

Inner
balance is the
source of true
relaxation.

Ayurveda

AROSA 



Ayurvedic oil treatments are among the oldest forms of therapy for relaxation, regeneration and the harmonisation of all bodily systems. They originate from the ancient Indian tradition of longevity: AYURVEDA.

Ayurvedic massages are feel like a gentle, soothing breeze – warm, calming, and harmonising. This nurturing touch releases blockages and restores your inner equilibrium. It's an experience that awakens the senses, opens the heart, and lets the soul shine in its natural beauty. Ayurveda is nature's gentle embrace, bringing body and mind into perfect harmony and gifting deep inner peace.

Abhyanga

Ayurvedic full-body oil massage

The most renowned Ayurvedic treatment is Abhyanga. A soothing sense of warmth and security envelops you as your skin is pampered with warm sesame oil and gently massaged. Radiance, energy, and vitality are restored to the body.

50 minutes | from 105 €

80 minutes | from 169 €

Mukabhyanga

Ayurvedic head, face and upper-body massage

A gentle head, face, and upper-body massage that soothes the nervous system and releases inner tension. Mindful, nurturing touch creates a sense of lightness, helping the mind to settle and allowing fresh energy to flow freely.

25 minutes | from 60 €

50 minutes | from 105 €



Padabyhanga

Ayurvedic foot and calve massage

This traditional Ayurvedic massage for feet and calves calms the nerve pathways and restores harmonious balance to the entire body. It promotes circulation, supports the flow of energy, and leaves you with a deep sense of grounding and wellbeing.

25 minutes | from 60 €

50 minutes | from 105 €

Pristabhyanga

Ayurvedic back massage

A soothing back massage that specifically releases tension in the shoulders, neck, and head. Gentle strokes and carefully applied pressure techniques relax the muscles and harmonise the flow of energy, leaving the body feeling light, free, and revitalised.

from 60 €

25 minutes



Pristabhyanga & Padabyhanga

This treatment combines a soothing back massage with an invigorating foot and calf massage, relieving tension and restoring the body's natural energy flow.

50 minutes

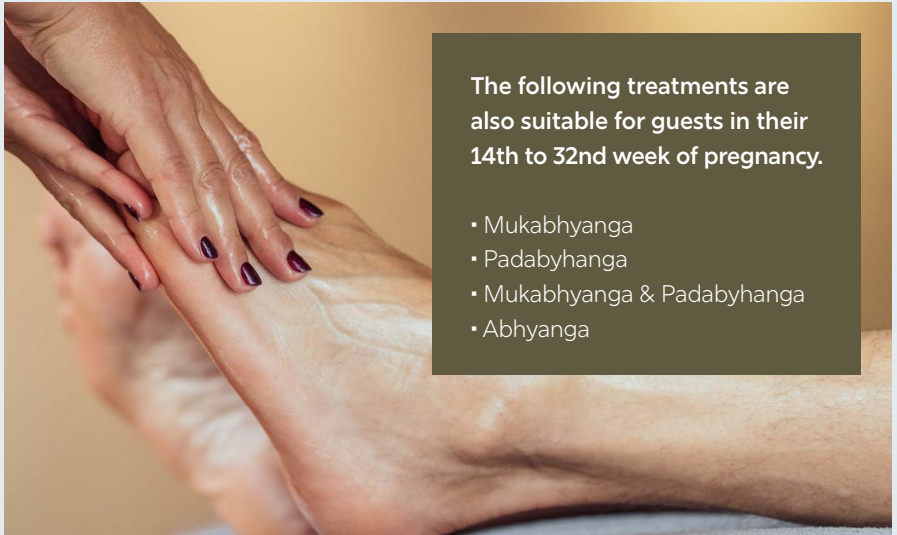
from 105 €

Mukabhyanga & Padabyhanga

The combination of face, head, foot, and calf massage is deeply relaxing and harmonising. It promotes circulation, soothes the nervous system, and fosters a sense of inner clarity.


50 minutes

from 129 €



The following treatments are also suitable for guests in their 14th to 32nd week of pregnancy.

- Mukabhyanga
- Padabyhanga
- Mukabhyanga & Padabyhanga
- Abhyanga



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