nails, tongue and observations of other organic imbalances, a diagnosis is made. After diagnosis a recommended individualized treatment plan will be given, taking into account the dysfunctions (disease states) of the body and the prevention of possible malfunctions this leads to a diet plan according to the specific Ayurvedic type and prescriptions of Ayurvedic medicinal herbs. A consultation also includes guidance on the types of food and flavours which are more favorable to the person; the seasons and colors that help maintain a psycho-social and spiritual balance of the individual; the type of exercise best for their mental and physical characteristics; meditation, essential oils, crystals, etc. that will be best suited to create health and balance within that individual.

Ayurvedic Classic Massage - full body

Duration: 60 / 90 / 120 min

125€ · 170€ · 195€ per person

Ayurveda Classical massage is a massage therapy performed with specific rhythmic movements about the body in order to nourish the skin, detoxify the body, relax the muscles, lubricate the joints, calm the nervous system and revitalize the tissues. It can assist in prevention against rheumatism, minimize stress, melancholy and depressive states such as anxiety and insomnia and correct body posture as it revitalizes, tones and relaxes the muscle tissues.

Marma Therapy & Pranic Healing

Duration: 90 min

170€ per person

Marma Therapy is a massage of the energy points throughout the body, through which Prana (vital energy) must flow. When all 107 marma points are stimulated with pressure, we are affecting the chakras, contributing to the vital energies ability to flow freely through the body without blockages: thus maintaining the health of individual. Energy blockages can result from various factors such as: physical injuries, poor posture, past trauma, poor diet, accumulated stress, or any disease likely to interfere with the flow of prana through the body. Special indications for this massage: constipation, diarrhea, loss of appetite, neurological disorders (epilepsy, Parkinson's, muscular dystrophy), emotional problems and traumas (melancholy, sadness, loneliness, depression, existential emptiness, anger, stress, frustration, insomnia, migraines), toxicity in the body.

Shiro Abhyanga Ayurvedic Head Massage

Duration: 45 min

90€ per person

A powerful calming and relaxing massage of the head, neck, shoulder and upper back. Conducted in a sitting posture using Ayurvedic medicated oil. Traditionally known as "Shiroabhyanga", this treatment is ideal for anyone who carries stress over their shoulders and neck. It helps to improve the quality of sleep, it deeply nourishes the hair roots and is helpful in managing recurrent headaches.

Pinda Swedana

Duration: 75 min

150€ per person

Pindas, or linen bags filled with medicinal herbs heated in oil are tapped over the entire body. The herbs contained therein, medicinal powder, rock salt, rice, coconut and other ingredients with therapeutic properties, are warmed in medicated oil previous to being put in the bags. These pindas are then used to caress and massage the body with a special technique, creating the therapeutic effect of balancing the internal energy and giving the recipient a great sense of well-being. In addition to being extremely pleasant, this therapy is effectively used to ease muscle fatigue, joint pain, arthritis, some skin problems, hypertension, migraines, anxiety states, combat cellulite and stimulate blood and lymph circulation. It is one of ayurvedic's rejuvenating therapies.

Pada Abhyanga Indian Reflexology

Duration: 45 min

90€ per person

A massage that aims to treat the whole body through applied pressure on specific points of the feet. The therapeutic objective is to stimulate the organs, relieve stress, activate circulation, distribute nutrients and remove toxins, thus improving the operation of body systems and putting the whole organism into balance. It has no contraindications.

Abhyanga

Duration: 60 / 90 min

125€ · 170€ per person

A traditional full body massage using sesame oil and smooth synchronized movements. Abhyanga improves the physical constitution and helps to liquefy toxins, assisting in their elimination. This massage induces deep relaxation and can normalize your blood pressure.

Chakra Opening Massage

Duration: 75 min

150€ per person

This is the oldest massage in the entirety of Ayurveda philosophy. It is of a spiritual nature and aims to cleanse and balance the chakras and cure diseases which are difficult to treat. The chakras are, according to yoga philosophy, energy centers within the human body, which distribute energy (prana) through channels (nadis) that nourishes organs and systems.

Udwarthana

Duration: 60 / 90 min

125€ · 170€ per person

A deep, dry massage using herbal powders which stimulates the hair follicles and assists in the breaking down of the body's excess subcutaneous fat. For this reason this massage addresses issues of obesity, cellulite, oily skin, and poor circulation in the blood and lymphatic system. This massage mobilizes toxins, cleanses the body and gives firming and tonifying results.





About Achyuta Veda

Achyuta Veda is an experienced Ayurveda therapist and trainer who has been working in this field since 2007.

He holds a BA in Anthropology of Religions from the San José Institute, and a degree in Human Resources Management from Universidade Lusíada de Lisboa. He has also received extensive training in Ayurveda from various institutions, including Suraj Ayurveda Clinic, Asho Ayurveda Clinic and Training Center, and Ayurveda Center Sibys Kerala Traditional. Additionally, he has obtained certifications in Yoga teaching and Medical Ayurvedic and Naturopathic studies from Cambridge International University.

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