



SIX SENSES SPA

ELOUNDA

Aromatherapy Ayurveda

Aromatherapy Ayurveda is the marriage of two disciplines that complement each other. Subtle Energies have been pioneers in reviving the use of rare & unique essential oils, long forgotten in traditional Ayurveda practices nowadays.

In Aromatherapy Ayurveda, traditional techniques derived from Aromatherapy are combined with the added benefits of Ayurveda & marma techniques using the rare & unique flora pharmacy of Indian Essential- and base oils, providing a holistic sensory experience.

Aromatherapy Ayurveda package

Inclusions	Duration	Quantity
Abhyang fusion (full body massage)	60 min	1
24K Gold Age defining facial (facial)	60 min	1
Shirobhyang (Indian head massage)	45 min	1
Padabhyang (Indian foot & leg massage)	45 min	1
Blissfull marma massage (full body massage)	45 min	1
Subtle energies retail recommendation (30% off)		
Price(EUR)-inc23%VAT €420		

Prices are quoted in Euros and include tax
Prices exclude accommodation.

About Farida Irani

Farida founded Subtle Energies as a clinic in 1993. She is a qualified Ayurveda Practitioner, a clinical Aroma therapist and teacher qualified in Aromatic Medicine, Bowen Therapy Instructor, a Remedial Therapist and a Reflexologist. She completed her post Graduate studies (Ayurveda Nishnata) with world renowned Prof Dr P H Kulkarni (Ex Dean Ayurveda University, Pune, India). In October 2006, the International Ayurveda Open University awarded Farida her Ayurveda Parangat in recognition of her research in Ayurveda. Farida is widely regarded as a pioneer in Ayurveda Aromatherapy. Through her clinical research and studies she has combined the ancient sciences of Ayurveda with the science of Aromatherapy and has been successful in reviving this ancient branch using essential oils in Ayurveda. Farida's clinical research, her book "The Magic of Ayurveda Aromatherapy" and courses have received international recognition and awards, from Ayurveda, Aromatherapy, Reflexology and other health industries. The Australian Government has accredited her work as a Diploma and Certificate IV in A.A., which are nationally recognized qualifications.

Six Senses Spa at Porto Elounda Golf & Spa Resort

72053 Elounda, Crete, Greece

T: +30 284 106 8060 | E-mail: spamanager@elounda-sa.com