



Kempinski Hotel
San Lawrenz

GOZO MALTA



Kempinski
Ayurveda

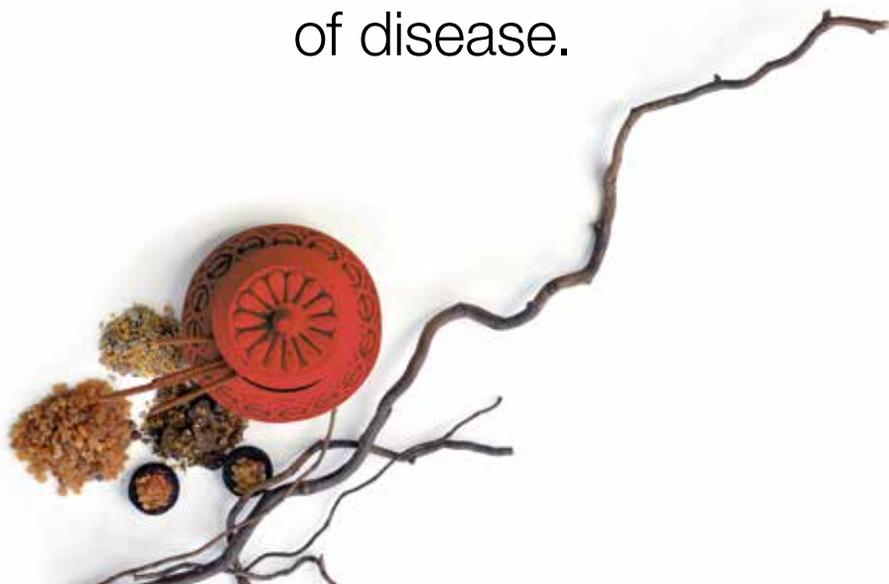
Kempinski

HOTELIERS SINCE 1897

AYURVEDA CENTER

TRADITIONAL INDIAN TREATMENTS

For more than 5,000 years the ancient practice of Ayurveda has employed healing techniques that use the natural powers of herbs and medicinal oils. This holistic system focuses on physical, mental and spiritual balance, to maintain health and helps to remove the underlying causes of disease.



BODY TREATMENTS

75 MIN | 120 EUR

DHARA (HERBAL TRANQUILITY)

Drift into deep relaxation as a gentle stream of herbal oil flows endlessly over your forehead, after a full body massage. An exceptional aid for insomnia, mental stress, anxiety and psychosomatic conditions.

ELAKIZHI (HERBAL SOOTHE)

Full body massage followed by warm herbal body compress, effective in soothing sore muscles and joints. Treating arthritis, improving muscle strength and peripheral circulation.

NARANGA KIZHI (LEMON & HERB SOOTHE)

A unique stimulating therapy with a bag of medicated lemon. Loosens tight muscles, relieves body aches and joint pains, smoothens the skin and stimulates the entire system.

UDVARTHANAM (MASSAGE & EXFOLIATION)

This uses a combination of herbal powder and oil to exfoliate the body, tone the skin and help reduce weight. The body is detoxified, leaving the skin soft and smooth.

AYUR PREGNANCY CARE

This treatment for pregnant ladies helps soothe the body and mind, reducing backaches, strengthening and nourishing the muscles and releasing toxins.

MINIATURE TREATMENTS

	MIN	EUR
Indian Head Massage	30	30
Back & Neck Marma Massage	30	35
Back & Leg Marma Massage	30	35
Legs & Feet Marma Massage	30	35

SIGNATURE TREATMENTS

90 MIN | 150 EUR

SOFT-TOUCH SCRUB & TRIM

Specially designed to help maintain an attractive body shape and figure, full body warm herbal compress followed by herbal scrub, treats cellulitis and enhances slimming.

VOYAGE FATIGUE RELIEF

Escape from jet lag symptoms with a full body massage and herbal compress followed by soothing oil drip on forehead.

PIZHICHIL (WELLBEING THERAPY)

The body is gently massaged while being soaked in sacred herbal medicinal oil, opening the circulatory channels of the body. Help treat nervous disorders and highly recommended for detoxification and rejuvenation.

TRADITIONAL MASSAGES

60 MIN | 80 EUR

ABHYANGAM (RELAXATION MASSAGE)

Gentle relaxing massage, tones up the body, enhances the texture and smoothness of the skin and promote sound sleep.

MARMA MASSAGE (DE-STRESS MASSAGE)

Enhances flexibility of the joints, relieves muscle pain and stiffness, activates energy channels.

LYMPHATIC MASSAGE

A full-body detoxifying massage is performed to stimulate the circulation of blood and lymph, this helps to eliminate the impurities gathered during daily life.

ADDITIONAL TREATMENTS

KALARI MASSAGE (MASSAGE WITH THE FEET)

A full-body massage is performed by the therapist using their feet. It helps improve flexibility, protect and revitalize the vital points in the body.

60 MIN | 115 EUR

ROOPINI (SHAPING THIGHS & HIPS)

This massage and scrub help remove excess fat from the thighs and hips. Frequent sessions help you maintain an attractive silhouette.

60 MIN | 100 EUR

KATIVASTHI (SPINE CARE)

Warm medicinal oil is poured into a ring made of black gram dough and this is placed over the back on the spot of the pain or discomfort.

45 MIN | 70 EUR

AYURVEDA NECK & SHOULDER PAIN EASE

AYURVEDA SORE FEET EASE

45 MIN | 65 EUR

CURES & THERAPIES

Rasayana Rejuvenation Therapy
Absolute Relaxation Therapy
Body Slimming & Shaping Therapy
Panchakarma Ultimate Detoxification

Arthritis Care Treat-
Skin Care Treatment
Spine Care Treatment

Rates per person / per day	2-3 days	4-6 days	7-9 days	> 10 days
120 min. treatments per day	€ 200	€ 195	€ 170	€ 140
60 min. treatments per day	€ 105	€ 100	€ 95	€ 85

Retreats & Therapies include:

Includes Consultation with the Ayurveda physician, individualized daily Ayurveda treatments, special herbal teas to promote wellbeing, intermediate level Hatha Yoga sessions and personalized lifestyle and nutrition chart. Additional daily treatments can be provided at a supplement.

Terms & Conditions

HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries immediately.

SPA EXPERIENCE

For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all experiences, you will be properly draped for privacy.

RESERVATION

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay.

RELAXATION ROOM

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our relaxation room. Lie down to relax and enjoy your experience. Stay for as long or as little as you like.

PREGNANCY

Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician first.

GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our spa reception for details and purchase.

MINIMUM AGE

The minimum age for spa treatments and use of the gym and wellness area is 16 years.

LATENESS & CANCELLATION POLICY

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of twelve hours notice for cancellations. With fewer than six hours notice you will be charged for 50% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

HOURS OF OPERATION

- Spa Reception: 7 am to 7 pm
- Spa Treatments: 10 am to 6:30 pm (appointments are available outside of these hours upon request).
- Gym: 7 am to 7 pm daily.

Contact Details:

AYURVEDA CENTER AT KEMPINSKI HOTEL SAN LAWRENZ.

Triq ir-Rokon
Sanlawrenz
SLZ1040 Gozo, Malta

T. +356 2211 5820

E. ayurveda.sanlawrenz@kempinski.com