

## AUTHENTIQUE VOYAGE

The well-being space dedicated to India

## AYURVEDIC CARES



### Ayurveda in a word...

Ayurveda is the oldest holistic concept of well-being for 3000 years.

Until now, this therapy is used in many part of Asia, and especially in India.

### Authentique Voyage : our concept

Come to Châtel, and enjoy our well-being center dedicated to India. Upon your arrival, travel and discover peace and serenity with our typical Indian Space, mixed with furniture from Rajasthan, fountain from Kerala, incense from the Himalaya, and a range of teas that is available after treatment. A shower area and a changing room can be used for your comfort (bathrobe, towels and disposable under-wears are provided).

### The staff

two therapists, well experienced (more than 10 years) having different relaxing technics coming from India



### Good to know

One hour before your appointment, you would better not have heavy food. In case of any physical or mental troubles, see your doctor first. Ayurvedic Therapy is used only for wellness, relaxation of mind and body. It can never be a substitute to a medical treatment.



\*The treatments card and rates can be changed

### Abhyanga

60 min (back of the body)	89€
75 min (full body)	105€
90 min (full body)	129€



Advised by Elisabeth and Anais this traditional Indian Ayurvedic treatment\*, Abhyanga is designed to bring nourishment to the body tissues, deep relaxation to the muscles, lubrications of joints, improve elimination of impurities from the body, increase the blood circulation through out the body, reducing mental and physical stress and reduce muscles tension and pain.

### Herbal pads



75 min (full body) 133€  
Advised by Jean-Pierre, this hot herbal pads treatment is applying on areas of tension.

### Massage Shirodhara

90 min (full body) 149€  
Recommended by Mrs Macchi, please book at the front desk 1 day in advance. Application of oil on the fore-head. To regulate the sleep, to decrease the anxiety, to remove stress.

### Special Fat Burning Udvartana

90 min (full body) 133€  
Tonic and deep massage, with special effect on fat parts of the body. Detox action by using chickpea powder.

### Special Drainage

45 min  
Special Legs 73€  
Advised by Michelle, this tonic, drainage and circulatory system treatment is ideal for sportive

### Special Face

73€  
Includes a treatment and an acupressure of Marma vital energy points. With rose or Harmony oil

### Hot Stones

75 min (back of the body) 133€  
This massage combine perfumed oils and hot stones to reach a wellness being and a deep relaxation of the muscles.

### Kansu Bowl

75 min (full body) 133€  
Oil treatment\* with a Kansa bowl (5 metals alloy). Relax completely your body, as well as your mind. It gives you a great sensation of calm and improves metabolism in a general way.

### Hotel Macchi's exclusivities

### Massage by Feet

The therapist uses his feet and toes to massage the client. This treatment aids the proper flow of energy and blood circulation.

60 min (back of the body) 89€  
90 min (full body) 133€

