



DEEP AYURVEDA[®]
FOR HEALTHY LIVING

AYURVEDA RETREAT - MASSAGE INFOS / RETREAT INFOS



The price of the regular retreat week includes one each. Below massage included in the price, as well two sound therapies with Tibetan singing bowls

Prices extra Massage Retreatweek Costa Rica:

Abyangha massage 60 minutes (incl. eye drops and nasya) 100 EUR / 120 Dollar

Shirodhara with organic rose water 30 minutes, 45 EUR / 55 Dollar

Foot treatment with Kaashbowl and Brahmi Ghee 30 minutes (incl. herbal foot bath) , 45 EUR / 55 Dollar

Indian head massage with hair oil Deepayurveda 30 minutes, 45 EUR / 55 Dollar

Netra Tarpana with ghee, is initiated by a short head massage 45 minutes, 80 EUR / 95 Dollar

About massage therapy:

Abyangha Massage



This relaxing Ayurvedic massage is suitable for everyone and has a balancing effect on body and mind. Ayurveda massages bring you inner peace and stability. Marmas are also integrated during treatment, and are special energy points similar to acupuncture points.

- Improves resistance and activates the lymphatic system and through blood circulation fights stress, fatigue and insomnia
- Contributes to the body's perception and relief of muscle tension



Shirodhara

Shiro means head and Dhara flowing stream, warm rose water is poured on the forehead during a Shirodhara treatment in the area of the Ajna Chakra (third eye). The relaxing effect cleanses our thoughts and reduces mental pressure. After the treatment, you feel lighter and clear in the head. It regenerates the tissue, provides rejuvenation, and waste materials are

removed more quickly. You can also see Shirodhara as a kind of relaxation massage for our mental and emotional body

Kaashbowl with herbal foot bath



Feet to float - with the massage bowl from Kaash. Kaash is part of an Ayurvedic foot treatment. The bowl is made of a special alloy of copper and tin. The Energizing Kaash has a rough surface. A massage with this rough surface stimulates the nerve endings. For some people, this feels like ane-development of energies, stimulating and energizing. Others find the massage pleasant and harmonious



Indian Head Massage

Many qualities are attributed to an Indian head massage, this massage has been practiced in India for thousands of years. This form of massage promotes hair growth, relieves fatigue, helps against headaches, migraines and stress. Promotes good sleep and improves concentration. Since the head is the center of the nervous system, a head massage brings body and mind into balance



Netra Tarpana

The special eye treatment Netra Tarpana comes from the healing art of Ayurveda. With the help of this technique, it is possible to restore to your eyes the natural shine and suppleness that are quickly lost in everyday stress. For this Ayurvedic eye bath, a dough is kneaded from special flour and water, which is then carefully placed around your eyes. Now close your eyes, because the "eye tub" created in this way is filled with clarified butter (ghee)

This purified butter oil moisturizes the eyes and surrounding skin areas. After a short exposure time, you will be asked to open your eyes. This can feel strange at first, but becomes a very pleasant feeling after a short time. Your eyes are literally enveloped by ghee and it seems as if you are looking through frosted glass. Netra Tarpana – the eye bath – also has a rejuvenating effect. It tightens the tissue around the eyes, and can also help counteract dark circles under the eyes



Triyog is a mixture of three herbs – Amla, Haritaki and Vibhatiki, an effective natural laxative for bodycleansing. An effective natural laxative that helps in the prevention and treatment of chronic constipation and other digestive disorders



Chaywanprash is an excellent source of vitamin C, a powerful antioxidant and protects the cells from all damage. Chaywanprash delays the aging process and helps you stay refreshed!



Heart Care is a herbal formulation and a natural heart tonic or herbal tea that reduces stress and anxiety, rejuvenates heart function and gives strength to the heart. It supports a healthy liver and the function of other body organs. It is an effective herbal tea for detoxifying the body


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www.deepayurveda.nl



INGE VAN DEN BURG

The source of inspiration for my work as an Ayurvedic massage therapist came to me a few years ago on my trip to India. The voyage of discovery back then was the beginning of a new chapter in my life

Long before this trip, I felt that a new life plan was coming for me. In Kerala, South India, this came in the form of the findings of Ayurveda and I finally received the answer in the form of training as a therapist

Ayurveda is an ancient healing art that has been tried and tested for several thousand years. The answers to health and recovery can be found in the form of harmonizing the main elements in the body and science of our nature (mother earth). Symptoms of illness and loss of energy are based on the primal principle of disharmony in these normally intact elements of life. Fire, water and earth. (Vata, Pitta and Kapha). The original principle of these elements can be found everywhere in nature and is reflected in this form of healing art in the form of the composition of the tried and tested medicinal extracts and the daily important nutrition. It is my mission to restore the balance of these elements in the therapies for body, mind and soul and to show the client a part of this ancient knowledge

Health and recovery are found in harmony with these natural forces. **Ayurveda** practices, purify the physical and also the mental parts of the body. It releases physical and emotional blockages in massage practices. It can happen that underlying (old and stuck) emotions and blockages come to the surface, which can be resolved and analyzed during an intensive cleaning process. The client gets an insight soul reading and finds solutions into the causes of liberation to everyday stress and physical blockages With the healing power of touch and medicinal herbs, each client receives an activation of the own healing power of the self-regeneration. In order to restore the balance of body and mind

Welcome to the Ayurveda Retreat in Costa Rica - a wonderful combination of the forces of nature and ancient healing knowledge

