



Naj Naáy Spa gives you the most pleasant welcome and invites you to pamper, relax and rejuvenate yourself.

In order to prepare you to receive the healing benefits, if you wish all therapies start with our healing circuit, which includes 60 minutes of: sauna, steam, cold water pool, hot water pool.

All our hotel guests are offered a 15% discount on treatments.

[Ayurvedic Therapies](#)

Ayurveda is considered the oldest healing science. In Sanskrit, it means "The science of life". Ayurvedic Knowledge originated in India more than 3000 years ago.

The basic principle of Ayurvedic medicine is to prevent and treat illnesses, other than respond to indicators of disease by maintaining balance in and harmony between your body, mind and environment.

For the Ayurveda every person is made of five basic elements found in the universe: space, air, fire, water and earth. The combination of

these elements form three life forces or energies called DOSHAS, which control how our body works. When booking our Ayurvedic treatments, you will be requested to arrive a few minutes before to complete a simple questionnaire to determine your doshas combination and therefore personalize the treatment with a specific essential oils blend to balance your energy.

Shirodhara- Abhyanga 90 minutes \$ 294 USD

This treatment is the result of a fusion of Ayurvedic therapies: Shirodhara and Abhyanga. It is concentrated from the head to the rest of the body.

Shirodhara is an Ayurvedic procedure that involves the continuous application of warm oil to the head, focusing on the third eye. The continuous flow induces a deep state of relaxation. It is complemented with a cranial and facial massage. The word “Dhara” means “drip and “shiro” means head.

This treatment improves memory, sharpens the senses, nourishes the scalp and rejuvenates the face.

Abhyanga is a Hindu ayurvedic massage that consists of anointing warm oil on all the joints of the body and 15 main marmas seeking a balance of energy in the body with the dosha (kapha-earth, vata-air and pitta-fire).

The dosha is a biological energy found throughout the body, it governs physical and mental processes. It nourishes all the tissues of

the body, benefits circulation and combats depression (kapha). It helps reduce stress, anxiety and fear (vata). It dispels emotions such as anger and aggressiveness (pitta).

Although the combined treatment is more complete, you can also choose to take either treatment singularly.

The price for Shirodhara alone is \$ 200 usd, 60 minutes.

The price for Abhyanga alone is \$ 294 usd, 90 minutes.

**** These treatments depend on request and availability**

All reservations for treatments and the hydrothermal circuit can be cancelled up to 48 hours before the scheduled appointment free of charge. All cancellations made within 48 hours of the appointment will have a 50% cancellation fee. Reservations canceled the day of the service will have a 100% charge

