

Welcome to the Ayurveda world

Ayurveda is a 5000 year old Indian system of healing. Ayurvedic massage restores the normal condition of well being for the body and mind. Lukewarm herbal-based medicinal oils are applied on the whole body using manual skills that are customised according to the needs and constitution of the client.

Ayurvedic massage AOM (decontracting, relaxing, draining)

60 minutes **100€**

90 minutes **140€**

Ayurvedic massage AOM for couples

60 minutes **190€**

Hatha Yoga (posture, breath, meditation)

60 minutes **80€**

90 minutes **110€**

Ayurvedic Path AOM

duration 3 hours **200€**

An Ayurvedic consultation (indications to restore psychophysical balance) a personalized Hatha Yoga lesson an Ayurvedic massage AOM

Ayurvedic retreat

duration 4 hours **250€**

Ayurvedic consultation, nostril washing, Hatha Yoga, Ayurvedic massage AOM, herbal tea, cake or biscuits

Shirodhara

90 minutes **180€**

A special Ayurveda treatment in which warm, herbalized ayurvedic oil is poured onto the forehead to balance the functions of the nervous system and the cranial cavity.

Working hours are scheduled from Monday to Sunday
from **9.00 to 20.00.**

A 30% surcharge on the price list is required
for services outside working hours.



Alessandro Puccio AOM
Ayurveda Massaggio Yoga Retreat

