

Casita Aurveda Tenerife

Our three Ayurvedic packages

All our Ayurvedic treatment packages include:

- **Accommodation in a sea view room**, with ensuite bathroom and lounge area
- **Expansive palm garden paradise with sea views**, pool, green yoga lawn, many retreat corners
- **Ayurvedic full board**: 2 warm meals plus 1 snack or fruits
- **Yoga and meditation**: 1.5 hours daily, with breathing techniques to eliminate body toxins, tailored to everyone (6 times a week)
- **Introductory consultation** to clarify imbalances, needs, wishes,...
- **Ayurvedic treatments** depending on medical indication, individual needs, package, and length of stay
- **Foot baths** – detoxification is important to us in a variety of ways
- **Liver wraps** to support detoxification
- **Small excursion or yoga by the sea**, according to your wishes and arrangement
- **Ayurvedic accessories**: tongue scraper, organic oil-pulling oil, organic hand soap
- **Yoni box** for women

Ayurvedic treatments depending on the chosen package, body type, age and desires:

- Shirodhara – forehead oil or buttermilk pouring,
- Shiroabhyanga – head massage,
- Mukhabhyanga – face massage,
- Abhyanga – full body massage,
- Pinda Sweda – stamp Massage,
- external Vasty – local oil treatment, e.g., on painful joints,
- Udvarthana – stimulating dry massage with powders,
- Panchakarma – Ayurveda treatment with a focus on one of the 5 Ayurvedic body purifications: Nasya – nasal purification, Virechana – medicinal purging, Vasty internal – medicinal enemas, Vamana – medicinal vomiting, Rakta Moksha – purification of the blood

Package 1: Ayurveda wellness package

- Daily personal interview (6 days per week)
- Ayurvedic treatments of at least 1 hour depending on the length of stay*

Paket 2: Ayurveda cleansing package (Body purification therapy)

- intensive and individual support during the entire cure
- per week: 6 individual Ayurvedic treatments of at least 1 hour
- at least 1 Ayurvedic body cleansing, depending on your state of health, number of treatment days and personal needs

Paket 3: Ayurveda teaser package

- short daily face-to-face interview (6 days per week)
- Ayurvedic treatments of at least 1 hour depending on the length of stay*

* See the price list for the number of treatments included in the package and days. Each fellow traveller can choose a different cure or break package.

We look forward to pampering, caring for and cleaning you!

Fabienne & Tobias