



AYURVEDA

Massages & health treatments
with our specialist
Govinda Bevinsingh

Medical studies in India and many years of
experience in Switzerland

Complete Diagnosis

The basic concept of Ayurveda is that every human being belongs to one or a mixture of three doshas (body types), namely: VATA, PITTA and KAPHA. When we know our body type, it's easier to adjust our lifestyle, diet plan, and exercise in a way that improves physical and mental health. Based on the pulse diagnosis, our Ayurveda specialist creates a comprehensive analysis of your body type, diseases and other health conditions. Other organs such as the tongue, eyes and skin are also examined. After the diagnosis, advice is given on nutrition, exercise and lifestyle.

25 min. ... CHF 70.00



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SZG AYURVEDA &
ACUPUNCTURE
SARBACH
ZENTRUM für GESUNDHEIT

Diagnosis and type-specific full body massage

Dosha analysis and a customized full body massage including head, face and foot massage that addresses your health concerns.

25 min. ... CHF 70.00

Swasthya Massage – Relaxing massage

Gentle and relaxing full body massage including head, face and foot massage to maintain health. Rejuvenates body and mind.

*5 min. check +
45 min. massage ... CHF 130.00*



Abhyangam (general massage in Kerala, India)

Full body massage including head, face and foot massage to improve circulation and relieve stress. This massage with warm Ayurveda oil improves blood circulation and stimulates the nerve endings.

*5 min. check +
45 min. massage ... CHF 130.00*

Marma

Energizing full body massage, including head, face and foot massage based on MARMA (vital) points on the body. Ideal for reducing pain and stress. Helps relieve muscle stiffness in the shoulder, neck and back. With warm Indian Ayurveda oil.

*5 min. check +
45 min. massage ... CHF 130.00*



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Ayurveda foot massage & foot bath

Foot bath with herbs or flowers and stimulating foot massage with Ayurveda warm oil.

*15 min. foot bath +
25 min. massage ... CHF 90.00*

Udwarthanam

Herbal powder full body massage (without oil) that helps reduce body weight and strengthen joints. This treatment needs to be done more frequently to lose weight.

*5 min. check (15) +
45 min. massage ... CHF 120.00*

Thyla dhara

Very relaxing Kerala special Ayurvedic treatment with lukewarm oil flowing gently on the forehead and helping to relieve stress, insomnia, burnout and migraines. A 30-minute relaxation massage is also included.

*5 min. check + 30 min. oil flow +
30 min. massage ... CHF 165.00*

Hot stone

A volcanic hot stone treatment and full body massage including head, face and foot massage.

*60 min. hot stone
massage ... CHF 155.00*



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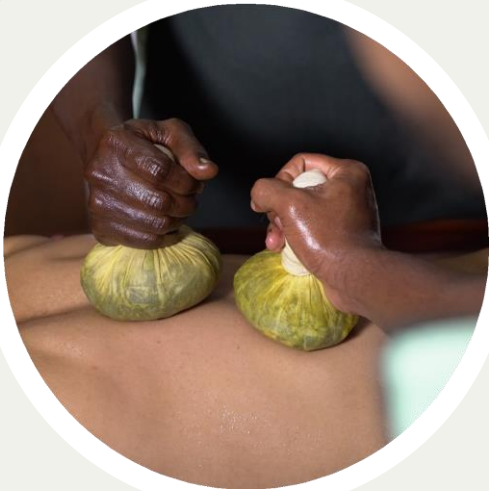
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Kizhi Neck and spine

Tightly packed sachets of Indian herbs, warmed in special oil and applied to the neck and back, accompanied by a full body massage including a head, face and foot massage. Ideal for stiff neck, lower and upper back problems and sciatica problems.

5 min. check

+ 45 min. massage ... CHF 145.00



Nasyam

A treatment which helps to relieve from Sinusitis, chronic Headache and Migraine. Includes herbal inhalation, nasal drop application and full body massage

*5 min. check + 45 min. massage /
inhalation / nose drops application
and facial massage ... CHF 145.00*



Back and neck massage

A treatment that helps relieve stiffness in the muscles of the back, shoulders and neck.

25 min. massage ... CHF 90.00



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AYURVEDA CURE PACKAGES

Each treatment begins with a full diagnosis, discussing your physical condition, health issues, physique, etc., and planning a bespoke treatment package. There are opportunities to choose various treatment regimens, such as health strengthening, immunization, preventive therapy, arthritis treatment, weight loss, rejuvenation, etc.

3 Days Cure

Includes 1 complete diagnosis, one 75 min. treatment and two 45 min. treatments according to your choice.

CHF 460.00

5 Days Cure

Consists of 2 diagnoses, three 45 min treatments and two 75 min treatments of your choice.

CHF 800.00

Rent accommodation possible
(small studio or 2-room apartment in
the center).

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