

ALPINE ECO WELLNESS

OFFER



Hotel Plesnik

THERAPY	MIN	RATE
ABHYANGAM	60	90 €
(GENERAL FULL BODY MASSAGE)		

Abhyangam is an ayurvedic masterpiece for relaxing your body completely by supporting the blood circulation and stimulating the nerves. An ayurvedic procedure of application of oil over the full body and massaging with certain amount of pressure in specific directions.

PUNARJEEVANA ABHYANGAM	40	70 €
(REVITALIZING MASSAGE)		

This is the same technique of Abhyangam or General full body massage, where the massage will be done only below the neck, excluding Head and Face.

ABHYANGAM + STEAM	70	100 €
(GENERAL FULL BODY MASSAGE & HERBAL STEAM BATH)		

Here therapies Abhyangam and Swedanam are combined together to get the effects of both. Steam Bath is a process of detoxifying the toxins out of the body through a natural process of sweating through the skin.

KALARI ABHYANGAM	60	105 €
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Kalari Abhyangam or Kalari Massage is a special technique of deep tissue massage which relieves body pain which is deep seated. This technique of massage uses more pressure compared to the normal Abhyangam and tones up your muscles and strengthens the ligaments.

SHIRODHARA	45	110 €
(HERBAL OIL POURING-FOREHEAD)		

Shirodhara is the one among the most relaxing and calming therapies in Ayurveda. It is a procedure which involves streamlined pouring of medicated liquid oil over the forehead with a rhythmic oscillation and then allowing to flow over the scalp from a specific height for a specific period of time.

SHIRODHARA & ABHYANGAM	100	200 €
(ANTI STRESS PROGRAMME)		

A combined programme of therapies General Full Body Massage and Shirodhara.

PAADA ABHYANGAM (FOOT MASSAGE)	30	60 €
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The therapy in which medicated oil is applied and massaged to the legs, below the knees. Special care is given to the feet and soles as this part has different Vital Points and points of relaxation.

SUSHUMNA ABHYANGAM	30	65 €
(NECK, SHOULDER AND SPINE MASSAGE)		

Medicated oil is applied over particular parts of the body- Neck, Shoulder and Back. It is a therapeutic procedure given to these particular areas to relieve pain, stiffness, muscle spasms etc.

SHIRO ABHYANGAM (HEAD MASSAGE)	20	55 €
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The therapy in which medicated oil is applied over the head and massaging the scalp. This helps you to relax and release all the stress and tensions.



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THERAPY	MIN	RATE
MUKHA ABHYANGAM	15	48 €
(FACE MASSAGE)		
A massage done exclusively on the face with ayurvedic herbal oils or cream (according to your choice). The gentle strokes in this massage will give you relaxation at the same time take care of your skin Health.		
SHIRO & MUKHA ABHYANGAM	35	80 €
(HEAD & FACE MASSAGE)		
A technique of massage where the oil application and massage will be done both to the head and face.		
MUKHA SOUVARNYAM	45	85 €
(HERBAL BEAUTY FACIAL)		
Includes a face massage with ayurvedic medicated oil, scrubbing and cleansing in a herbal way to open up the pores, steam for the face, and face pack to revitalise and rejuvenate the skin.		
SKIN BRIGHTENING FACIAL	60	95 €
(FACE MASSAGE)		
This facial helps to bring a natural glow to the face, brightens the skin and helps improve its tone. The treatment includes a face massage, face scrub, face steam and a face pack.		
SKIN TIGHTENING FACIAL	60	95 €
(FACE MASSAGE)		
This facial is good for tightening the skin on the face. Regular treatments help to restore the elasticity and firmness of the skin on the face and can help improve the appearance of wrinkles. This facial includes a special style of face massage, a light scrub and various face packs.		
SKIN MOISTURISING FACIAL	45	85 €
(FACE MASSAGE)		
This facial is ideal for those who have problems with dry skin as it nourishes and rejuvenates the skin and helps keep skin soft, replenished and hydrated. The treatment includes a face massage, face steam and face pack.		
FULL BODY SCRUB	75	135 €
(BODY MASSAGE)		
Our special full body scrub helps to remove dead skin, improves overall blood circulation and cleanses the skin through exfoliation. It includes a full body cream massage, scrub using natural ingredients, full body pack, followed by a hot shower.		
NADI PAREEKSHA	90	70 €
(CONSULTATION)		
This 60-minute chat with our Ayurvedic Specialist will help you to understand Ayurveda, Basic Principles, Doshas, and your Prakruthi (Nature or Body Constitution) in a new light.		
SHORT CONSULTATION	30	40 €
A basic talk with our Ayurveda specialist where you can clarify any doubts regarding the therapies or massages. He can recommend you with the best option of massages and therapies suiting your Health status.		



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AYURVEDA REJUVENATION AND REVITALIZATION

5 DAYS PACKAGE

7 DAYS PACKAGE

14 DAYS PACKAGE

This package enhances one's immunity and restores vigour and vitality, which helps to promote the quality and quantity of our lifespan.

AYURVEDA DETOX

7 DAYS PACKAGE

14 DAYS PACKAGE

The aim of this package is to help remove physical, mental and emotional toxins, thereby helping the body to restore its natural intelligence.

AYURVEDA WEIGHT REDUCTION

7 DAYS PACKAGE

14 DAYS PACKAGE

This aim of this package is to help restore you back to a state of being active by removing excess heaviness of the body and mind, thus allowing you to enjoy a feeling of lightness.

AYURVEDA DESTRESS

5 DAYS PACKAGE

7 DAYS PACKAGE

14 DAYS PACKAGE

Have a break from the emotional strains of daily life and allow your body and mind to regain harmony.

AYURVEDA JOINT CARE

5 DAYS PACKAGE

7 DAYS PACKAGE

14 DAYS PACKAGE

This package helps aids strength and provides support to the joints, muscles and tissues surrounding them, as well as nourishing and improving joint circulation.

PACKAGE INCLUDES

5 DAYS PACKAGE / 5 OVERNIGHTS

half board with Ayurveda food, Ayurveda tea during the day, initial consultation with Ayurveda specialist 60', final consultation 20', herbal supplements, yoga, meditation, 1 therapy according to Ayurveda specialist per day, like Abhyangam & Herbal steam 70' / Podikizi 60' / Kizhi 30' + Nasyam 25' / Shirodara 45' Abhyangam 60' /

7 DAYS PACKAGE / 7 OVERNIGHTS

half board with Ayurveda food, Ayurveda tea during the day, initial consultation with Ayurveda specialist 60', final consultation 20', herbal supplements, yoga, meditation, 1 therapy according to Ayurveda specialist per day, like Podikizi 60' / Kizhi 30' + Nasyam 25' / Shirodara 45' Abhyangam 60' / Abhyangam + steam 70' /

14 DAYS PACKAGE / 14 OVERNIGHTS

half board with Ayurveda food, Ayurveda tea during the day, initial consultation with Ayurveda specialist 60', final consultation 20', herbal supplements, yoga, meditation, 1 therapy according to Ayurveda specialist per day, like Podikizhi or Dhanyamladhara or Udwartanam 45-60' / Naranga Kizhi 60' / Abhyangam + Herbal steam 70' / Kati or Janu Vasthi 45' Abhyangam 60' / Pizhichil 60' /

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	JUNE - SEPTEMBER		OCTOBER - MAY	
	DOUBLE ROOM (PRICE FOR 2 PAX)	SINGLE ROOM	DOUBLE ROOM (PRICE FOR 2 PAX)	SINGLE ROOM
AJURVEDA 5 DAYS	€ 3.800	€ 1.950	€ 3.600	€ 1.900
AJURVEDA 7 DAYS	€ 5.180	€ 2.660	€ 4.900	€ 2.520
AJURVEDA 14 DAYS	€ 9.730	€ 4.830	€ 8.820	€ 4.340

SUPPLEMENTS:

Tourist tax: € 2 per person per day / Registration fee: € 2,5 per person

Room with waterfall view and balcony (20m²): €10 per room per day / Room with mountain view and balcony (15m²): €20 per room per day

Kings room with mountain view and balcony (27m²): €40 per room per day / Additional treatment per day: € 100



SPA MASSAGES MEDITATION YOGA

PRICELIST

CLASSIC FULL BODY MASSAGE

75 MIN / € 100 | 60 MIN / € 85 | 50 MIN / € 75

CLASSIC BACK MASSAGE

45 MIN / € 70 | 30 MIN / € 60

YOGA

75 MIN / € 30

MEDITATION / PREBOOKING OBLIGATORY

75 MIN / € 30

YOGA & MEDITATION / PREBOOKING OBLIGATORY

120 MIN / € 50

THE PRICE LIST HAS BEEN VALID SINCE JUNE 2024.

