

Ayurveda, Ayurvedic Medicine

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What is Ayurveda? Ayurveda is the traditional, centuries-old medicine from India and can be described as a holistic system of medicine. With the success of the treatments and the simplicity of the theory of this medical knowledge has gained worldwide recognition and popularity. This includes inter alia Prevention and health maintenance and treatment of diseases.

Ayurvedic therapy After a thorough investigation focused on the individual needs of patients - including medication, diet and physical activities that initiate a restoration of health and activate the self healing of the body.

Ayurvedic treatment methods ABHYANGA Full body massage with herbal oils corresponding type-(the best known and most popular Ayurvedic application) in my naturopathic practice, I offer exclusive "four-handed ayurvedic oil massages" to - the one-hour synchronous massage with 2 therapists. A special experience!

UDVARTHANA Metabolic Activating Full body massage with herbal pastes

SHIRODARA Ölguß warm on the forehead and temples for deep relaxation

Matra Vasti medical enema oil-based

Vasti Shodana medical enema with herbal extracts

Nasya purifying and revitalizing treatment of the sinuses with head, shoulder and neck massage

KACHATHIRUMU Marmamassage, stimulation of vital points - makes the body supple and agile

PADABHYANGA Fußreflexmassage relaxing with herbal oils

PINDA Sveda Pain management with warm herbal bags

NETRAVASTI gentle external treatment with medicated oils

KARDIVASTI Back Treatment with warm herbal oils

PANCHAKARMA A unique and finely tuned cleaning process - there are metabolic waste products and environmentally-related toxins (poisons) gently and effectively released and excreted from the body.

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