



Oasi di Galbusera Bianca
CHARMING ORGANIC AGRITURISMO

ALCHEMICAL TREATMENT OF THE SOUL

An ayurvedic treatment of the soul performed in synergy with the sounds of the handpan and other musical instruments played live.

The sensibility, the touch, the listening and the musical frequencies, combined with the resonances of essential oils, work together on harmonising the 5 elements, giving a multisensory alchemical experience.

50 MINUTES 75€

ADVANCE BOOKING REQUIRED

INFO AND BOOKING:

Sara Bertieri 393.318.20.72

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<http://figlidellestelles.wixsite.com/figlidellestelles>

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靈氣

REIKI TREATMENTS

Reiki is an ancient natural healing method: it acts gently and thoroughly on energy blocks.

The Reiki practitioner acts as a channel of universal energy which spreads into the receiver, where and as necessary.

The easing of tension as well as the recovery of vitality, emotional and mental clarity are among the effects of these treatments.

We must be cautious when we talk about energy: we are all used to measure it mostly in kilo calories.

The best solution is to try the benefits we receive when we tune into the flow in which we all move, whether we like it or not, whether we are aware of it or not.

60 MINUTES € 60

ADVANCE BOOKING REQUIRED

INFO AND BOOKING:

Sonia Colombo 380.140.56.18
soniareiki.colombo@gmail.com

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SHIATSU TREATMENTS

Shiatsu is a Japanese manual art for the health and wellbeing of the individual.

Through specific pressure techniques, Shiatsu acts on the person's energy flow to improve its circulation in the body. It reawakens the receiver's deep vitality enabling him/her to rediscover harmony and physical-emotional wellbeing

60 MINUTES € 60

ADVANCE BOOKING REQUIRED

INFO AND BOOKING:

Elena Welch

338.366.07.01

ejwelch@alice.it

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BALANCING AYURVEDIC RITUAL WITH THE USE OF ENERGY TECHNIQUES, CRYSTALS AND PINDASWEDA

From an ancient ayurvedic practice, this ritual consists in the ABYANGAM soul massage par excellence due to its completeness. The massage is combined with the use of small warm pads (pindasweda) with spices and herbs which are delicately rubbed onto the body in order to balance the energy flow. The combined action of heat, manual techniques, fragrances and crystals completely envelop the body, the mind and the spirit. The effect of the heat and the herbs reduces swelling and facilitates the elimination of toxins in the tissues and joints, helps ease muscle pain, improve lymphatic flow and increase energy and vigour; tones up the body. With this technique, the substances rubbed onto the skin penetrate immediately into the body, which absorbs their therapeutic properties.

The whole ritual develops through the following steps:

- . Complete oil body massage.
- . Treatment with small warm pads rubbed with gentle rotating pressures onto the body.
- . Energy balancing with hot Pindasweda on the chakra points, in synergy with the crystals (from the 1st to the 7th chakra).

80 minutes €85
in offer

Shiroabyangam with othadam (small pads) Face, head and neck massage with small pads filled with lavender and rose flowers, chickpea flour and essential oils

30 minutes 45€

Neerabhyangam lymph-draining treatment with pindasweda filled with herbs, seeds, chickpea flours and essential oils

30 minutes 45€

ADVANCE BOOKING REQUIRED

INFO AND BOOKING:

Sara 393.318.20.72
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<http://figlidellestelles.wixsite.com/figlidellestelles>

FOOT REFLEXOLOGY TREATMENTS

Traditional Chinese Method On Zon Su®

Foot reflexology consists of a series of manual techniques used on specific points or areas of the feet, the effects of which spread to the whole body, its organs and functions. It acts on the good functioning of the whole body and strengthens the immune system.

The person is considered as a psychophysical unity.

30 MINUTES 40€

60 MINUTES 60€

ADVANCE BOOKING REQUIRED

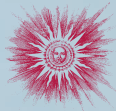
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INFO AND BOOKING:

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ORIENTAL ANTISTRESS MASSAGE

Restores mental-physical-emotional harmony
and balance reducing stress and facilitating
the recovery of energy and vitality.

Releases physical and nervous tension.

Improves breathing as well as blood and
lymph circulation.

Improves sleep.

Stimulates the production of endorphins
which give a sense of peace and serenity

30 MINUTES 40€

60 MINUTES 60€

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ejwelch@alice.it



Massage: BREEZE of the OASIS:

Zone: FACE, HANDS and FEET

Produces a sense of deep relaxation giving the pleasure to reconnect with those body parts which more than others communicate with the external world. Stimulates the lymphatic system, the venous-arterial system, acts on the neuro-vegetative system, and tones and smooths the skin.

Element: AIR

Massage: WARMTH of the OASIS:

Zone: BACK

Considerably reduces emotional stress by releasing muscle tension in the cervical, dorsal and lumbar regions.

Element: FIRE

Massage: EARTH of the OASIS:

Zone: LEGS

Ideal for those who suffer from ever-tired legs. Culturally speaking, we tend to move our energy upwards, to our head, reducing vitality in the lower parts of our body. By stimulating the meridians in the legs, this massage brings an immediate sense of lightness and reconnects us with our roots.

Element: EARTH

Massage: SPRING of the OASIS:

Zone: FEET

Relieves heaviness, fatigue and pain, produces a relaxing effect on the whole body, improves the mood in general, providing a pleasant feeling of care and pampering.

Element WATER

30 MINUTES 40€

60 MINUTES 60€

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EMOTIONAL CALIFORNIAN MASSAGE

With its slow and harmonic, but also vigorous and enveloping strokes on the muscles, the Californian massage has numerous physical and mental health benefits.

A very sensory and relaxing treatment, which works on the person's inner energies, thus facilitating their circulation in the whole body by eliminating energy and emotional blocks

60 MINUTES 60€

90 MINUTES 80€

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BALANCING AYURVEDIC TREATMENTS

ABHYANGA

(Soul massage)

NEERABHYANGA

(Ayurvedic draining treatment)

SHIROABHYANGA

(Head and face Indian massage)

ABHYANGA (Soul massage)

The massage movements are thorough, smooth and slow, the whole body is treated in the sway of a dance.

It is tailored on the humour that needs rebalancing:
air/fire/earth/water.

It may be dynamic, relaxing, draining or emotional.

The technique used is the listening.

The balance between the energies which govern the mental-energy-emotional-physical levels is restored with the touch, specific oils, natural powders and vibrational techniques, which rebalance the energy flow

SOUL MASSAGE

60 MINUTES 75€

AYURVEDIC DRAINING TREATMENT

PARTIAL TREATMENT

30 MINUTES 45€

HEAD, FACE AND NECK

INDIAN MASSAGE

PARTIAL TREATMENT

30 MINUTES 45€

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