

# Ayurveda Beauty Therapy

## Herbal Facial

(30 min) €50

### Mukhalepam

A nourishing Ayurvedic facial therapy that uses herbal pack made from potent natural ingredients to cleanse, detoxify, and rejuvenate the skin. This ancient skincare ritual helps reduce pigmentation, improve skin texture, and restore a natural glow while promoting deep relaxation.

(Choose one of the Packs: Skin Nourishing, Pigmentation, Sunburn & Skin Brightening)

## Body Wrap with Massage

(45 min) €70

This therapy uses herbal pastes and medicated oils to detoxify, nourish, and tone the skin while promoting deep relaxation. The wrap allows the natural ingredients to penetrate deeply, enhancing circulation and revitalizing the body. Feel refreshed, rebalanced, and glowing with Ayurvedic wellness.

(Choose one of the Body Wrap: Mud, Rice and Fruit)



## Body Scrub with Massage

(45 min) €70

This therapy is designed to exfoliate, detoxify, and nourish your skin using Ayurveda herbal powders and natural ingredients. Our body scrub removes dead skin cells, enhances circulation, and promotes a radiant, smooth complexion.

(Choose one of the scrubs: Herbal Milk & Rice / Herbal Oil & Himalayan Salt)

## Kansa Thali Foot Massager

(20 min) €25

The Kansa Thali Foot Massage is a unique Ayurvedic therapy using a bronze (Kansa) bowl to gently massage the soles of the feet. "Kansa" is a sacred metal alloy of copper, tin, and zinc, known for its healing and balancing properties. This ancient technique helps detoxify, calm the nervous system, and balance the body's doshas. It promotes deep relaxation, improves sleep, and restores energetic harmony from the ground up.

## Plunge and Spa

	1 day	3 day	6 day
Single	€10	€20	€35
Couple	€20	€30	€45



## Relax, Revive, Rejuvenate

### Locations

Posto BP, Av. dos Descobrimentos,  
8200-260 Albufeira, Portugal.



MGM Muthu Hotels  
4th Floor, Grand Muthu Oura View  
Beach Club,  
Rua Ramalho Ortigão,  
8200-604 Albufeira.



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The easiest way to contact us if phone signal is limited.



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## Relax, Revive, Rejuvenate

Ayurveda Massage & Spa



## Rejuvenating & Detox Therapies

Enjoy complimentary access to our Jacuzzi, Sauna, and Steam when booked along with our therapies \*

### Full Body Relaxation Massage\*

(Abhyangam) (45 min) €90

A rejuvenating Ayurvedic full-body oil massage that enhances circulation, detoxifies, & promotes overall well-being. Often referred to as an anti-aging therapy, **Abhyanga** helps in improving physical consistency, sleep patterns, and vision. It delays wrinkling and rejuvenates prematurely aged tissues

### Stress Relief Therapy

(Shirodhara) (45 min) €100

The Ultimate Stress Relief Therapy. Experience deep relaxation with Shirodhara, an ancient Ayurvedic therapy where a continuous flow of warm herbal oil is gently poured over the forehead. This soothing therapy calms the nervous system, relieves stress, enhances mental clarity, and promotes deep relaxation. Rebalance your mind and body with the healing power of Ayurveda.

### Full Body Relaxation & Stress Relief Massage

(Sarvanga Abhyangam) (90 min) €150

Is the combination of Abhyangam and Shirodhara with steam bath. This combo is the ultimate choice for relaxation as the two therapies complement each other relaxing your body, soul and mind.

### Head, Neck, Shoulder & Back Massage\*

(Sthanika Abhyangam) (45 min) €90

A variation of the traditional Abhyanga with Herbal oil massage performed while the recipient is seated. It is particularly beneficial for those who cannot lie down due to medical conditions or prefer a focused therapy on the head, neck, shoulders and back.

### Pain Relief Massage\*

(Kizhi) (45 min) €90

Kizhi (warm herbal poultices) are used in the therapy to press and rub on the body in a variety of patterns with varying degrees of pressure. The therapy begins with a dosha-specific body massage, followed by the use of heated herbal Kizhi (poultices) to stimulate perspiration. It improves circulation, relieves muscle pain and stiffness. Ayurvedic practitioners have traditionally used it to treat rheumatism, arthritis & sports injuries

### Energy Balance Massage\*

(Marma Abhyangam) (45 min) €90

Ayurvedic oil massage technique that involves stimulation of vital energy points (Marma points). Marmas are the 107 key places on the body that carries Prana, or vital energy. While performing massage, gentle pressure on Marma brings. Prana energy to the body and mind, resulting in clarity of senses and better health. This therapy strengthens tissues, removes physical and mental energy blockages, promotes lymph drainage, relaxes muscles, and enhances sleep quality



### Back Pain Massage

(Kati Basti) (30 min) €60

Kati Basti is a therapeutic Ayurvedic oil therapy designed to relieve lower back pain, stiffness, and spinal disorders. The term "Kati" refers to the lower back, and "Basti" means to hold or retain. This therapy involves retaining warm medicated oil over the lumbar region using a dough ring, allowing deep penetration to soothe the muscles, nerves, and joints. Ideal for those with chronic lower back discomfort or postural fatigue.

### Knee Pain Massage

(Janu Basti) (30 min) €60

Janu Basti is a traditional Ayurvedic therapy focused on the knees. Warm, herbal medicated oil is pooled over the knee joint in a dough ring, deeply penetrating the tissues to relieve pain, stiffness, and inflammation. Ideal for joint discomfort, arthritis, or to simply rejuvenate tired knees.

### Postnatal Care Massage\*

(Soothika Paricharanam) (45 min) €90

Soothika Paricharanam is a specialized Ayurvedic postnatal care therapy designed to support new mothers in their recovery journey. This holistic therapy use herbal oils and powders, followed by gentle steam bath, giving the best care for mothers to restore strength and balance hormones. Medicated oil massage plays a significant role in this care. This helps to reduce stretch marks while also making the skin healthy and glossy.

### Sports Massage\*

(Aveksha) (45 min) €90

A combination of herbal oil massages and to optimize muscle and joint movements a type of massage that uses soft tissue manipulation to help with muscle relaxation, injury prevention, boost recovery and performance

### Body Toning Massage\*

(Udwarthana) (45 min) €90

In this popular Ayurvedic therapy, dry powders or herbal pastes are used for deep tissue massage below the neck. It is a purifying, revitalizing and exfoliating massage that has a 'cutting or liquefying action' on subcutaneous fat, making it excellent for firming and toning the body. It is a widely popular therapy of choice for weight loss and for decreasing cellulite beneath the skin. It is also done to stimulate the hair follicles and aids in tissue cleansing, water deposit dispersal, and lymph circulation restoration.



## Complimentary Therapies

### Deep tissue massage

(45 min) €70

Relieves deep muscle tension, stiffness, and stress-related pain.

### Aroma Therapy

(45 min) €70

Uses essential oils and massage to enhance relaxation and well-being.

### Hot stone Therapy

(45 min) €70

Heated stones ease muscle tension, improve circulation, and promote relaxation.

### Reflexology

(30 min) €50

Stimulates reflex points on feet, hands, and ears to improve circulation and relaxation.

\*@ Our MGM Facility

