

Ancient Ayurvedic Bliss with Suraj Varma

VISITING PRACTITIONER: June 1st – June 21st 2022

Suraj Varma first learned about the healing and positive energy of Ayurveda from his family, who have been Ayurvedic practitioners for many generations in Kerala. He did his post-graduate Ayurvedic studies at the prestigious Ayurvedic Hospital at Coimbatore in Kerala where he worked with some of India's top Ayurvedic physicians. His reputation spread and he was hired by leading spa company E'Spa in the UK, later by Dr Mosaraf Ali, the founder of The Integrated Medical Centre in London. Suraj was chosen as the 'On Location' therapist for Academy Award winning filmmakers Merchant Ivory. Suraj then became a consultant therapist at London's five-star Blakes Hotel, and Senior Therapist at the award-winning Chancery Court Spa and Chelsea Club Spa.

Kerala Karma

80 min / 285€

A traditional treatment based on Ayurvedic principles to achieve total relaxation and a renewed sense of energy. The journey begins with body exfoliation, warm shower, followed by Brahmanam a nourishing Ayurvedic massage, then uplifting facial with specialised movements to nourish and create a radiant glow. Best treatment to start the healing process.

Ayurvedic Deep Tissue Massage

80 min / 285€

An ideal treatment for those who spend long hours at a desk, or on the computer, or those whose bodies may be stressed from neck and spinal problems such as Scoliosis. This treatment is specifically designed to release deep seated tension in the body and to promote circulation. Also helps to improve better body posture.

Blissful Head & Back Therapy

50 min / 225€

This ancient Ayurvedic therapy is practiced for thousands of years, encourages the body's innate healing in addition to being soothing & relaxing. The therapeutic Indian Head massage is deeply relaxing and helps to relieve tensions from shoulders, neck, back and the face.

Ayurvedic Holistic Balancing

1 hour 45min / 325€

An intensive treatment that aims to completely de-stress the client, then correct imbalance between the tridoshas (Vatha, Pitha, Kapha) and is especially helpful for those suffering from poor memory, lack of energy, headaches, insomnia, and spondylitis. After a detailed consultation, treatment start with Herbal oil scrub followed by Abhyanga-Ayurvedic warm oil massage incorporate with hot stones massage. Traditional massage techniques are used for balancing the seven charkas in the body. Also pichu treatment is done for stiff joints. The treatment concludes with Reflexology and Indian head massage.

Six Senses Spa Marbella at Puente Romano Beach Resort & NOBU Hotel Marbella

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