

To add on or try out

Modular treatments

Ayurveda by Giardino offers complete cures as well as individual treatments.

All treatments have a profound effect, and guests are therefore recommended to visit one of Giardino's Ayurveda specialists for a consultation in advance.

The following modules can be booked as an addition or to try out:

Basic modules

Medical history and pulse diagnosis

The Ayurveda physician and specialist uses your medical history and pulse and tongue diagnoses to determine the current state of your body, mind and emotions. The two elements provide information about disharmonies such as digestive problems and intolerances, inflammation, concentration problems and lack of energy. This approach also involves determining the individual's personal constitution (dosha), which is then used to provide individualised advice on nutrition and lifestyle. A programme for everyday nutrition and sport is put together on the basis of the individual's type, and then supervised. Also available as a weight-loss programme if required.

90 minutes – CHF 190

Subsequent appointments:
from 30 minutes – from CHF 80

Nutrition advice

Ayurveda is based on the principle that food is medicine for the body and the mind. Our specialists work together with you to devise a nutritional programme that is tailored to meet your individual needs and constitution. Particularly suitable for digestive problems such as heartburn, reflux, flatulence, bloating after eating and a lack of energy. An individual programme, accompanied by lessons via video conference, will help you reach your target weight.

60 minutes – CHF 160

Subsequent consultations:
30 minutes – CHF 75

Treatment modules

Abhyanga – strengthens the immune system, rejuvenates and harmonises

Several massage techniques are employed in this whole-body oil massage. They activate the lymphatic system, detoxify and rebalance the body, and help with nervousness, inner turmoil and tiredness. Regular application helps to improve the vitality of the body and the elasticity of the skin. Abhyanga has a rejuvenating effect on tissue and organs, improves lymph flow and thereby strengthens the immune system.

60/90 minutes – CHF 180/230

Pristabhyanga back massage – tension-relieving and invigorating

The pristabhyanga back massage involves treating the back, shoulder and neck muscles with flowing massage movements. The medicinal Ayurvedic oil used strengthens muscle, bone and nerve tissue. This massage can be used applied to prevent tension, and also relieves existing pain. A lepa herbal compress to finish helps to relieve hardening and blockages.

45 minutes – CHF 140

Shiroabhyanga – pain-relieving and revitalising

Ideal for tension headaches and relieving blockages in the neck area. This massage is truly revitalising, and its effects can be felt immediately.

30/40 minutes – CHF 80/110

Kati basti – pain-relieving and relaxing

Kati basti is a simple and gentle but very effective oil treatment that can be used all over the back. A dough ring made of chickpea flour is placed on the affected area, and warm medicinal oil is poured into the ring. The oil is left for an extended period, and the highly effective Ayurvedic herbs it contains create deep relaxation of the tissue, releasing blockages and regenerating tissue structures. Kati basti can be used for the following indications: back pain, chronic disc problems, sciatica, degenerative spinal conditions and muscle hardening.

45 minutes – CHF 140

Kalari marma – improves performance

A deep-tissue whole-body massage in which the marma points are stimulated manually with a positive effect. Marma points are locatable energy points on the matrix of the human body. Marma blockages can result in shifts in the balance of the energy system. Marma massage gets the energy flowing again, activating organ functions and hence the metabolism. It promotes muscle relaxation and improves the flexibility of the joints. The body is strengthened and performance is improved.

60 minutes – CHF 180

Treatment modules

Shirodhara **(pouring oil over the forehead) –** **calms the spirit**

This traditional and intensive treatment relaxes all of the head, facial and neck muscles, and eliminates superfluous thoughts. Stress hormones are reduced. The massage facilitates regeneration in the case of chronic fatigue, migraines, sleep problems, general headaches, tinnitus and anxiety. This treatment provides intensive care for the skin and hair, and is performed using special warm oils. We recommend that guests see one of our Ayurveda specialists in advance for a consultation.

45 minutes – CHF 190

Mukabhyanga – **calming and balancing**

Extremely soothing oil massage for the head, face and upper body – the gentle strokes with warm oil have a balancing effect on the nervous system. Stress is reduced, headaches disappear, and sleep becomes more restful.

50 minutes – CHF 150

Padabhyanga – **soothing and invigorating**

Foot and leg massage for invigoration in the event of physical exhaustion – activation of special marma points provides deep relaxation: the treatment helps with insomnia, nervousness, inner turmoil and numbness in the feet.

50 minutes – CHF 150

Pinda sveda – **stimulates the metabolism**

This herbal compress massage is ideal for cellulite, stimulating the metabolism and helping to detoxify and loosen – therapy and relaxation in one. Recommended in the case of chronic fatigue, muscle tension, joint pains and mental exhaustion.

60 minutes – CHF 180

Udvartana – herbal powder massage

A stimulating massage with herbal powder that improves lymph flow, firms the skin and is used traditionally in cellulite and overweight.

30 minutes – CHF 90

Lepas – stimulating and liberating

A stimulating and liberating whole-body exfoliation. In combination with poulticing, lepas serve to stimulate lymph flow and improve the circulation and the metabolism of tissue, so that toxins and excess fluids can be eliminated via the lymphatic system. Ideal in the case of rheumatic diseases.

45 minutes – CHF 150

Rasayana – **relaxing and rejuvenating**

A beneficial whole-body massage with herbal compresses soaked in milk in combination with a deep-tissue head and face massage. This relaxing ritual includes whole-body exfoliation.

90 minutes – CHF 230

Ayurveda Natalis – **harmonising for expectant mothers**

This tender massage for pregnant women harmonises hormonal changes and helps to prevent stretch marks. The vegetative nervous system is soothed, and vata pacified. This treatment also reaches through to the unborn child, who is able to enjoy pure relaxation together with its mother. Recommended from the fourth month.

90 minutes – CHF 230

Synchronised massage, **four-handed abhyanga –** **balancing and preventive**

This is an excellent method and option for maintaining your health in a relaxing way and establishing a balance between body, mind and soul. The four hands in use at the same time help to reinforce the effect. The massage is soothing and invigorating, relieves muscular tension and helps to prevent musculoskeletal complaints.

50 minutes – CHF 290

Sound massage – **loosening and relaxing**

The sound is calming, eliminates blockages, encourages concentration and facilitates deep relaxation of the body and mind. On a physiological basis, the sound stimulates certain tactile receptors in the skin, which in turn pass on the stimulus to the limbic system, triggering the release of messengers that are perceived as relaxing by the individual.

50 minutes – CHF 150

Yoga

Balancing and revitalising

Yoga lessons can be booked on an individual or group basis. The yoga courses offered by the Giardino yoga therapists include:

- Vinyasa Flows
- Yin Yang Yoga
- Therapeutic Yoga
- Children's Yoga

Group lesson

60/90 minutes – CHF 25/35
(10-lesson card – CHF 200/300)

Private lesson

60/90 minutes – CHF 150/210
(10-lesson card – CHF 900/1,200)

Private lesson in meditation

60/90 minutes – CHF 150/210
(10-lesson card – CHF 900/1,200)

Dates and information for yoga retreats at the Giardino hotels can be found at www.giardino.ch/yoga.