

Kirinyaga

BOUTIQUE RETREAT

THERAPY & MESSAGES

ANTI AGING FACE MASSAGE

30 min / € 24.00

FACE MASSAGE IS MEANT TO HELP RELAX AND REJUVENATE THE BODY, MIND AND SPIRIT WHILE BEING VERY BENEFICIAL FOR THE FACE. SKIN TONE CAN BE IMPROVED AND FACIAL LINES REDUCED.

FOOT REFLEXOLOGY MASSAGE

30 min / € 29.00

THIS ANCIENT TREATMENT IS THE EXERCISE OF PRESSURE ONTO PARTICULAR AREAS OF YOUR SOLES TO STIMULATE ACUPRESSURE POINTS TO REBALANCE ENERGY PATHWAYS OF YOUR FEET AND BODY. AN IDEAL MASSAGE FOR THOSE WITH TIRED AND ACHY FEET.

DIGITAL NOMAD MASSAGE

30 min / € 29.00

THIS TREATMENT TARGETS ACUPRESSURE POINTS WHICH RELEASE FATIGUE AND TENSIONS ALLOWING ENERGY TO FLOW FREELY FROM HEAD TO TOE. OUR THERAPISTS WILL DEEPLY FOCUS YOUR TENSE MUSCLES, ESPECIALLY IN THE NECK AND SHOULDER AREA TO IMPROVE INNER CALM AND LIGHTNESS FOR YOUR BODY.

AYURVEDIC TREATMENTS

BODY CONSTITUTION TEST "PRAKRITI"

€ 39.00

AYURVEDA PRACTITIONERS EMPHASIZE A BALANCE OF THREE ELEMENTS, WHICH THEY DEFINE AS: A PERSON'S UNIVERSE, THE BODY'S CONSTITUTION KNOWN AS THE "PRAKRITI" AND THE BODY'S LIFE FORCES KNOWN AS "DOSHA". OUR AYURVEDIC DOCTOR WILL GUIDE YOU THROUGH THE PRAKRITI TEST TO DETERMINE YOUR INDIVIDUAL DOSHA AND HELPS YOU TO BALANCE YOUR NATURAL BODY DOSHAS AGAIN.

SHIRODHARA-OIL FACE CAST *

30 min / € 54.00

THE „SHIRODHARA“-OIL FACE CAST IS PERHAPS THE MOST KNOWN TREATMENT IN THE ALTERNATIVE MEDICINE OF AYURVEDIC, AS IN GENERAL KNOWN FOR REDUCING STRESS.

*WE ARE OFFERING SHIRODHARA ONLY IF AN AYURVEDIC DOCTOR HAS DETERMINED YOUR DOSHA.

AFTER SURF MASSAGE

30 min / € 29.00

THIS IS A GREAT TREATMENT TO RE-ENERGIZE AND HELP TO RELEASE TENSION AND PAIN IN LOWER, MID AND YOUR UPPER BACK. DEEP AND LONG MASSAGE STROKES WITH SLIGHTLY HEATED AYURVEDIC OIL ARE THE PERFECT COMBINATION TO GET RID OF DAY TO DAY STRESS.

AFTER SUN MASSAGE

60 min / € 49.00

THIS PARTICULAR MASSAGE IS DESIGNED TO REDUCE THE PAIN OF SUNBURNED SKIN AS WELL AS TO CURE IT WITH THE HEALING BENEFITS OF THIS PLANT. THE COOL REFRESHING MIX OF ALOE VERA FROM OUR GARDEN AND COCONUT OIL IS PERFECT FOR HOT SUMMER DAYS.

TOTAL RELAXATION MASSAGE

60 min / € 54.00

THIS WIDELY POPULAR CLASSIC MASSAGE UTILIZES A COMBINATION OF LONG RHYTHMIC STROKES AND KNEADING TECHNIQUES TO INCREASE CIRCULATION, REDUCE MUSCLE TENSION AND RELIEVE STRESS.

PLEASE NOTE

IF YOU WISH TO HAVE A MASSAGE, BE SO KIND AND LET US KNOW AT LEAST ONE DAY IN ADVANCE..

ALL THERAPIES ARE INCLUDING SLIGHTLY HEATED OR COOL AYURVEDIC TREATMENT OILS, SELECTED FROM OUR THERAPIST REGARDING YOUR INDIVIDUAL BODY-TYPE. AN AYURVEDIC TEA AFTER THE TREATMENT IS SELF-EVIDENT

ACUPUNCTURE*

€ 39.00

ACUPUNCTURE IS A FORM OF TREATMENT THAT INVOLVES INSERTING VERY THIN NEEDLES THROUGH A PERSON'S SKIN AT SPECIFIC POINTS ON THE BODY, TO VARIOUS DEPTHS. INSERTING NEEDLES INTO THESE POINTS WITH APPROPRIATE COMBINATIONS IS SAID TO BRING THE ENERGY FLOW BACK INTO PROPER BALANCE.

* WE ARE OFFERING ACUPUNCTURE ONLY IF AN AYURVEDIC DOCTOR HAS DETERMINED YOUR DOSHA.