



We are increasingly alienated from nature, that nature which is part of us and inside us. Nowadays, with everyday life which is becoming increasingly busy and faster, we often forget to dedicate some time to ourselves, just to regain our pshychophysical balance.

We believe that meeting our intimate part in the most natural way possible, is the right approach because nature is our real source of energy.



Hotel al Ponte Beauty Center is entirely dedicated to you, with our treatments based on an ancient tradition called Ayurveda. This word comes from the union of two words: “Ayu” which means “life” and “Veda” which means “knowledge”; than “Ayurveda” means “knowledge of life”, or even better “the Art of Good Living”.

This approach where we are Nature and all that we need to keep us healthy and to take care of ourselves, exists already in Nature itself.



Ayurveda Body Treatments

- **Abyangam** –

Massage all over the body to revitalize the entire physiology and promote the free flow of energy and intelligence, with benefits on the immune system and muscles. Increase the brightness of the skin, helps sleep and acts against aging, fighting fatigue and maintaining the well-being.

(Duration: 65 Minutes – Cost: € 70,00)



- **Pathu** –

It means "not oily massage", you are only using a cream made from the dust of 30 different herbs which have a heating, draining and invigorating effect. The benefits of this treatment are: elimination of toxins, excess of adipose tissue and it combats water retention. It tones the skin when it is flaccid.

(Duration: 50 Minutes – Cost: e 80,00)



- **Othadam** –

It is a dubbing with tolerable hot packs that contains different herbs and oiling of the whole body with medical oils. Has relaxing and cleansing properties.

(Duration: 40 Minutes – Cost: e 50,00)



- **Basti** –

It means "keeping" and this treatment consists in keeping medical oil for a period of time where there are pains or inflammations. Its benefits are: relieve pain and assist in the treatment of bone disease and disc herniation, arthritis and joint pain.

(Duration: 40 Minutes – Cost: e 50,00)



- **Siroabyngam** –

Head massage, brings total wellness, nourishes the nervous system, calms the mind and promotes sleep.

(Duration: 40 Minutes – Cost: e 50,00)



- **Tandabyagam** –

Partial massage of the spine. According to Ayurveda the spine is our staff, that supports our entire body. Inside the spine pass the spinal nerves, that through the spinal cord connects the central nervous system and peripheral. All the organs and functions of our body depends on nervous energy. The vertebral defects can lead to various disorders to tissues and organs through the nervous system. The column massage helps to release these organs from any blockages and to maintain the balance of vital energy.

(Duration: 45 Minutes – Cost: e 40,00)

