

# BELLEVUE

HOTEL / LOŠINJ

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## Ayurveda specialist is visiting the Vitality Island and Bellevue Spa Clinic

From 15th July till 15th September 2019.

Overcome stress, emotional trauma, revitalize your personality, restore the balance on the unique island of vitality. Relax with consultations and treatments by our experts.

The programme is implemented through a thorough psychological analysis of personality and Ayurveda treatments, consisting of various massages, exercises and tension release.

### **Welcome Consultation - about Koshas, 30 - 45 min**

Consultation is useful in understanding and recognizing imbalances.

It is also the basis of a personalized program during your stay aimed at achieving balance and harmony in all aspects of personality and expression.

### **Annamaya Kosha (physical body)**

The journey for Annamaya Kosha begins with the therapeutic kalari massage, along with other individualized traditional Ayurvedic therapies. It stimulates the circulation of body fluids and activates the lymphatic system of the body, helping to cleanse the body.

The kalari massage reduces or eliminates pain from injury, and includes detoxification procedures.

### **Pranamaya Kosha (energy body work)**

The energy work in the body includes a *meridian* therapy and breathing based on the *five elements* principle. Its effects can clean, balance and calm the energy at the one hand, while helping to focus and revitalize our personality at the other hand. By exploring various practices, you can find the technique that you like best.

The process is gentle and effective, and can be energizing or relaxing, depending on your needs.

### **Manomaya Kosha (mental body work)**

*Manomaya Kosha* is made up of the mind. Mental body work can help overcome stress, anxiety, depression and emotional trauma.

The process involves various forms of relaxation and meditation techniques that reach the depths of our mind, eliminate impurities and old patterns of behaviour.

**Programme price, per person: HRK 1,875.00 / EUR 250.00**

### **The price includes:**

1 x 30 - 45 min individual consultation

1 x 75 min treatment