

# Ayurvedic Beauty Bliss

## Herbal Facial (Mukhalepam)

A nourishing Ayurvedic facial that cleanses, detoxifies, and restores a natural glow while improving skin texture.

30 min – €50

## Ayurvedic Body Scrub

A revitalising treatment designed to exfoliate, detoxify, and nourish the skin using natural Ayurvedic ingredients. Leaves skin smooth and radiant.

45 min – €70

## Navara Rice Rejuvenation Body Wrap

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

45 min – €80 (advance booking)

## Spa Access Jacuzzi | Steam | Sauna

| PACKAGE  | 1 DAY VISIT | 3 DAY VISIT | 6 DAY VISIT |
|----------|-------------|-------------|-------------|
| 1 PERSON | €10         | €25         | €50         |
| 2 PERSON | €20         | €45         | €80         |

\* One visit per day / \*Uma visita por dia



## Location

MGM Muthu Hotels  
4th Floor, Grand Muthu Oura View  
Beach Club,  
Rua Ramalho Ortigão,  
8200-604 Albufeira.



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## Reach us on WhatsApp

The easiest way to contact us if  
phone signal is limited



10% OFF  
selected  
therapies  
this summer

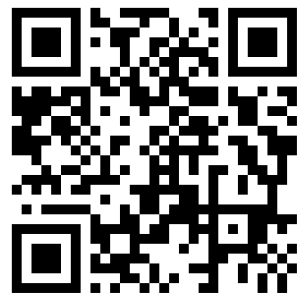


# Ayurvedic Summer Therapies

Relax. Revive. Rejuvenate

Cooling, calming and deeply restorative care  
inspired by Ayurveda.

www.siddhaayurspa.com



# Beat the Heat with Ayurvedic Therapies

## Ayurvedic Cooling Full Body Relaxation Massage

A gentle full body massage to cool, calm, and refresh the body while nourishing the skin. Leaving your body and mind feeling cool and relaxed during Summer.

45 min - Single €80 | Couple €150

## Ayurvedic Himalayan Cold Stone Massage

Cooling stones combined with herbal oils to reduce heat, soothe muscles, and relax the body.

45 min - Single €80 | Couple €150

## Ayurvedic Body Soothing Wrap

Cooling clay and herbal wrap to draw out heat and impurities.

45 min – €70

## Ayurvedic Cooling Champi Head Massage

A soothing head, neck, and shoulder massage using cooling herbal oils to calm the mind, release tension, and refresh the senses.

30 min – €50

## Ayurvedic Cooling Foot Massage (Padabhyanga)

A deeply relaxing foot massage designed to calm the nervous system, reduce body heat, and support better sleep and overall balance.

30 min – €50

## Ayurvedic Sun Burn Healing Therapy

A gentle cooling treatment to soothe irritated skin, reduce redness, and support natural healing after sun exposure.

20 min – €30

## Ayurvedic Jetlag Massage

A focused back massage using warm oils to ease tension, relieve stiffness, and help the body recover from travel fatigue.

30 min – €50

# Rejuvenation, Detox & Pain Relief Therapies

## Ayurvedic Full Body Relaxation & Lymphatic Drainage (Abhyangam)

A traditional full body massage using warm herbal oils to support circulation, encourage lymphatic flow, and leave the body feeling lighter, balanced, and deeply relaxed.

45 min – €90 (10% off)

## Stress Relief / Sleep Therapy (Shirodhara)

A deeply calming treatment where warm herbal oil is gently poured over the forehead to quiet the mind and support better sleep.

45 min – €100

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

€150

## Head, Neck & Shoulder Massage (Stanika Abhyangam)

A tension-relieving massage focused on the upper body to ease stiffness, improve circulation, and promote relaxation.

45 min – €90 (10% off)

## Ayurvedic Pain Relief / Hot Herbal Poultice (Kizhi)

A warming therapy using herbal compresses to ease muscle tension, reduce discomfort, and support recovery. Similar to hot stone massages.

45 min – €90 (10% off)

## Ayurvedic Deep Tissue / Sport Massage (Aveksha)

A stronger massage designed to release deep muscle tension, improve flexibility, and support active bodies.

45 min – €90 (10% off)

## Ayurvedic Body Toning / Fat Burning Massage (Udvarthanam)

An invigorating treatment that stimulates circulation and supports body toning using traditional herbal techniques.

45 min – €90 (10% off)

## Energy Balance Massage (Marma Abhyangam)

Ayurvedic oil massage that stimulates 107 vital energy points. It relieves pressure, promotes lymphatic drainage, relaxes muscles, clears physical and mental blockages, and improves sleep quality.

45 min – €90 (10% off)

# Quick Fix Ayurvedic Therapies

## Head Massage (Shiro Basti)

A focused head and shoulder treatment using warm herbal oils to calm the mind, ease tension, and promote deep relaxation.

30 min – €50

## Back Massage (Kati Basti)

A targeted lower back therapy using warm herbal oils to relieve stiffness, reduce discomfort, and support mobility.

30 min – €50

## Knee to Foot Massage/Ayurveda Reflexology (Janu Basti)

A soothing treatment for legs and joints that helps reduce tension, improve circulation, and ease tired muscles.

30 min – €50

# Mother Care with Ayurvedic Massage

## Mum-to-be Massage

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

45 min – €80

## Postpartum Massage

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

45 min – €80

## Children’s Massage (5–15 years)

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

30 min – €50

