

Marma Massage

Marmas or energy points are located at various places on the human body.

They are the meeting point of the five organic principles: ligaments, vessels(nerves, lymph, arteries, and veins), muscles, bones, and joints.



Whenever the human body is put under stressful conditions, stress tends to collect most visibly at these marma points. This leads to stagnation of energy resulting in low vitality, lethargy, feeling sick, etc.

The purpose of marma massage is to remove the stagnations, thereby, allowing the energy to flow freely once again. This allows you to be de-stressed, which leaves you feeling happy, healthy, rejuvenated, and energized.

Duration of treatment: 75 minutes
Price: 90 EUR / 25.000 HUF

Feet and Leg Reflex Massage

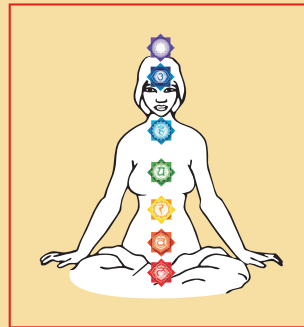
The human feet contain many reflex points which correspond to various organs and body parts. There is a saying in Ayurveda: "One whose feet are massaged daily before going to sleep, is avoided by disease like a snake avoids an eagle."



The foot and leg massage makes you feel relaxed and healthy. It also prevents cracking and peeling of skin, eliminates the effects of fungal and bacterial infections, and soothes an agitated mind.

Duration of treatment: 35 minutes
Price: 54 EUR / 15.000 HUF

Chakra Energy Massage



Chakra Energy Massage

There are seven energy centers in the human body known as "chakras". Energy usually flows continuously between the various centers maintaining physical, mental, and spiritual health. Blockage or stagnation of this vital energy or "PRANA" results in negative emotions like depression, confusion, anger, agitation, etc. Because of the intricate connection between the body and the mind, stagnation of Prana can also result in various physical problems like impotence and frigidity.

Ayurveda offers a solution to these problems in the form of special CHAKRA energy massage which removes the blockages and clears the stagnation.

The balancing of the prana or vital energy results in emotional stability, resolving frigidity or impotence, decreasing mood swings, overcoming fear of success, helping overcome depression, frustration, and confusion, effectively communicating one's desires, and showing love and appreciation to loved ones.

Duration of treatment: 110 minutes
Price: 132 EUR / 36.500 HUF

Szép Kis India

ROYAL SPA

Indian Ayurvedic Massages



Improve your VITALITY & VIRILITY through
Ancient Ayurvedic Treatments
for appointment call: +36 1 479 4650
www.corinthia.com

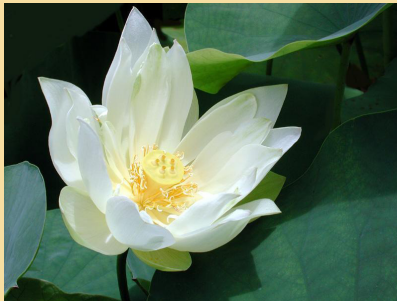
Corinthia Hotel Budapest
Erzsébet Körút 43-49. Budapest 1073, Hungary

for appointment call: +36 1 479 4650

Ayurveda

Ayurveda, which is also known as the “knowledge of life”, is one of the oldest health care systems. This ancient knowledge originated in India around 6000 years ago. It's well recognized all the over the world today for its effectiveness in maintenance of general well being, longevity, and health overall.

Ayurvedic treatments are based on natural and holistic principles like the TRIDOSHA THEORY. This theory classifies the individual based on their constitution. According to the tridosha theory, there are three main doshas or humors: VATA, PITTA, and KAPHA.



So, based on the tridosha theory, Ayurvedic treatments tend to work on a very specific and individual basis, thereby making them a thoroughly “personalized experience”. This is why after taking Ayurvedic treatments, it's relatively common for the individual to feel lightness, energetic, creative and full of positivity. Overall, these treatments provide the ideal means to get rid of all the negative stress and promote desired level of energy in everyday activities.

All the Ayurvedic treatments are more effective when combined with a relaxing Hydromassage Bath available at the Royal SPA.

Please be aware that our prices are calculated and charged in HUF.
The EUR prices are just for your information.
The rate of 1 Euro = 275 HUF

Abhyanga - Herbal Oil Massage



This is a full body massage where oil is applied all over the body and a specific pattern of movements are given with firm pressure.

Its benefits include improved appetite, alertness throughout the day, better sleep at night, reduced stress levels, glowing skin and reduction in overall mental and physical fatigue.

Duration of treatment: 75 minutes
Price: 90 EUR / 25.000 HUF

Ayurvedic Beauty Treatment

Our modern lifestyle increases negative emotions like anger, fear, jealousy, etc. which causes adverse affects on the body resulting in problems like premature aging, wrinkles, dull skin, and acne.



Ayurveda helps us to lead a life of balance and harmony which delays the aging process. By the use of natural herbs and incorporation of Ayurvedic treatment as advocated by this ancient science, the body is constantly rejuvenated resulting in glowing skin and radiant youth.

Duration of treatment: 75 minutes
Price: 101 EUR / 28.000 HUF

Massage for Mother-to-be

According to Indian tradition, pregnancy is considered to be one of the biggest and most auspicious blessing bestowed by the Almighty.



Regular Ayurvedic massages during pregnancy helps in balancing and enhancing the energy between body, mind and the two souls, making it a “divine experience”.

Massage helps in alleviating the physical discomforts usually associated with pregnancy. It also enhances sufficient lactation thus providing the most important source of nutrition to the baby. Ayurvedic massage also helps in post-pregnancy recovery by aiding the woman lose the excess fat from the body and regain the desired body shape and weight.

Duration of treatment: 60 minutes
Price: 83 EUR / 23.000 HUF

Udvartana-Herbal Slimming Massage

Udvartana is the application of herbal powders in combination with oil or ghee. This helps to reduce the fat and to maintain the desired body shape and weight.



Other benefits of Udvartana include relief from aggravated kapha system, smoothening and cleansing action on the skin, firmness of the body and softening of the skin.

Duration of treatment: 75 minutes
Price: 101 EUR / 28.000 HUF