# NAJ NAÁY spa

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

Our healing hydrotherapy, featuring sauna, steam room, hot and cold pools, and a Scottish shower, is the perfect way to prepare you for a treatment. It is also available as a standalone experience.

We offer a 15% discount on all treatments, with complimentary hydrotherapy access included for hotel guests.

# AYURVEDIC THERAPIES

Ayurveda is considered the oldest healing science. In Sanskrit, Ayurveda 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 forms three life forces or energies called DOSHAS, which represent 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**

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. **90 minutes**

**SHIRODHARA** *Pending availability

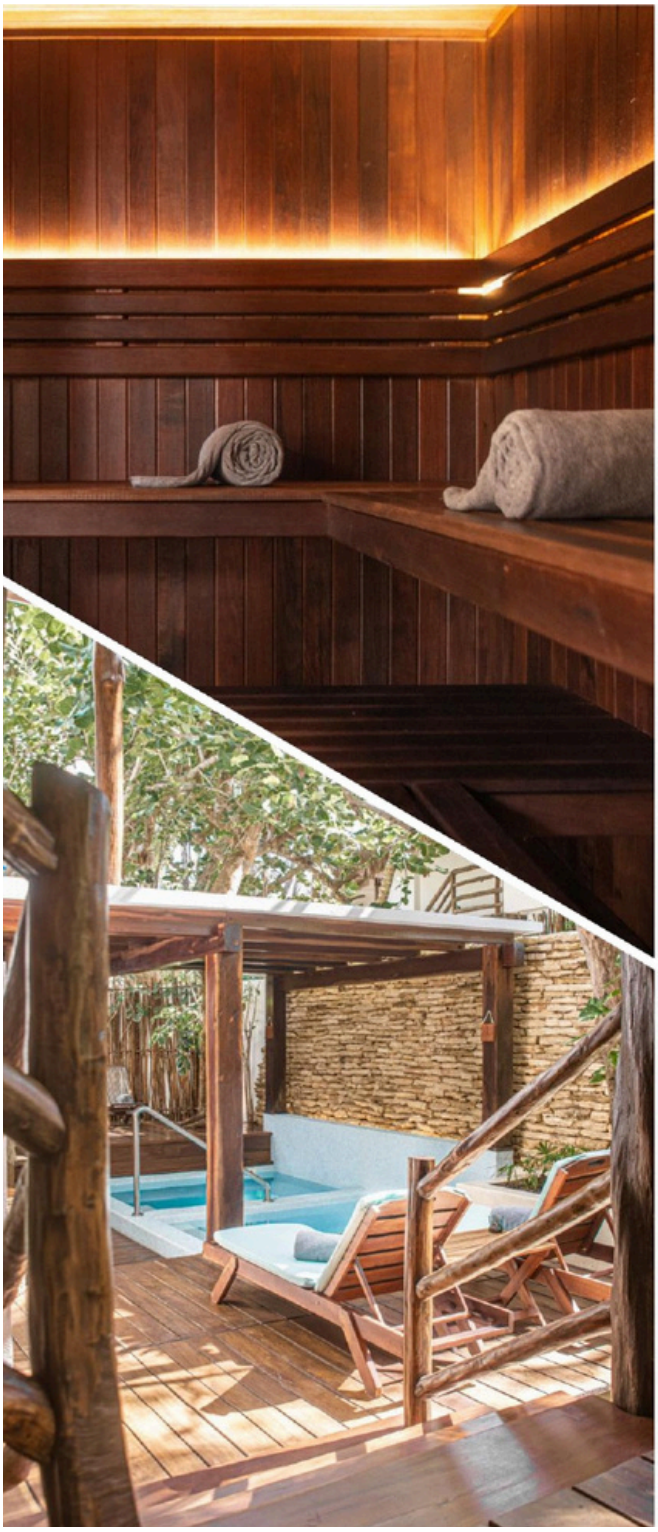
An Ayurvedic procedure involves the continuous application of warm oil to the head, focusing on the third eye. The continuous flow induces a deep state of relaxation. It is complemented by a cranial and facial massage. The word “Shiro” means head and “Dhara” means drip. This treatment improves memory, sharpens the senses, nourishes the scalp, and rejuvenates the face. **60 minutes**

**ABHYANGA** *Pending availability

A Hindu ayurvedic massage 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 pittafire). 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. **90 minutes**

NAJ NAÁY
*spa*



**CANCELLATION POLICIES**

All reservations can be canceled 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.

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