

Treatments



Original Kerala Ayurveda

Kerala Ayurveda Foot and Leg Massage Relax (Padabhyanga)

For tired and overused feet and legs with acupressure point treatment, special foot oil and balm, warm or cold wraps. 20 min

Back Intensive Kerala Ayurveda (Abhyanga)

Small Abhyanga massage for the back, legs, arms, head, neck & face. For acute stress situations and exhaustion. Deep relaxation, invigorating and uplifting. 50 min

Kerala Ayurveda back, arm and neck massage (Teilabhyanga)

With special oil and warm towels. 20 minutes

Kerala Ayurveda head and face massage with forehead casting (Mukabhyanga)

Mukabhyanga Head & Face Massage Therapy with Forehead oil pour and balm for migraine and tension in the head area. 25 min

Special Kerala Ayurveda head massage

For complaints of the frontal and sinus cavities as well as memory and concentration disorders. 20 min

Kerala Ayurveda abdominal massage (Mutra Bashya)

For severe digestive problems and complaints of the uterus, bladder or prostate. Colon massage or massage around the belly button to balance the energy. 20 min

Kerala Ayurveda combined massage in conjunction with energy work

Activates the organs and is a boon for the body, mind and soul in cases of acute neck and shoulder pain. 50 minutes

Kerala Ayurveda full body massage (Abhyanga)

Massage therapy for the whole body. Applied in acute stressful situations and states of exhaustion. Deep relaxation, invigorating and uplifting. 70 min

Kerala Ayurveda royal treatment (Maharaja)

Strengthening of the tissue and reduction of adhesions in upper arms, thighs and buttocks with detoxifying oil as well as gentle herbal peeling and honey. Rubbing for the whole body. 80 min

Original Kerala Queensmassage - Maya's Maharani Detox Deluxe

Intensive Cleansing Treatment 2 different whole-body scrubs made from cereals and herbs, special healing sand from the region with various minerals to guide the toxins out of the body. Full body mask with special honey, unique ayurvedic face mask and moist, soaked warm wipes as pack including forehead casting. 85 min

Original Kerala Ayurveda nutritional advice with Constitution determination 50 min

Forehead Oil Shirodhara (can only be booked in conjunction with a massage) Single or Double

2-day energy-building program:

1 energy treatment or Hawaiian Energy Massage 2 Original Kerala Ayurveda Full Body Massage with Forehead Oil Casting.

3-day Original Kerala Detox Deluxe Intensive Program:

1 consultation, pulse diagnosis, constitution determination, nutritional advice and recommendations for everyday life. 3 Original Kerala Ayurveda Queensmassagen Detox Deluxe with Stirnguss. (including various scrubs and body masks for detoxification and to channel toxins out of the body)

All original Kerala massages are given with my self-made oils, warm, damp cloths, Marma energy point treatment on the feet and energy healing on the head.



Energy Treatments

Hawaii energy massage

For exhaustion and to regulate the energy balance in the body, mind and soul.
A special experience that you should not miss! 50 min

Personal Life Coaching approx. 70 min

Original Tantra massage experience (only on request and with preliminary talk)

New!:

Life- focus Energy coaching. 90 min (approx)

To relax in the treatment, please come to us at least five minutes before. The specified duration usually includes a short consultation at the beginning and at the end.

In all treatments, 10 minutes are included, so that the massage oil acts and the experience can have an effect.

After the treatment, it is more comfortable for you to wear a bathrobe.

Please register in time for the special programs at the beginning of your vacation.

More detailed information about the different treatments and prices on request. For special questions I am at your disposal at any time. I look forward to you all! Yours Maya Ayurvedatherapist and Life-coach.



CONTACT

Maya Widmaier

+34 609 570 275

info@maya-widmaier.com

www.maya-widmaier.com



**MAYAS
NIRVANA**