

Energy work

Make the most of your holiday and reconnect with your origin and your strength. With an individual, holistic program tailored to your needs, we will find and release your blockages. It is not always easy to find the right way on your own – our team of therapists will help you do so by drawing from ancient and traditional teachings.

Chakra Healing

60 minutes 94 Euro

If you carry a heart pacemaker or other electronic implant, unfortunately you can't have this treatment!

The Classics

Classic massage

25 minutes 39 Euro  
50 minutes 77 Euro

Foot reflex zone massage

25 minutes 39 Euro  
50 minutes 77 Euro

Lymphatic drainage

Partial Body – 25 minutes 39 Euro  
Full Body – 50 minutes 77 Euro

Physiotherapy (upon request)

30 minutes 45 Euro  
60 minutes 83 Euro

Sports Massage

Mobilizing and revitalizing full-body massage with special herbal oil designed to relax muscles and promote recovery.

25 minutes 44 Euro  
50 minutes 83 Euro

Prenatal Massage

During pregnancy, the body needs double the energy to support both itself and the baby. Our therapists are specially trained for gentle care of your body.

25 minutes 39 Euro  
50 minutes 77 Euro

Spa – Body treatments

Cleansing, nurturing, and pampering with the luxury offered by Mother Nature.

Sesame & honey body scrub

A nourishing body scrub with sesame and honey. Sesame helps to reduce age spots and dehydration of the skin. Essential oils allow nutrients to better penetrate the skin.

30 minutes 46 Euro

Body Treatment “Love your age” – Pharmos Natur/Green Luxury

Rejuvenation, firming, 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 combination with a preceding full body peeling.

30 minutes 47 Euro

Spa rituals

Detox: Natural removal of toxins from your body

- Cupping: to strengthen your body's connective tissues
- Honey massage: to remove toxins
- Himalayan salt peeling to stimulate metabolism
- Final care

120 minutes 168 Euro

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

- Intensive facial treatment - for wrinkle smoothing and regeneration. Gives the skin new luminosity and radiance
- Full body massage - for regeneration and tightening

Package price: 110 minutes 154 Euro

DAY SPA - Ayurveda

A feel-good day in our Ashoka SPA incl. the wonderful panorama saunas.

- Welcome fruit cocktail
- Ayurvedic herbal peeling
- Shiroabhyanga – Ayurvedic Head-neck-shoulder massage
- Abhyanga – Ayurvedic Full body massage

Price: 170 Euro

Signature treatments for the five elements

Air and space

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

Fire

- Flower foot bath for the senses
- Body peeling in the steam sauna
- Vitalising full body massage with the ethereal ginger or cardamom oil

Water

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

Earth

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

77 minutes per element 98 Euro each



Ashoka Spa –  
Inspired by nature and  
its five elements

**Holistic rest & relaxation in harmony with nature and its five elements. We have combined different massage techniques, 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 your soul in flight, and the earth to give you a solid firmament, come to Madeira to enjoy our comprehensive treatment programme for the wellness of your body and soul.

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

We look forward to meeting you!  
Your Ashoka Spa team

**Spa Hours:**  
Monday to Friday from 9 am to 8 pm  
Saturday & Sunday from 10 am to 8 pm

The spa reception is open until 7 pm.

**Treatment Hours:**  
9 am to 6 pm (Starting time)

**Information and Bookings:**  
Telephone: 00391 291 930 942  
Internal: 5532



Ashoka Spa  
at Hotel  
Galo Resort

**Information and Prices**  
as of 11/2023

Ashoka Spa

Madeira/Portugal  
info@ashoka-ayurveda.com  
www.ashoka-ayurveda.com

Natural care – only the best and purest for you

It is our special concern to respond to your needs and your wishes in a targeted manner. With the products of “Pharmos Natur” you experience the unique, regenerative effect of selected and adaptogenic healing and rejuvenating plants. Their rich active ingredients, their intensive light energy and their high vibration are contained in valuable care products - with pure aloe vera instead of water, without alcohol, without classic preservatives.

Your skin completely absorbs the moisturizing gel. The many active ingredients nourish your cells, repair and regenerate. Now the aging process can slow down significantly. Radiant, wonderful skin. Freshness and vitality. Pure feeling of well-being in your whole being!

Beauty Treatments

Face, neck and décolleté treatment	
60 minutes	93 Euro
Face, neck and décolleté treatment, Foot compresses, shoulder, neck and arm massage	
90 minutes	139 Euro
Vital facial treatment with Pharmos Natur Men	
peeling, cleansing, facial massage, final treatment	
45 minutes	69 Euro



Complementary beauty treatments

Luxurious spa manicure

This relaxing treatment includes nail shaping, nail soak, cuticle treatment, exfoliation massage with luxurious peeling and nourishing hand mask.	
60 minutes	65 Euro
including high-quality nail polish:	
80 minutes	75 Euro

Luxurious spa pedicure

This luxurious treatment includes a relaxing foot bath for tired feet, nail shaping, cuticle treatment, exfoliation massage with a luxurious Ayurvedic scrub and nourishing foot mask.	
60 minutes	65 Euro
including high-quality nail polish:	
80 minutes	75 Euro
Eyelash tinting	
Eyebrow correction	
Eyebrow dyeing	
20 Euro	20 Euro
20 Euro	20 Euro

Ayurvedic treatments

Ayurvedic treatments help to build up your constitution and restore your natural and healthy balance.

Abhyanga: Ayurvedic full-body massage

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

60 minutes	93 Euro
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Abhyanga as four-hand massage

Double the number of hands, double relaxation. The soothing massage includes two therapists who massage your body in sync to relax your body, mind, and soul.

60 minutes	160 Euro
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Trimurti: Ayurvedic full-body pressure-point massage

An Ayurvedic deep-tissue massage designed to draw toxins from your body while helping you to achieve deep relaxation.

60 minutes	93 Euro
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Panahasveda: Ayurvedic back massage

Used for muscle relaxation and recovery, to relieve back pain and tension.

60 minutes	93 Euro
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Shiroabhyanga: Ayurvedic head, neck, and shoulder massage

A special massage with warm oil to relieve acute and chronic pain and tension. Improves blood circulation in the head and eliminates fatigue.

45 minutes	69 Euro
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Mukabhyanga: 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	69 Euro
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Padabhyanga: Ayurvedic foot massage

This deeply relaxing foot and leg massage uses special Ayurvedic oils to regenerate, relax, and harmonise the whole body.

45 minutes	69 Euro
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Udvartana: Ayurvedic herbal peel/massage

Ayurvedic herbs are finely ground and mixed with precious oils for this exfoliating massage to give your skin a silky-smooth radiance.

60 minutes	93 Euro
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Complementary treatments

Lomi Lomi Nui: massage once given in ancient Hawaiian temples

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

60 minutes	93 Euro
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Hot stone massage

A truly relaxing treatment where warmed lava is submerged in oil and massaged deep into the muscles.

25 minutes	39 Euro
50 minutes	77 Euro

Shiatsu

Japanese finger pressure massage designed to optimise the vital energy in your body. Specific pressure is applied to the meridians with the thumbs and palms to help restore the balance of your nervous system.

60 minutes	99 Euro
100 minutes	165 Euro

Thai Massage

This traditional massage consists of passive stretched positions taken from yoga, stretching movements, joint mobilizations and pressure point massages. The Tai massage takes place clothed on a floor mat. It is characterized by its dynamic and powerful aspect.

100 minutes	165 Euro
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Kalari massage

This massage releases blockages and tension patterns 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, posture, flexibility, and vitality.

60 minutes	99 Euro
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Aromatherapy massage

Aromatherapy is a unique body massage in which pure essential oils from plant extracts are used to help relieve physical and mental tension, and specifically relieve certain discomforts.

25 minutes	42 Euro
50 minutes	80 Euro

