

AYURVEDIC

Therapy

SERVICES FOR YOUR

HEALTH • BEAUTY • WELL-BEING



TEMPLO DO SER
Technology & Reconnection

Abhyanga Massage

Indian massage, made with medicated and heated vegetable oil, over the entire body. It is an extremely calming technique for the central nervous system, which nourishes joints, offers relaxation in the physical, emotional and mental body, in addition to being a body rejuvenating therapy.

The therapy ends with the application of Reiki and sauna.

Duration: Approximately 2h R\$ 305

(Massage: 1h10 - Sauna: 10min - 20min)





Udwartana

Massage that uses powdered herbs, along with oil. Indicated for imbalances such as obesity, localized fat, fluid retention, lethargy, edema, sticky skin and cellulite.

Stimulates adipose tissue and local circulation, moving stagnant energy.

The therapy ends with the application of Reiki and sauna.

Duration: Approximately 2h R\$ 305

(Massage: 1h10 - Sauna: 10min - 20min)



energization



Mukha Abhyanga Facial Treatment + Face Massage

Head massage with oil applied to the main Marmas points. With the application of lepas, or masks made with plants, fruits and medicinal herbs with the purpose of cleansing, exfoliating and hydrating the skin.

Rejuvenates the skin, smoothes expression marks and eliminates toxins from the face.

The therapy ends with the application of Reiki.

Duration: 1h R\$250



rejuvenation



Pada Abhyanga: Foot Bath + Massage

Foot bath with herbs and essential oils. Foot, hand and head massage with heated and medicated oil.

Stimulates the Marmas and reflex points on the feet. Benefits all body systems. Recommended for foot pain, muscle pain and stiffness, relaxation and balance.

The therapy ends with the application of Reiki. Relaxing or energizing herbal blend option.

Duration: 40 min R\$167





Therapy: External Bastis - Hridi Basti

It is the stimulation of the heart through a technique that uses heat in the center of the chest to calm emotions and work the circulatory system. Filling our emptiness with what we lack most: ourselves, bringing more patience and resilience.

Indicated for:

- Pain in the sternum and chest region
- Heart problems
- General Vyana Vayu Problems
- Lubrication of the lungs and heart, vitality, strength, immunity, affectivity and the heart chakra.

The therapy ends with the application of Reiki.

Duration: 1h R\$220



cure



Therapy: External Bastis - Udara Basti

It is a therapy that consists of applying a small pool of warm oil to the abdominal area, stimulating the Marma Basti.

Recommended to treat:

All problems linked to Apana Vayu and marma basti such as:

- Premenstrual tension, mainly of the Vata type, changes in menstrual flow (reduction, colic and amenorrhea), pelvic pain, abdominal pain, cramps and intestinal gas.

The therapy ends with the application of Reiki.

Duration: 1h R\$220





Therapy: External Bastis - Kati Basti

Kati Basti is a therapy that involves applying a small pool of warm oil (snehana) to the lower back and sacrum.

Recommended to treat:

- Pain in the lower back, bones, skeletal system, lubrication, relieves and balances Vata.
- Circulatory system, menstrual system, lymphatic and urinary system, ojas, Apana Vayu and Svadhithana chakra.

The therapy ends with the application of Reiki.

Duration: 1h R\$220



Shirodhara Therapy

Continuous flow of a medicated liquid over the head, in the Ajna Chakra region.

This constant flow produces circular waves that will calm the brain, producing deep relaxation, inducing meditation.

Working to prevent and combat various disorders and imbalances and promoting beauty and rejuvenation. An Abhyanga Massage is performed before Shirodhara.

The therapy ends with the application of Reiki.

Duration: 2h R\$520





relaxation

Garshana Teraphy

It is a detox massage with Ayurvedic exfoliation, made with coarse salt, camphor, fresh herbs: rosemary, mint, basil and vegetable oils.

Promotes cleansing and energetic activation, Refreshes and stimulates the skin and lymphatic system, Stimulates the circulation of adipose tissue metabolism, Mainly Kapha disorders.

Ex: obesity, cellulite, increasing blood circulation and the release of accumulated toxins.

Duration: 1h R\$270



 **Ayurvedic Session**

The Ayurvedic Session is indicated for all people who are looking for a healthier lifestyle, more energy in their daily lives and who want to have more autonomy to take care of their diet, routine and health.

Schedule your session and learn how to better care for your body and mind with simple, healthy and natural changes.

How it is made:

The Ayurvedic session is comprehensive, treating the patient in an integrated way, evaluating physical, mental, emotional and energetic aspects. Through deep and attentive listening, an analysis of the patient's routine is carried out, observing primary and secondary complaints, as well as existing illnesses.

By evaluating the constitution of the predominant doshas, it is possible to detect imbalances, capable of generating diseases.

Through the diary of the patient's routines, habits and customs, it is possible to offer a personalized and effective treatment proposal.

Duration: 1h30 - R\$450

The following aspects are observed:

- Physical constitution
- Dosha imbalance
- Mind
- Age
- Lifestyle (habits)
- Physical strength
- Diet
- Dathus (fabrics)
- Ojas (immunity)
- Elimination of toxins
- Family and professional situation

After analyzing the routine, we identify the cause and treatment begins.

The treatment is holistic and involves

Dinacharya

Daily routine oriented according to the current state and its constitution.

Dietary Adjustments

Guidance on medicinal herbs, herbal medicines, spices and teas.

Phytotherapeutics

If necessary, detoxification and de-inflammation program.

Detox

Meditations, physical activities, spiritual connection, self-knowledge and self-care.

Complementary therapies

Guidance on practices like: body therapies, massage, aromatherapy, mantra therapy.





Therapeutic session

- Sending a preliminary questionnaire
- In-person or online meeting, lasting 1h30
- After 5 days, a PDF with recommendations and a face-to-face or online conversation will be sent.
- Return up to 30 days.

Duration: 1h30 R\$405



Package of 4 therapeutic sessions

- Sending a preliminary questionnaire
- In-person or online meeting, lasting 1h30, After 5 days, sending the PDF with the recommendations and a face-to-face or online conversation
- Then we will have 3 more meetings, every 15 days, which may vary according to the treatment proposed for each patient.

Duration: 1h30 R\$ 1,005.00



Thinking, Feeling and Wanting Combo

Therapies: Abhyanga + Shirodhara e Hiridi Basti

A combo of therapies aimed at balancing thoughts, emotions and attitudes. The mind works with perceptions, concepts, arguments and ideas; the heart vibrates through emotions, experiences, mood and values; hands and limbs connect with wills, intentions, motivations, energy and actions.

Shirodhara

Continuous flow of a medicated liquid over the head, in the Ajna Chakra region. This constant flow produces circular waves that will calm the brain, producing deep relaxation, inducing meditation. An Abhyanga Massage is performed before Shirodhara.

Abhyanga

It has the ability to nourish our tissues, improving our blood circulation, strengthening our immune system, making us stronger to act more assertively.

Duration 2h

Hridi Basti

It will act on our heart, calming the emotional system, filling our emptiness with what we lack most: ourselves!

Duration 1h

Combo duration: 3h R\$ 690



HALE OLA

Casa da Vida

Dedicated for you to relax in exclusive spaces with Holistic Therapies, Hale Ola Casa da Vida is ideal for spiritual cleansing and energetic renewal.

The space is a guide for a journey of self-knowledge and each aspect helps in the reconnection with the Earth, the Universe and the Divine.

Our therapists are highly qualified to take care of your process with responsibility and love. That is our mission.

All used products are vegan and we have a line of exclusive oils, as well as unique procedures that you will only find here.

The Templo Do Ser is a sacred, non-profit place that aims to connect people with nature and their divinity.

All revenues are fully reapplied to maintenance of the space. The only result we seek is the transformation of those who participate in our retreats and experiences.



+55 12 3894-1296

+55 12 9 9736-3846

info@templodoser.org

templodoser.ilhabela

www.templodoser.org