



Are you feeling stressed? Do you need to regain balance in your life?

More and more of us are recognising the value and need of regular exercises, healthy nutrition and massages to nourish, cleanse, de-stress and strengthen our bodies on all levels.

INDIAN HEAD & NECK MASSAGE

The art of Indian Head Massage is an Ayurvedic form of healing and relaxation which is used widely in Asia to relieve tension and stress. The technique has been passed down through families for generations. The Indian Head Massage is known to soothe and harmonize the body's natural balance, helping to promote physical and psychological wellbeing. The technique incorporates a mixture of massages for the scalp, neck, shoulders and upper arms. It also includes a light lymphatic drainage of the face. It is highly effective for stress relief, headaches, neck stiffness, reducing migraine etc. This is a simple treatment, without the need for massage beds. Price: 30 Euros for an Indian head massage (approx. 20 minutes) and 60 Euros (per hour) for shiatsu and deep tissue massage. Home and office visits. Corporate fees and gift vouchers are available upon request. The benefits of Indian head & neck massage are:

- **Inner peace, deeply relaxing**
 - **Balances brain energy**
- **Stimulates the energy flow (kundalini)**
- **Improves the concentration and circulation**
- **Releases neck/back/shoulder tension**
- **Reduces headaches/migraine/depression**
- **Restores your energy on all levels**

"BODY & SOUL" fitness training

Are you lacking motivation with your fitness? Do you need more variety in your exercise programme? My unique concept is designed to integrate and harmonize your body, mind and soul (the perfect complement to my massage treatments). One complete session consists of: aerobics, gymnastics, kick-tae-bo, stretching, abdominal and strengthening exercises, hatha yoga and meditation. Costs: individual training: 40 Euros and group classes: 10 Euros per person.

Maria Petrak

Qualified Massage Therapist, "Body & Soul" Fitness Trainer and Make-up artist

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The best references! Former fitness and wellness instructor at the United Nations Women's Guild and Holmes Place in Vienna.