Palheiro Spa
Madeira Island

English

Ashoka Spa — Inspired by nature and its 5 elements

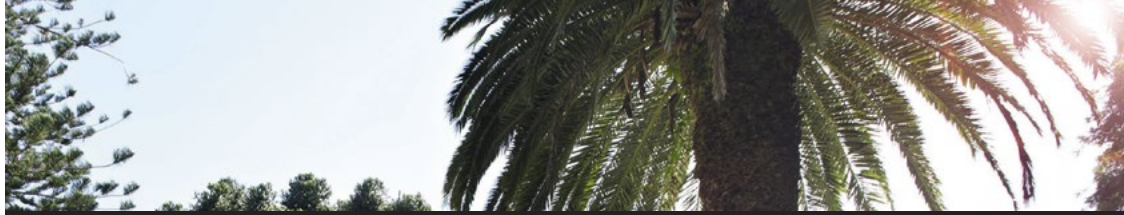
At Ashoka, we believe that the foundation for your holistic recovery is nature, with its 5 elements. Since we feel responsible for your well-being, we have aligned various massage techniques as well as energetic and beauty treatments with the forces of nature.

With fire to ignite your senses, the sea to open wide the expanses, the air and space to set your soul in flight, and the earth to give you a solid firmament, come and enjoy our comprehensive treatment programme for the well-being of your body and soul.

Our goal is to bring you back into balance so that you are the person you want to be.

We look forward to seeing you!

Your Ashoka Spa team



Our sauna facilities offer **fire**, our beauty treatments offer **water**, our massages offer **earth**, and our peels and body scrubs offer **air and space**.

Signature treatments based on the 5 elements

Starting from the often-forgotten fact that every human being is an individual and therefore requires personal treatment, Ashoka has worked with leading specialists to develop a concept based on the five elements — the bio-energies within each of us.

At our spa in Palheiro, we offer holistic relaxation based on the five elements (air, space, fire, water, and earth) in harmony with traditional Ayurvedic and European treatments.

Air and space

- Flower foot bath for the senses
- Foot reflexology massage for the airways
- Warm back wraps with bergamot and sage essential oii

Water

- Flower foot bath for the senses
- Fine brush massage for the face
- Intense head, neck and shoulder massage with fennel or ylang-ylang essential oil

Fire

- Flower foot bath for the senses
- Body peels
- Vitalising full-body massage with ginger or cardamom essential oil

Earth

- Flower foot bath for the senses
- Silk glove full-body massage
- Deep connective tissue massage of the arms and legs with angelica or myrrh essential oil

70 minutes per element *€ 133 each*

Natural care — only the best and purest for you

It is a special concern of ours to respond to your needs and wishes in a targeted manner. With the products from „Pharmos Natur“, you experience the unique, regenerative effect of select adaptogenic plants for healing and rejuvenation. Their rich active ingredients, their intense light energy and their high vibration are contained in precious care products — with pure aloe vera instead of water — with no alcohol — with no classic preservatives.

our skin absorbs its moisturising gel completely. The many active ingredients supply, repair and regenerate your cells. The ageing process can now be slowed down significantly. Radiant, wonderful skin. Freshness and vitality. Pure well-being in your whole being!

The highlight of your **„Pharmos Natur“ treatment** is the application of our very special **fresh leaf of the aloe vera plant**.

Beauty treatments

Facial, neck and décolleté treatments

60 minutes € 114

Face, neck and décolleté, foot compresses, shoulder, neck and arm massage

90 minutes € 171

Short facial treatment

30 minutes € 57

SPA manicure, soft hands € 75

SPA pedicure, beautiful feet € 75

PURE MEN
Vital facial treatment with Pharmos Natur for Men: Exfoliation, cleansing, facial massage, final treatment

50 minutes € 95

Eyelash tinting € 18

Eyebrow tinting € 18

Eyebrow correction € 18

Spa Rituals — Body Treatments

Body scrub with algae – Pharmos Natur/Green Luxury

A nourishing, moisturising body scrub

25 minutes € 48

Body scrub with mountain salt and essential oil

Gently removes flakes of dead skin, strengthens the connective tissue and stimulates the blood circulation – the skin becomes noticeably smooth and supple. Using essential oils allows the nutrients to better penetrate the skin.

25 minutes € 48

"Love your age" body pack – Pharmos Natur/ Green Luxury

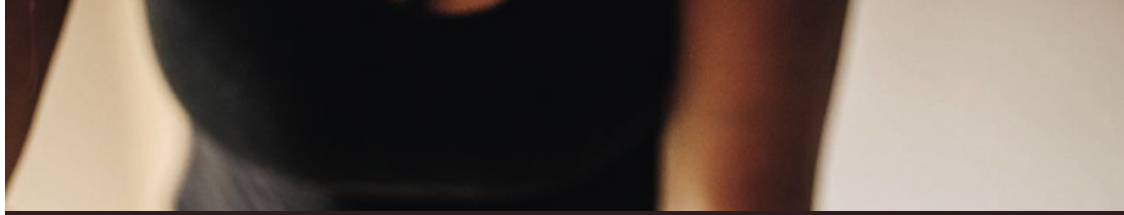
Rejuvenation, toning, regeneration and intensive care for your skin. This treatment nourishes from head to toe and leaves your skin and body feeling wonderfully relaxed. Highly recommended in conjunction with a previous full body algae scrub

25 minutes € 48

Ayurveda – the individual as a whole

It is that smile that just doesn't want to leave your face after an Ayurvedic treatment. With its gentle treatment methods with long-lasting effects, Ayurveda creates well-being, relaxation and vitalisation in equal measure.

Ayurveda is the oldest surviving system about life and has the same importance as it did thousands of years ago. Ayurveda is compared to a ritual and considers the human being as a whole. The name comes from the Indian Sanskrit and means knowledge of long life.



Ashoka is the Sanskrit word for "free from worry". Someone who is ashoka is free enough to give pleasure to others. Ashoka is **being, knowledge, and bliss**. That's why we chose this name, because our guests have been experiencing joy and happiness with our treatments and our care.

Abhyanga — the Ayurvedic full-body oil massage

A relaxing massage that improves lymphatic flow, stimulates the immune system, detoxifies, and strengthens and revitalises your entire nervous system.

60 minutes *€ 114*

Mukabhyanga — the Ayurvedic face and body massage

A soothing massage with special oils and fragrances. Through gentle acupressure on your energy points, this facial massage has a revitalising and relaxing effect on your mouth and eye area, as well as your neck and shoulders. At the same time, this massage restores harmony and glow.

45 minutes *€ 86*

Padabhyanga — the Ayurvedic foot and leg massage

Using fine oil or ghee, the feet and legs are massaged in a soothing and gentle manner. This promotes the flow of energy in the body and revitalises one's entire system. This treatment provides deep inner peace and balance.

45 minutes *€ 86*

Panahasveda — the Ayurvedic back massage

A back massage that is both pleasant and very effective. By means of a sophisticated massage technique involving Marma treatment and selected herbal oils, it relieves the back of tension, nourishes the intervertebral discs and prevents back problems. Tension and blockages caused by stress are released.

60 minutes *€ 114*

Shiroabhyanga — the Ayurvedic shoulder and head massage

A special head and shoulder massage that helps to relax the whole body. Blood circulation in the head is improved, tension is relieved and fatigue eliminated.

45 minutes *€ 86*

Trimurti — the Ayurvedic full-body pressure massage

This classic Ayurvedic massage targets the energy points of the body. It stimulates the metabolism and has an energising effect. Head and body are dynamically massaged with warm oil.

60 minutes *€ 114*

Kalari massage

This massage, targeting the Marma points, releases blockages and patterns of tension throughout the body to reduce pressure and stress in the spine and joints. This treatment has a lasting, positive effect on your experience of pain, your posture, your flexibility, and vitality.

60 minutes *€ 114*

Massages from around the world

The culture of well-being has been part of everyday life for millennia — and not only in the Far East. Embark on an imaginary journey around the world with your Ashoka therapist.

Immerse yourself in the feeling of warmth, relaxation and security. Rediscover your positive attitude to life, and regain physical vitality and mental balance.

Embark on an imaginary **journey around the world** with your **Ashoka therapist**.

Lomi Lomi Nui — a massage once given in ancient Hawaiian temples

A full-body massage that is about much more than just caressing. Your body will be kneaded, rubbed, pressed, extended, stretched, and then blissfully massaged again to release old tensions and blockages.

60 minutes *€ 114*

Balinese massage

This traditional massage from Bali is a must for anyone seeking special relaxation. The gentle, long strokes using coconut oil combined with acupressure and a head massage allow you to escape from everyday life.

60 minutes *€ 114 euros*

Shiatsu

Japanese finger pressure massage with the aim of bringing the body's vital energy to its optimal effect. Healthy doses of pressure are applied with the thumbs and palms to positively influence your nervous system.

60 minutes *€ 114*

100 minutes *€ 190*

Hot stone massage

A soothing massage using warm oils and warm lava stones. This stimulation invigorates body and mind.

50 minutes	*€ 95*

Aromatherapy oil massages

Here, we use essential oils that are specially picked out for you to bring you deep relaxation and harmony.

25 minutes	*€ 48*
50 minutes	*€ 95*

Tuina massage

This massage is a component of traditional Chinese medicine (TCM). Acupuncture points and meridians are stimulated using a TCM method, and the flow of your Qi (vital energy) is harmonised according to the principle of Yin and Yang. This massage reduces pain in the region of the back and neck, as well as joint and muscle pain.

60 minutes	*€ 114*

Traditional massage

Especially for golfers, using a special aloe vera balm.

25 minutes	*€ 48*
50 minutes	*€ 95*

Foot reflex zone massage

Regenerating impulses are activated by a pressure point massage to stimulate the body's powers of self-healing.

50 minutes	*€ 95*

Lymphatic drainage

25 minutes	*€ 48*
50 minutes	*€ 95*

Pregnancy massage

Enjoy this gentle massage. From the very first moment, you will be accompanied by a feeling of peace and total relaxation. Slow strokes combine with your breathing; a space of stillness opens up, and of arrival in this wonderful phase of the emergence of new life.

25 minutes	*€ 48*
50 minutes	*€ 95*

Recommended packages

The Ashoka Spa concept gives you space to recharge your sense of peace, vitality, beauty and strength. Our experts have put together some special packages for you. Of course, you can also bundle together your very own package. Be inspired by our customised offering and decide for yourself — we would be happy to advise you.

Detox — natural removal of toxins from your body

- Cupping — upper arms, thighs, back — to strengthen the connective tissue
- Honey massage — for detoxification
- Peel in a warming bed — to stimulate the energy metabolism
- Final treatment

Package price:

120 minutes *€ 228*

Relaxed and cared for: “Love your age” by Pharmos Natur/Green Luxury

- Intensive facial treatment — for smoothing wrinkles and regeneration. Gives skin a new glow and radiance.
- Full-body massage — for regeneration and toning

Package price:

110 minutes *€ 190*

Smooth miracle

- Manual face lift — with hyaluronic acid mask
- Full-body peel
- Aromatherapy full-body massage

Package price:

140 minutes *€ 229*

Loving

- Abhyanga — full-body oil massage
- Foot reflexology massage

Package price:

110 min *€ 190*

"De luxe" well-being for men — Pharmos Natur/ Green Luxury

- Vital facial treatment
- Spa manicure
- Spa pedicure
- Classic full-body massage

Package price:

230 minutes *€ 390*

Custom package

Put together your own personal treatment package for 2 to 5 days from our menu. The package can include one 60- and one 45-minute treatment, as well as daily personal yoga or qigong training.

Price from 2 days: *€ 504*

Personal therapies and offers

We believe that real well-being goes beyond a great massage. With us, you decide whether you want to revive, maintain, relax or recharge your batteries. Our Ashoka experts offer tailor-made offers to suit your needs and sensitivities.

Each being in creation **is unique** — choose the right offer for you.

Personal yoga training

The form of yoga we practise is Hatha yoga. In personal training with your yoga teacher, you practise various yoga poses (asanas) and breathing techniques (pranayama), which are tailored to your personal sensitivities. Through these exercises, you improve your flexibility and posture, relieve tension, and promote your concentration.

Private lesson

60 min. € 95

Personal qigong training

Qigong is traditionally practised for relaxation and prevention. Qigong exercises train concentration and memory, improve self-awareness, promote one's sense of balance as well as flexibility, and lead to better awareness of the body, tailored to your personal sensitivities.

Private lesson

60 min. € 95

Ayurvedic nutritional consultation

With a combination of Eastern and Western healing systems, you can sustainably reduce your weight. Our Indian Ayurveda doctors determine your constitution and we work with you to develop a health plan that focuses on the digestive balance and metabolic transformation and gives you practical tools.

60 minutes € 120

Acupuncture

This treatment is a component of TCM and serves to harmonise your vital energy. This is achieved with acupuncture needles that are placed in a targeted manner on the appropriate points. The benefit: pain reduction. Helpful for headaches, migraines, digestive issues, stress and anxiety.

60 minutes € 114

Ashoka Spa etiquette

Opening hours

Monday — Sunday
9am — 8pm

Before treatment

We recommend that guests arrive 30 to 40 minutes before their treatment to relax in our heated indoor pool. We recommend using the sauna and steam bath before each treatment to prepare the body and enhance the benefits of the overall experience. If you would like to come directly to your spa experience, we kindly ask that you arrive 15 minutes before your appointment to fill out a health consultation form.

Arrival

Please note that, in order to accommodate the reservations of other guests, we cannot extend your treatment in case of late arrival.

Cancellations

Please let us know 24 hours in advance in order to avoid a 100% cancellation fee.

Use of the spa facilities

Out of consideration for other guests, smoking of any kind, including electronic devices, and the use of mobile phones are not permitted in the spa. We ask all guests to please be aware of the volume of their voices inside the spa building.

Prices valid from: 1. 9. 2019

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