

Now available at The Midleton Park Hotel Wellness Centre
Ayurvedic Therapies



A new addition to the extensive Wellness Centre offerings (located on the 1st floor) are traditional Ayurvedic Therapies.

Ayurveda is an ancient holistic medical system for de-stressing and rejuvenating your mind and body, balancing your energies and generally enhancing your health and beauty. It is also successfully used for various health issues, pain relief like back, muscular aches, weight loss and stress - through the healing and complementary therapies.

We have a qualified Ayurvedic doctor and trained Therapists from south India, where Ayurveda originated five thousand years ago. You can avail of the facilities and enjoy an authentic and all-natural holistic opportunity to gain greater health of mind, body and soul.

Personal consultation with our Ayurvedic doctor-30 minutes €40

A complete personal evaluation by various diagnostic methods of pulse, study of physical and emotional characteristics to determine the constitution and imbalance with respect to any health issues. The relevant treatment programme, dietary advice, nutrition, self-care guidelines are tailored for your needs.

Marma Abhyanga - 55minutes - €60

Massage emphasising on pressure points (marma) to invigorate the body, to tone and relieve general muscular aches and stimulate the circulation. An energising, yet relaxing all-round therapy.

Indian head with back or foot massage-55 minutes-€60

Relaxes mind, regulates sleep, helps with sinus, head ache, pain in neck and shoulders

Kalri Abhynage - 55 minutes - €65

Features long, strong strokes with work on vital points to energise the body and mind, and release the stress. It is based on ancient martial arts of Kerala called Kalari, this is a traditional stretching massage.

Sukha Abhyanga - 55 minutes - €60

Massage with lighter, soothing pressure suitable for those who are pregnant, the elderly and those with skin sensitivity, to de-stress the mind, aid restful sleep, nourish the skin and enhance complete relaxation.

Udvertana Body Exfoliation 55 minutes €80

Detoxing, anti-cellulite, weight controlling body massage followed by exfoliation with herbal powder. Helps to improve circulation, lymphatic drainage, water retention, exfoliate and remove the dead skin cells, aids weight loss.

Podikizhi - 55 minutes - €80

Potent herbal formulations, wrapped in small cloth bags, are soaked in warm herbal oils and compressed all over the body. A warm, anti-inflammatory, energy restoring massage for the relief of arthritis (including rheumatic), general body pains, muscular tensions and pain in the back, neck and shoulders, congestion, cold etc.

Kati (or Griva or Janu) Basthi - 55 minutes - €75

Good for the relief of lower back pain [neck or knee pain], this is a localised pooling of herbal oil on the affected area

Traditional Ayurvedic Facial - 55 minutes - €65

Traditional method of applying a variety of natural herbal formulae to cleanse the pores, exfoliate the dead cells and enrich, hydrate and tone the skin. Good for anti-ageing and rejuvenation, and especially good for problem-sensitive skin.

Men's Facial - 55 minutes - €65

Special herbs to suit the male skin in order to cleanse, exfoliate, soothe and enrich the complexion. Good toning and anti-ageing properties.

Deluxe Traditional Ayurvedic Facial - 1 hour 25 minutes - €100

This deluxe therapy includes 30 minutes of massage on the marma points of the hands, arms and feet to relax the facial muscles in addition to the application of special formulations to cleanse the pores, exfoliate and hydrate the skin and to tone the facial contours. Promotes a smoother, clearer and more youthful complexion.

Yoga and breathing exercise-30 minutes-€35

A complete therapeutic guide for harmonising body-mind, settling of the mind to aid quality life, to complement the therapies, to benefit many health issues like stress, toxins, respiratory problems, sleep related issues, lack of energy, etc.