



# GĒMBURU

## WELLNESS

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Experience the ancient healing traditions of South Asia, brought to life in the Costa del Sol. Our selection of treatments draws inspiration from the time-honored practices of Ayurveda and Thai Yogic therapies, harmonizing mind, body, and spirit.

## Meet Tarrifa Rogowski

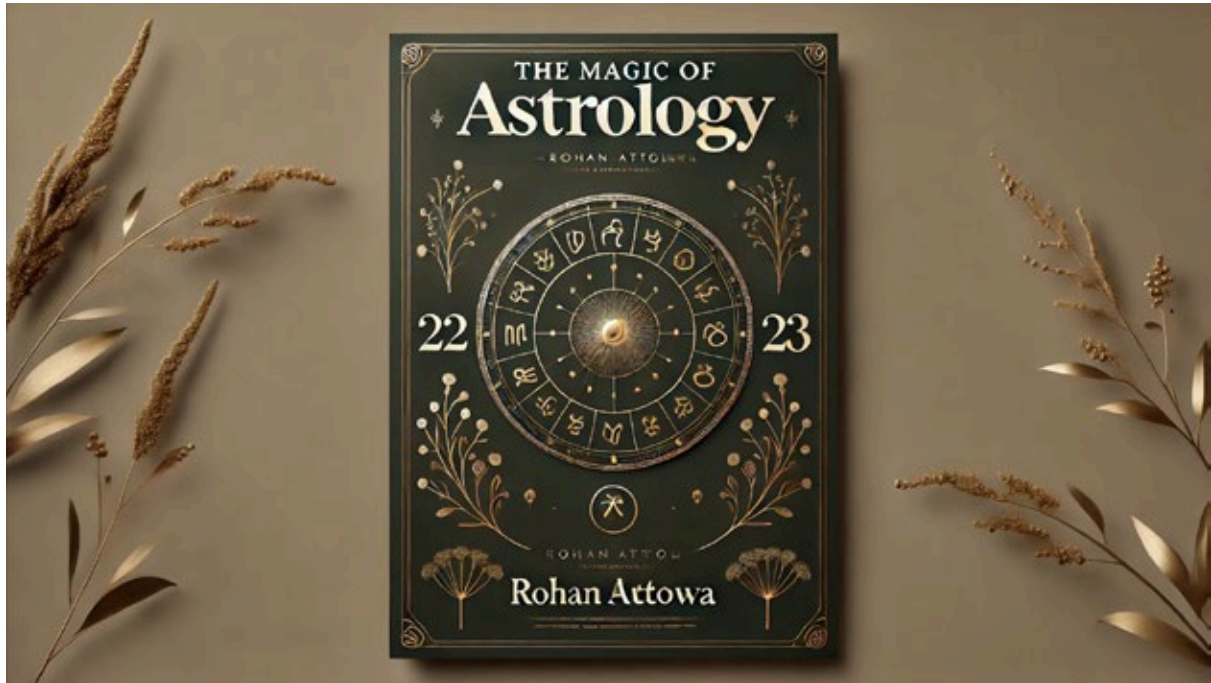


*Ayurvedic Practitioner | Holistic Treatments | Meditation | Yoga | Ayurvedic Cooking*

Born into the rich traditions of Ayurveda, Tarrifa Rogowski embodies a lifelong commitment to holistic healing and mindful living. With deep-rooted wisdom in Ayurvedic practices, she helps individuals reconnect with their natural rhythms, fostering balance in mind, body, and spirit.

Her hands-on approach relieves tension, restores energy flow, and enhances overall well-being. Step into a journey of transformation and discover how ancient wisdom can elevate your modern life.

## Personal Astrology Readings



Join us as we welcome Rohan Attotuwa from Matara, Sri Lanka—a gifted astrologer with deep-rooted knowledge of ancient celestial wisdom. In his session, ‘The Magic of Astrology,’ Rohan will guide you through personalized readings that reveal how cosmic energies shape our lives. His warm, intuitive approach blends traditional techniques with modern insights, offering you a transformative experience to connect with the universe and unlock your true potential. Don’t miss this chance to explore the stars and discover the secrets written in your destiny!

Price per astrology chart: **115€** (without IVA)

## Shirodhara



Shirodhara is a type of Ayurveda therapy that involves pouring liquids over the forehead. Shirodhara is known to be a very relaxing treatment.

The name comes from the Sanskrit words “shiro” (head) and “dhara” (flow).

Shirodhara has been effective in reducing symptoms of sinusitis and allergic rhinitis.

The calming effect of Shirodhara can improve sleep quality and reduce stress.

50 min  
80 min

**120€**(without IVA)  
**160€**(without IVA)

## Pinda



Ayurvedic Pinda Sweda is a unique therapeutic technique used in Ayurvedic medicine. "Pinda" refers to bolus or bundle, and "Sweda" means sweat or sweating. This therapy involves the application of warm herbal poultices to the body, which are usually made from medicinal herbs, rice, or sand.

45 min  
85 min

90€(without IVA)  
140€(without IVA)



## Marma Therapy



Marma Therapy is an ancient Ayurvedic healing practice that focuses on the manipulation of specific energy points on the body, known as marma points. These points are believed to be intersections of vital life force (prana) and are similar to the acupressure points used in Traditional Chinese Medicine.

55 min  
85 min

**80€**(without IVA)

**110€**(without IVA)

## Thai Yoga Massage



Thai Yoga Massage is an ancient healing practice that blends acupressure, Indian Ayurvedic principles, and assisted yoga postures. Developed over 2,500 years ago in Thailand, this therapeutic technique involves a practitioner using their hands, elbows, knees, and feet to apply deep muscle compression, joint mobilization, and stretching.

55 min  
85 min

**90€**(without IVA)  
**120€**(without IVA)

## Abhyanga Natural Oil Massage



Abhyanga massage is a traditional Indian therapeutic practice rooted in the ancient system of Ayurveda. “Abhyanga” means “massage” in Sanskrit, and this technique involves the application of warm herbal oils to the body, combined with specific massage strokes tailored to balance the body’s doshas (Vata, Pitta, and Kapha).

Ask for a specific ayurvedic head or feet massage, or let us know where to focus.

55 min  
85 min

**80€**(without IVA)  
**110€**(without IVA)



## Ayurvedic Beauty Treatments



Reveal your natural radiance with Ayurvedic beauty rituals rooted in ancient wisdom. Using herbal blends, nourishing oils, and holistic techniques, our treatments rejuvenate your skin, promote a healthy glow, and enhance inner harmony.

From

**90€**(without IVA)

## Swedana (Herbal Steam Weight Loss Therapy)



Swedana is a rejuvenating Ayurvedic treatment that uses herbal steam to open the pores and promote detoxification. This therapeutic steam helps to cleanse the body of accumulated toxins (ama), improve circulation, and relieve muscular tension while helping in weight loss. The treatment is tailored to your dosha type, using specific herbs and essential oils to balance your unique constitution. Ideal for those seeking to detoxify, ease stress, and enhance overall vitality, Swedana leaves the body feeling refreshed and revitalized.

120 min  
55 min

**240€**(without IVA)  
**110€**(without IVA)

## Padma Abhyanga



The Ayurvedic Feet Massage is a grounding and therapeutic treatment that focuses on the feet, a key area for overall health and vitality. Using warm, herbal oils tailored to your dosha, this treatment helps to release tension, stimulate circulation, and balance energy. In Ayurveda, the feet are considered a reflection of the entire body, and this ancient technique works to harmonize the body's systems, promote deep relaxation, and enhance mental clarity. Ideal for relieving stress, improving sleep, and revitalizing your senses, this massage is a nurturing experience for both body and mind.

55 min

80€(without IVA)

## Bamboo Massage



A therapeutic massage using smooth, heated bamboo sticks to relieve deep tension, improve circulation, and promote relaxation.

55 min

80€(without IVA)

## Hot Stone



A soothing massage using warm stones to melt away tension, ease muscle stiffness, and enhance relaxation.

55 min

**95€**(without IVA)



## Deep Tissue



A targeted therapy focusing on deeper muscle layers to release chronic tension, improve mobility, and relieve pain.

55 min

90€(without IVA)

## Lymphatic Drainage



A gentle, rhythmic technique that stimulates the lymphatic system, reduces swelling, and supports detoxification.

55 min

**110€**(without IVA)

## Body Scrubs



We provide 3 bespoke types of body scrub that will be catered for your specific skin needs.

45 min

80€(without IVA)

## Yoga



Reconnect with your body, breath, and mind through our transformative yoga classes. Rooted in ancient Ayurvedic principles, our sessions focus on building strength, flexibility, and inner peace. Whether you're a beginner or an experienced practitioner, each class offers personalized guidance to suit your needs, helping to balance your doshas, release tension, and enhance overall wellness. Through mindful movement, breathwork, and meditation, yoga becomes a path to holistic health, inner clarity, and deep relaxation.

Price on request

## Booking & Inquiries



Contact us to secure your spot for a transformative experience at Gēmburu Wellness Retreat.

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