



ELANEHA

les sens de la vie

Ayurvedic consultation

Our way of life, our thoughts, our food are essential elements which influence our physical and mental state. A flexible body and a radiant face reflect interior balance and the harmonious interaction with the other and nature.

A discussion and individual assessment with Dr. Neela Sheth, MD, doctor in ayurveda, will help to identify in our daily habits, what can simply be changed, removed or added to maintain or restore wellbeing.

- 1st thorough consultation, 60 minutes, Frs. 100.-
- Follow up consultation to discuss the recommendations, 45 minutes, Frs. 80.-

Massages and treatments

A wide choice of massages and individualized treatments to address needs for well being. All ayurvedic massages and treatments exert an action both on the mind and body.

The treatments are made with oils, citrus fruits, essential oils, herbs and plants, which are selected according to your constitution and needs. Massages are done on wooden tables, created for Elaneha by a craftsman of Balaramapuram, province of Kerala, in the south of India. Massages carried out with the feet and the hands are held on a tatami in straw woven of Igusa, a plant known for stimulating blood circulation.

In addition to the listed massages, we can plan treatment "à la carte" for ½ day, one full day or more.

On appointment only:

Monday to Friday 09h00-21h00 and Saturdays 09h00-17h00

As well as the nights of full moon until midnight.

Should you need to cancel your appointment, we thank you for informing us 24h in advance.



ELANEHA

les sens de la vie

Ritual for moms and babies

- **Prenatal or postnatal massage**

Before or after the birth of your baby, ayurvedic massages are not only marvelously pleasant, but also very beneficial physically and emotionally.

The antenatal massages bring flexibility to skin and muscles and ease the delivery.

The post partum massages are very effective to help the mom recover rapidly. The regular massages with oil contribute largely skin and muscles to quickly regain flexibility and tonicity.

1h20 Frs. 150.- 5 massages Frs. 675.-

- **Shishu - Baby massage**

Give to your child and yourself this moment of happiness and health. These massages strengthen the immune system and relieve your child of small problems, such as colic and sleep disorders. We can also transmit this know-how to you so that you give this massage daily to your child.

No price; you give what you want

Full body massages, also appropriate for children & teenagers

- **Abhyanga & marma points**

Great classic of the ayurvedic massage which restores balance and relieves pains and tensions.

The massage with hot oil and the pressure of the marma points - seen as the junction between the body and the spirit - stimulate the circulation of energies in the whole body.

Benefits: Activates the energy flow, detoxifying and rejuvenating. Ideal as a regular massage.

1h20 Frs. 150.- 10 massages Frs. 1'360.- + 11th massage free

1h45 Frs. 190.- 10 massages Frs. 1'670.- + 11th massage free

Massage for children 1h Frs. 120.-

Specific massages and treatments

- **Shirodhara - Anti stress**

A head and neck massage precedes one very particular and extraordinarily alleviating moment; a continuous warm oil net runs delicately on the forehead.

Benefits: Relieves mental tension, regulates hormonal imbalances, strengthens nervous system. Also effective to relieve headaches.

1h20 3 sessions Frs. 540.- 5 sessions Frs. 875.- 7 sessions Frs. 1180.-



ELANEHA

les sens de la vie

It is recommended to make series of treatments over a short period. If possible, plan a marma massage a few days before starting this treatment; the effects of shirodhara will be even stronger.

This treatment acts very in-depth and is not adequate during the pregnancy without doctor's approval.

- **Gharshana - Anti-cellulitis & toning**

Herbs, plants and spices are vigorously rubbed and massaged on the whole body. For this treatment, we use for instance, neem leaves and fenugreek for their rejuvenating and purifying virtues; ashwagandha and brahmi for their nutritive benefits. Ideally done in series of 5

Benefits: Particularly efficient against cellulitis and/or overweight.

1h30 Frs. 210.- 5 sessions Frs. 940.-

- **Udvardana - Slimming & firming**

A mixture of plants and spices - manjistha, powder of sandalwood, fenugreek, and curcuma - is firmly rubbed on the body. In addition to its purifying and nutritive benefits, this treatment acts on the adipose tissues. Ideally done in series of 5.

Benefits: Deeply acts on the adipose tissues and firms the skin.

1h30 Frs. 210.- 5 sessions Frs. 940.-

- **Pinda Swedan - Detoxification. 4 hands massage**

This care starts with an oil application; then the body is massaged with small hot bundles containing herb pastes. In addition to its detoxifying virtues, this treatment contributes to activate digestion.

Benefits: Removes toxins, invigorates.

1h30 Frs. 350.- 4 hands / 210.- 2 hands

- **Navarakizhi - Rejuvenating. 4 hands massage**

Small bags containing a preparation with rice, milk and a decoction of fresh plants and spices are used to gently massage the whole body.

Benefits: In addition to polishing and nourishing the skin, this treatment restores skin elasticity.

1h30 Frs. 350.- 3 sessions Frs. 940.-

- **Elakhizi - Tired muscles & articulations. 4 hands massage**

Fresh citrus fruits and herbs are chopped and wrapped in cotton cloth and rubbed on the whole body.

Benefits: Relaxes and relieves muscles and/or joints pain.

1h30 Frs. 350.-

- **Kesh saundarya - Hair treatment**

Vigorous massage followed by an application containing herbs and plants addressing the particular hair condition.



ELANEHA

les sens de la vie

Benefits: effectively contributes to address different objectives, such as hair loss, lack of tonicity and brilliance.

1h Frs. 160.- 5 sessions: Frs. 720.-

- **Kati Basti - Back treatment**

A paste made up of powder of black gram is applied to the lumbar vertebrae and forms a small fountain. Then, an ayurvedic oil preparation is poured to activate blood circulation and revitalize.

Benefits: Releases the tensions caused by stress and/or of bad postures.

1hr Frs. 130. -

- **Kansuvati Padabhyanga - Feet massage with bowl and ghee**

Acts on the reflex zones and thus on all organs.

Benefits: Gives calm and energy

45 minutes Frs. 80.-

Face treatments

- **Saundarya - Facial**

All ingredients for the facials are selected according to your dosha and individual objectives. We use fresh fruits and vegetables, such as papaya, avocado and cucumber, ghee, essential oils, curcuma, saffron, manjistha and neem. All face treatments include scrubbing, cleaning, massage and mask.

1h20 Frs. 160.-

- **Purusha - Men facial**

Ingredients particularly chosen for the needs of men are chosen according to your individual constitution. This care includes face massage.

1h20 Frs. 160.-

Express Treatments

- **Abhyanga**

A classic ayurvedic massage that relaxes and promotes good sleep. This massage is nourishing for the skin, it relaxes and invigorates the body and slows the aging process,

Benefits: Relaxing and rejuvenating. Ideal as a regular massage.

1h Frs. 120.- 10 massages Frs. 1'090.- + 11th massage free



ELANEHA

les sens de la vie

- **Mukhabhyanga - Face massage 30'**

A vigorous face massage using ayurvedic oil mixed with 25 herbs and essential oil selected according to the needs; appropriate for both men and women. Frs. 80.-

Benefits: Relaxing, hydrating, firming

- **Shiroabhyanga - Head massage 30'**

Head, neck and shoulders are massaged with a specific ayurvedic hair oil. Frs. 70.-

Benefits: Relaxes and relieves mental agitation. Also good for the hair.

- **Katiabhyanga - Back massage 30'**

Back, neck and shoulder massage with warm medicated oil. Frs. 90.-

Benefits: Relaxes and relieves tensions

- **Padaprakshalan - Feet treatment 30'**

The feet are soaked in water mixed with salts and essential oils; foot bath is followed by an exfoliation and a massage. Frs. 100.-

Benefits: Activates blood and lymphatic circulation. Alleviates and energizes.

- **Nabhi - Belly massage 30'**

Suitable especially to relieve digestive problems, this massage is also beneficial to loosen up. Frs. 90.-

NB: during menstruations, body massages are not recommended. Consider this aspect, when you make an appointment. For your own good.