



# АЮРВЕДА·192

Ayurveda is a holistic health system that improves not only a person's health, but also their well being, behaviour and state of mind.

## **WE PROVIDE MIND AND BODY DETOXICATION THROUGH:**

- Transcendental Meditation courses
- Creating your individual health and rejuvenating plan through ayurvedic consultation
- Panchakarma (a complete rejuvenating and cleansing program)
- Individually tailored four and two hand ayurvedic massages and other treatments
- International SPA procedures and Swedish (classical) massages



## AYURVEDIC CONSULTATION

During a 40 minute consultation the Ayurvedic expert takes a complete medical and lifestyle history and performs a physical evaluation that looks at the body both as a physical system as well as a field of intelligence, reflecting the needs and choices of a person's life. Based upon this assessment, a personalized body/mind/spirit health-enhancing prescription is formulated, including recommendations on diet, stress management, exercise, emotional healing, nutritional and herbal supplements, and sensory modulation.



# MIND

## TRANSCENDENTAL MEDITATION



What is the TM technique?  
It's an effortless technique for "recharging your mind and body" — and creating a brighter, more positive state of mind.

Hundreds of published research studies have found that TM is highly effective on stress and anxiety, brain function, and cardiovascular health.

## BENEFITS

- Deep reduction in stress and anxiety: a brighter, more positive state of mind
- Clarity of mind: greater energy, creativity and awareness
- A healthy heart for an active life: 43 peer-reviewed research studies



# HOW DO I LEARN TM?

The TM technique is taught in 4 sessions on consecutive days. It can be learned only through personalized one-on-one instruction from a certified TM teacher.



**Training by Viktor  
Matsyshin**

**WE INVITE YOU TO VISIT  
FREE LECTURE IN OUR  
AYURVEDA CENTRE**

About Viktor Matsyshin:  
certified TM teacher,  
the course doctor The  
neurologist of the highest  
category, reflexotherapist  
and Ayurveda specialist. The  
founder and leader of the  
Medicine Center “Ayurveda  
192”.



BODY

## AYURVEDIC MASSAGE



Ayurvedic massage treats the whole body through touch: physically, mentally and emotionally. In ayurveda oleation, or oiling of the body is very important.

Ayurvedic massage uses essential oils that are chosen to suit your dosha.

The massage techniques used include tapping, kneading and squeezing as well as the more traditional massage strokes you would expect.

A four-hand massages performed by two therapists at the same time is a signature of our clinic.

# ABHYANGA MASSAGE

Abhyanga massage has tremendous benefits to the mind, body, skin and immune system. It involves copious amounts of oil and a unique two-therapist sequence that relaxes and softens the tissues



## BENEFITS

- Increased circulation, especially to nerve endings
- Toning of the muscles and the whole physiology
- Calming for the nerves
- Lubrication of the joints
- Increased mental alertness
- Improved elimination of impurities from the body
- Softer, smoother skin
- Increased levels of stamina through the day
- Better, deeper sleep at night

# UDWARTHANAM MASSAGE

Udwarthanam is a special scrubbing massage in which natural herbal are used for massaging (with oil or water)



## BENEFITS

- Helps to break down cellulite and reduces body weight
- It is beneficial for reducing symptoms of rheumatoid arthritis and inflammation of the joints.
- Removes body stiffness and helps to open blocked pores of the skins.
- Removes Ama or toxins from the body. It helps to prevent various diseases, which are caused by accumulation of toxins.
- Tones and exfoliates the skin, removes toxins and prevents skin diseases.
- Improves Blood Circulation
- Revitalizes The Sense Of touch
- Stress Reduction & Rejuvenation



# VISHESH MASSAGE

Vishesh Massage (deep tissue massages) are not only relaxes the all body but also helps to lengthen and release muscles that frequently feel strained and get stuck in cramped holding forms.



## BENEFITS

- Clean and dissolves toxins (ama) from the tissues and motivates the lymphatic flow
- Reduces Arthritis Symptoms
- Help to relax muscles, reduce the pain caused by injuries
- Relieve Stress
- Easy Labor Pain & Delivery
- Helps calm stress and anxiety, which can have a beneficial effect on blood pressure

# GARSHANA MASSAGE

Garshana is Ayurvedic lymphatic massage that helps remove ama (digestive toxins). In Sanskrit, garshana means “friction by rubbing”. We use cannabis gloves.



## BENEFITS

- Removes ama and helps enliven alertness
- Stimulates blood flow to deeper tissue cells by increasing the circulation
- Promotes healthy lymphatic circulation
- Removes blockages in the physiology
- Nourishes the mind and nervous system
- Exfoliates the skin
- Alkalizes the blood, helping to eliminate stagnant impurities
- Gently dissolves cellulite
- Boosts skin glow

# PODIKIZI MASSAGE

Podikizi is a sync massage during which the body is tapped with small linen bags filled with a mixture of powders and medicinal herbs which are impregnated with curative oils and warmed



## BENEFITS

- Relieving body pain, numbness, shivering
- Treatment of arthritis, joint pain
- Rheumatoid and osteoarthritis
- Improving muscle strength
- Better skin complexion
- Strengthening the nerves and
- Nourishing the bones



# SHIRODHARA AYURVEDIC THERAPY



Warm oil pours in a continuous stream over the forehead or 'ajna marma', an area where nerves are highly concentrated. The pressure of the oil onto the forehead creates a vibration. The oil saturates the forehead and scalp and penetrates into the nervous system.

## BENEFITS

- improves brain activity
- Awakens creativity
- Reduces headaches of various types
- Recovers the consequences of head injuries
- Eliminates dryness of the head area
- Promotes healthy and long hair

# DETOX PROGRAM PANCHAKARMA

PANCHAKARMA IS A COURSE OF  
PURIFICATION AND REJUVENATION  
AT THE CELLULAR LEVEL



If you feel weakness, imbalance, excess weight, negative emotions, stress, uncertainty or apathy, it means that the energy in your body is blocked by toxins, stress, wastes and impurity primarily in the physiological sense.

Our Panchakarma detox program will help you to systematically and efficiently reboot and rejuvenate the entire body.

# DETOX PROGRAM PANCHAKARMA



## UNIQUENESS OF THE METHOD:

- Integrity purification of the whole organism (body) and mind
- Individual approach (a set of procedures, nutrition and medicines are selected by the doctor personally for you)
- High efficiency: cleansing at the level of the intercellular space
- Long-lasting effect

## THE PROGRAM STAGES

- Preparation
- Cleansing
- Restoration



# DETOX PROGRAM PANCHAKARMA

Purification is the way to correct your health, rejuvenate and improve the quality of your life!



## BENEFITS

- Cleansing your digestive tract
- Eliminating metabolic toxins and wastes
- Cleansing your liver and blood
- Increasing your energy and vitality
- Boosting your immune system
- Strengthening and regenerating your bone tissue
- Balancing your mind, eliminating stress and anxiety
- Improving your complexion and skin tone
- Improving the health of all body systems and functions

# INTERNATIONAL SPA



## WE OFFER THE BEST MASSAGES FROM INTERNATIONAL EXPERIENCE:

- Balinese massage
- Slim massage
- Hawaiian Lomi Lomi Massage
- Massage with bamboo sticks
- Manual lymph drainage massage
- Marma head massage with aromatherapy
- Reflexology (feet)

# TRADITIONAL MASSAGES WITH AYURVEDIC ELEMENTS



- Total body massage
- Neck massage
- Lumbar massage
- Back/belly massage
- Back massage + putli + drops to the nose
- Warming up + drops to the nose
- Feet massage
- Swedish massage



# AYURVEDIC COSMETOLOGY

For keeping and improving the natural beauty we offer you to feel the magic of Ayurvedic cosmetics — natural products, ancient ayurvedic recipes of beauty and cosmetologist's hands create real miracles. The power of ayurvedic cosmetics originates from the knowledge about healthy lifestyle and use of hidden resources of nature. The cosmetic products contain only pure natural ingredients — flowers, herbs, milk, fruits and vegetables, as well as powders of precious metals, stones and minerals





# ЦЕНТР ЗДОРОВ'Я АЮРВЕДА.192

*Thank you for your  
attention!*

*If you want to get a call  
please fill the form!*

Form

Price List

Our contacts:

+38 (099) 125-58-84

+38(044)33-88-192



06 СКТ  
ОХОРОНОЮ

Консультація лікаря  
Ппульсодіагностика

Програми:

- очищення
- схуднення
- після пологів
- антистрес

Масаж:

- загальний
- спини
- аюрведичний
- антицелюлітний

Косметологія  
Гомеопатія

Косметологія

-15%

скидка

до

15.05.16



8-22  
8-22  
8-22

БЕЗ ПЕРЕРВИ  
БЕЗ ВІДПРАДИ

