

Ayurveda Beauty Therapies



Herbal Facial

30 min | €50

Mukhalepam. A nourishing Ayurvedic facial therapy using a herbal pack made from potent natural ingredients to cleanse, detoxify and rejuvenate the skin. This ancient skincare ritual helps reduce pigmentation, improve skin texture and restore a natural glow while promoting deep relaxation.

Choose one of the packs: Skin Nourishing, Pigmentation, Sandalwood or Skin Brightening.



Body Wrap with Massage

45 min | €70

This therapy uses Ayurvedic clay, herbal ingredients and medicated oils to detoxify, nourish and tone the skin while promoting deep relaxation. The wrap allows the natural ingredients to penetrate deeply, supporting circulation and revitalising the body. Feel refreshed, relaxed and glowing with Ayurvedic wellness.

Ayurvedic clay mud wrap with herbal ingredients.



Navara Rice Body Wrap

45 min | €80

A deeply nourishing therapy using medicated rice and herbal infusions to hydrate the skin and support full body rejuvenation. Advanced booking needed.



Body Scrub with Massage

45 min | €70

This therapy is designed to exfoliate, detoxify and nourish your skin using Ayurvedic herbal oils and Himalayan salt. Our body scrub removes dead skin cells, enhances circulation and promotes a radiant, smooth complexion.

Herbal oils with Himalayan salt.

Spa

	1 Day	3 Days	6 Days
Single	€10	€25	€50
Couple	€20	€45	€80



siddha
ayur spa

Relax, Revive, Rejuvenate



Location:

MGM Muthu Hotels
4th Floor, Grand Muthu Oura View
Beach Club,
Rua Ramalho Ortigão,
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Algarve Ayurveda Spa



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5 Star Rated



10%
OFF

Selected Rejuvenation &
Siddha Express Rituals



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Relax, Revive, Rejuvenate

Ayurveda Massage & Spa

Rejuvenating & Detox Therapies



Ayurvedic Full Body Relaxation & Lymphatic Drainage Massage Therapy

Abhyangam 45 min | €90

A rejuvenating Ayurvedic full-body oil massage that enhances circulation, supports detoxification and promotes overall wellbeing. Often referred to as an anti-aging therapy, Abhyangam helps improve physical wellbeing, sleep patterns and vitality. It helps delay wrinkling and rejuvenate prematurely aged tissues.

10% OFF



Stress Relief / Sleep Therapy

Shirodhara 45 min | €100

The ultimate stress relief therapy. Experience deep relaxation with Shirodhara, an ancient Ayurvedic treatment where a continuous flow of warm herbal oil is gently poured over the forehead. This soothing therapy calms the nervous system, relieves stress, enhances mental clarity and promotes deep relaxation.



Combo Offer: Sarvanga Abhyangam (Full Body Relaxation) + Stress Relief

Abhyangam + Shirodhara 90 min | €150

A deeply relaxing combination of Abhyangam and Shirodhara with steam bath. This is an ideal choice for relaxation, as the two therapies complement each other beautifully and help relax body and mind.



Head, Neck, Shoulder and Back Massage Therapy

Stanika Abhyangam

45 min | €90

A variation of traditional Abhyangam with herbal oil massage performed while seated. It is particularly beneficial for those who cannot lie down due to medical conditions, or for those who prefer focused therapy on the head, neck, shoulders and back.

10% OFF



Energy Balance Massage Therapy

Marma Abhyangam 45 min | €90

Ayurvedic oil massage that stimulates vital energy points known as Marma points. Gentle pressure on these points supports body and mind, helps improve clarity, release tension, support lymph drainage, relax muscles and encourage better sleep quality.

10% OFF



Ayurvedic Pain Relief / Hot Herbal Poultice Massage Therapy

Kizhi

45 min | €90

Kizhi uses warm herbal poultices to press and rub the body in specific patterns. The therapy begins with a dosha-specific massage and then uses heated herbal poultices to support relaxation, ease muscle pain and stiffness, and support overall comfort. for rheumatism, arthritis and sports-related aches.

10% OFF



Deep Tissue & Fat Burning Therapies



Ayurvedic Deep Tissue / Sport Massage Therapy

45 min | €90

Aveksha

A combination of herbal oil massage techniques and joint movements to optimise muscle and soft tissue massage, helping with muscle relaxation, injury prevention, recovery and performance support.

10% OFF



Ayurvedic Body Toning / Fat Burning Massage Therapy

45 min | €90

Udwarthanam

In this popular Ayurvedic therapy, dry powders or herbal pastes are used for deep tissue massage below the neck. It helps revitalise and exfoliate the skin, support body toning, aid cellulite reduction and support healthy lymphatic circulation.

10% OFF



Siddha Express Rituals



Head & Shoulder Massage Therapy

30 min | €60

Shirobasti

A focused Ayurvedic head, neck and shoulder massage using warm herbal oil to calm the mind, release tension, soothe tired muscles and encourage deep relaxation.

10% OFF



Back Massage Therapy

30 min | €60

Kati Basti

A focused Ayurvedic therapy designed to help relieve lower back discomfort, stiffness and spinal fatigue. Warm medicated oil is applied to soothe muscles, nerves and joints.

10% OFF



Knee to Foot Massage / Ayurveda Reflexology Massage Therapy

30 min | €60

Janu Basti

A traditional Ayurvedic therapy for the knees, lower legs and feet using warm herbal medicated oil to support relief from pain, stiffness and tiredness.

10% OFF

Mother Care with Ayurvedic Massage



Mum-to-Be Massage Therapy

45 min | €80

A gentle, nurturing massage designed to support relaxation and comfort during pregnancy.



Postpartum Massage Therapy

45 min | €80

A restorative therapy to help the body recover, rebalance and regain strength after childbirth.



Children's Massage Therapy (5-15 years)

30 min | €50

A soft, calming massage using gentle techniques to support relaxation and overall wellbeing.

