

# SPA ANAHATA RETREATS

---





Anahata is a place of healing based on Ayurvedic medicine (mind, body and spirit) located in a nature reserve in the beautiful mountains of the Colombian coffee landscape.

Here you can stay in luxury cabins with spectacular views of the reserve and the river's canyon, eat healthy food, enjoy specialized Ayurvedic massages, yoga, meditation and wellness for your body.



# Abhyanga

Abhyanga is an Ayurvedic massage that involves the application of warm herbal oils on the body. The massage is performed by trained therapists who use long, flowing strokes and circular motions to stimulate the energy points in the body. The massage is designed to help detoxify the body, reduce stress and anxiety, improve circulation, nourish the skin, and promote a sense of well-being.

Duration : 60 minutes	\$45 USD
90 minutes	\$70 USD
120 minutes	\$90 USD



# Shirodhara

Shirodhara is an Ayurvedic therapy that involves pouring warm oil or other liquids onto the forehead in a continuous stream. The word "shiro" means head, and "dhara" means flow, so the therapy involves a continuous flow of warm liquid on the forehead. The therapy is designed to calm the mind and body, promote relaxation, and reduce stress and anxiety. It is believed to improve sleep quality, and enhance overall wellbeing.

Duration 60 minutes

\$80 USD





# Udwarthama

Udwarthana is an Ayurvedic therapy that involves a specialized dry powder massage using a combination of herbs and grains. The word "udwarthana" means to elevate or uplift in Sanskrit. The therapy is designed to stimulate circulation, exfoliate the skin, and promote lymphatic drainage. The massage is done using vigorous, upward strokes and circular movements, which helps to break down fatty deposits and cellulite.

Duration 45 minutes

\$45 USD

ori



## Sachets

This Massage is a type of aromatherapy massage that involves the use of heated sachets filled with aromatic herbs and spices. The massage is designed to release tension and stress, promote relaxation, and improve overall well-being. The sachets are carefully chosen for their therapeutic properties and are heated before being used to massage various parts of the body.

Duration 60 minutes	\$45 USD
90 minutes	\$70 USD
120 minutes	\$90,00 US



## Turkish Bath in Hammam

Turkish bath, is a traditional Middle Eastern bathing ritual that involves a combination of steam, scrubbing, and massage. The bath takes place in a marble-lined room filled with steam. The bather is then scrubbed with a rough mitt made of camel hair, which helps to exfoliate the skin and remove dead cells. The ritual is designed to cleanse the body, improve circulation, and promote relaxation. It is a luxurious and relaxing spa experience that should not be missed.

Duration 30 minutes

Precio: \$45 USD



## **Exfoliation and bath in a wooden tub**

exfoliating the body with herbal ingredients, followed by a relaxing soak in a wooden tub that has been around for more than 50 years. The exfoliation process uses natural ingredients such as herbs and salts to gently remove dead skin cells and unclog pores, leaving the skin feeling soft and smooth. The wooden tub, steeped in history and character, is the perfect place to unwind and enjoy the therapeutic benefits of warm water. This treatment not only rejuvenates the body but also provides a unique and memorable experience that transports you to another time and place.

Duration 60 minutes

\$45 USD





# Foot massage

Foot massage is a type of therapeutic touch that focuses on the feet and lower legs. It involves applying pressure to specific points on the feet using hands, fingers, and other specialized tools. This massage technique is based on the principles of reflexology, which suggests that certain points on the feet are connected to specific organs and parts of the body. By stimulating these points through massage, foot massage can help to alleviate tension and pain in other parts of the body, promote relaxation, and improve overall wellbeing

Duration 30 minutes

\$25 USD



# Cranial massage

Cranial massage is a therapeutic technique that involves applying gentle pressure and manipulation to the scalp and cranial bones (the bones of the skull) in order to relieve tension, improve blood flow, and promote relaxation.

During a cranial massage, a therapist may use their fingertips, palms, or knuckles to apply pressure to specific points on the scalp, face, and neck. They may also use slow, rhythmic movements to manipulate the cranial bones, which can help to release any restrictions or tension in the skull and surrounding tissues.

Duration 30 minutes

\$25 USD



# Facial massage

Facial massage is a therapeutic technique that involves the manipulation of the soft tissues of the face, including the muscles, skin, and connective tissues, to improve circulation, promote relaxation, and enhance the appearance of the skin.

During a facial massage, a therapist may use a variety of techniques, such as gentle stroking, kneading, and pressure point stimulation, to release tension in the facial muscles and promote blood flow to the area. This can help to reduce puffiness, improve skin tone and texture, and reduce the appearance of fine lines and wrinkles.

Duration 30 minutes

\$25 USD



# Kati Vasthi

Kati Vasti is an Ayurvedic therapy that involves the application of warm medicated oil to the lower back, is often used to alleviate lower back pain, sciatica, and other conditions related to the lumbar spine. The warm oil and herbal ingredients used in the therapy help to improve circulation, reduce inflammation, and nourish the muscles and connective tissues of the lower back. Kati Vasti is also believed to have a calming effect on the nervous system, which can help to reduce stress and promote relaxation.

Duration 30 minutes

\$25 USD





## UroVasthi

Urovasthi is an Ayurvedic therapy that involves the application of warm medicated oil to the chest region, specifically the area around the heart. The warm oil and herbal ingredients used in the therapy help to soothe and nourish the tissues of the chest, improve circulation, and promote respiratory health. Urovasthi is also believed to have a calming effect on the nervous system, which can help to reduce stress and promote relaxation.

Duration 30 minutes

\$25 USD



## **Binural beats Therapy**

Binaural beats provide many of the same benefits as meditation: lower stress, increase focus, aid with sleep and relaxation, boost mood, assist with pain management, and foster creativity. We use a creativity frequency to help you visualize your goals and express the sentiment of gratitude to help your goals come into fruition faster, at the same time you will be delighted with various essential oil scents and aromas to help keep your mind on your goals

Duration 25 minutes

\$25 USD

[www.anahata.com.co](http://www.anahata.com.co)



**anahata**<sup>®</sup>  
— RETREATS —

Reserve massages: +57 310 794 5230