



GAIA TEMPLE

AYURVEDIC

MASSAGE & THERAPY

MENU



Gaia Temple Wellness Experience

Spiritual Renewal, Body & Mind Harmony

Gaia Temple is a sanctuary of silence, offering space for inner peace and healing away from the pace of daily life. Inspired by the ancient wisdom of Ayurveda, our therapies are designed to support spiritual renewal through every touch.

Each massage invites not only physical relaxation, but also mental clarity and inner balance. Silence is an essential part of the Gaia experience, gently preserved throughout the Temple.

We kindly ask you to respect this silence in the spa and all shared areas.



Pre- and Post-Session Preparation

- **Nutrition:** Meals should be completed at least 2 hours before the massage. After the session, a warm soup or kichari (Ayurvedic rice dish) is recommended. Cold and raw foods should be avoided.
- **Beverages:** Warm water or coriander–cumin–fennel tea may be consumed before the session. Coffee and black tea should be avoided.
- **Physical Preparation:** To allow the oils to fully absorb into the skin, showering immediately before the massage is not recommended. A warm shower (without soap or gel) may be taken 1–2 hours after the session.
- **Music:** Therapies are accompanied by raga music inspired by the Gandharva Veda tradition, selected in harmony with the time of day.



Baspha Swedana *Herbal Steam Bath*

Baspa Swedana is an Ayurvedic herbal steam therapy performed with carefully selected herbs tailored to individual needs. Through gentle heat, the pores open and the healing properties of the herbs penetrate deeply into the body, supporting the elimination of toxins. The therapy also relaxes the muscles and soothes the nervous system.

As the head remains outside the steam, the experience is comfortable and non-overwhelming. Baspa Swedana can be enjoyed on its own, or combined with Abhyanga massage for enhanced therapeutic benefits.



AYURBALANCE HOLISTIC THERAPY

Based on Ayurveda's principles of balancing the body's constitution, this holistic therapy is applied through rhythmic, slow and flowing strokes, occasionally combined with medium to deep pressure. Cold-pressed, rich base oils are used in controlled amounts to allow deeper work on the fascial tissue.

The aim is not only to induce relaxation, but to restore harmony between the body, mind, spirit and heart. According to the individual's needs, the session may incorporate a variety of touch and healing techniques.



ABHYANGA

A deeply nourishing body therapy using warm herbal oils selected according to individual constitution. Applied with rhythmic, synchronized strokes, the treatment soothes the nervous system, supports circulation, nourishes muscles and joints, and helps activate the body's natural detoxification processes.

SHIRODHARA

Shirodhara is a calming therapy for the body, consciousness, and perception. In Ayurveda, the forehead is linked to the Ajna chakra, associated with intuition and mental clarity. The treatment involves the continuous flow of warm herbal oils onto the forehead at a steady rhythm.



ABHYANGA + SHIRODHARA

When these two therapies are combined, lymphatic circulation, peripheral blood flow, and the nervous system are supported, while mental overstimulation is gently calmed. Abhyanga grounds the body, while Shirodhara invites inner silence. Deep centering, mental clarity, and emotional balance are among the primary experiences felt after the session.

MUKHABHYANGA - *FACE MASSAGE*

This is a therapeutic facial massage applied to the face, neck, and head. The treatment works on facial muscles, lymphatic pathways, and marma points. It activates the vagus nerve and helps relieve jaw tension and forehead tightness.



UDVARTHANAM

Udvarthanam is an Ayurvedic herbal powder massage performed with little to no oil, using strong, rhythmic strokes toward the heart. It is especially beneficial for excess kapha, edema, cellulite, and sluggish circulation. Custom chickpea- and barley-based herbal blends with Ayurvedic herbs such as neem and triphala are used, specially sourced from Sri Lanka.

PADABHYANGA - *FOOT MASSAGE*

This therapy is applied to the soles of the feet, heels, Achilles tendon, toes, ankles, and lower legs. Marma energy points in these areas are stimulated. It supports blood and lymphatic circulation, reduces swelling and heaviness, and relaxes the plantar fascia of the foot.



UDARABHYANGA - *ABDOMINAL MASSAGE*

This massage is designed to support digestive issues and is performed with gentle, rhythmic circular strokes in a clockwise direction, using warm oil. It supports the natural flow of the large intestine and the detoxification process. For greater effectiveness and safety, Ayurvedic abdominal massage is recommended after a three-day digestive and intestinal cleansing.

NASYA - *NASAL THERAPY*

In Ayurveda, the nose is known as shiraso dwaram — the gateway to the head. Nasal therapies directly affect the head, sinuses, nervous system, and mental functions, supporting the release of accumulated mucus and toxins. The treatment is performed alongside face, neck, and head massage.

AYURVEDIC CONSULTATION

Ayurvedic Health Consultation begins with a comprehensive Ayurvedic health assessment. This evaluation includes dosha analysis of Prakruti (natural constitution) and Vikriti (current imbalance), assessment of agni (digestive fire), evaluation of ama (toxins), as well as tongue and nail analysis. These assessments are carried out through both questionnaires and visual observation.

After imbalances in the mind and body are examined in detail, a personalized plan is created. This plan may include Ayurvedic dietary guidance, daily routines, lifestyle adjustments, herbal recommendations, exercises, and more.

The treatment plan is carefully tailored to the individual's lifestyle and personal circumstances.



Kind Reminder

Gaia Temple is a special sanctuary where you can reconnect with yourself, away from the pace of modern life. To allow your spa experience to unfold as a healing journey, we invite you to slow down and remain present.

Silence is a precious part of this experience.

Cancellation Policy

Cancellations or changes must be communicated at least 4 hours in advance.

Additional Note

To ensure a peaceful and restorative experience for all our guests, we kindly ask you to arrive on time. Late arrivals may result in a shortened session.

Thank you for your understanding and cooperation.

Please feel free to contact us to discover the therapies best suited to your needs.

Ayurvedic Massages & Therapies

- Ayurbalance Holistic Therapy ~ 75 min / 110 Euro
- Abhyanga ~ 75 min / 110 Euro
- Shirodhara ~ 45 min / 75 Euro
- Abhyanga & Shirodhara ~ 110 min / 170 Euro
- Udvarthanam ~ 45 min / 75 Euro
- Mukhabhyanga ~ 60 min / 100 Euro
- Padabhyanga ~ 45 min / 75 Euro
- Udarabhyanga ~ 45 min / 75 Euro
- Nasya ~ 60 min / 100 Euro

Baspha Swedena

- 15 min / 30 Euro
- *Complimentary after the massage.*

Ayurvedic Consultation

- 45 min / 90 Euro

CONTACT US

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