

# Subscriptions Gift Certificate



If the treatment is not paid by the health insurance, I can offer a special, personal subscription and you get an additional treatment for free.

Gift certificate and benefits available on request.

Other massage treatments and informations, in other languages as well you find under [www.franzreichle.ch](http://www.franzreichle.ch)



## Franz Reichle

### M. Ayurvedic Massage Therapist

Registered at EMR | Erfahrungsmedizinisches Register.

Accepted by Swiss health insurances.

### Practice in Zurich

Norastrasse 34 | 8004 Zurich

Mobile phone +41 79 219 92 62

[franz.reichle@gmx.ch](mailto:franz.reichle@gmx.ch)

[www.franzreichle.ch](http://www.franzreichle.ch)

# Ayurvedic week on Elba



## Ayurvedic week of rehabilitation from May to October.

A request is all year possible.

Placed on a calm spot on the island, with sea view.  
To recover, to purify, nourish tissues, tank energy,  
enjoy, swimming, hiking..

- Daily fullbody ayurvedic treatment
- Ayurvedic-Mediterranean food
- Full board residential

At the guest house: shower, toilet, fire place, small  
kitchen, roof window to watch the sky full of stars...

Current informations about the rehabilitation week,  
go to [www.franzreichle.ch](http://www.franzreichle.ch)

### Studio Ayurvedico Elba

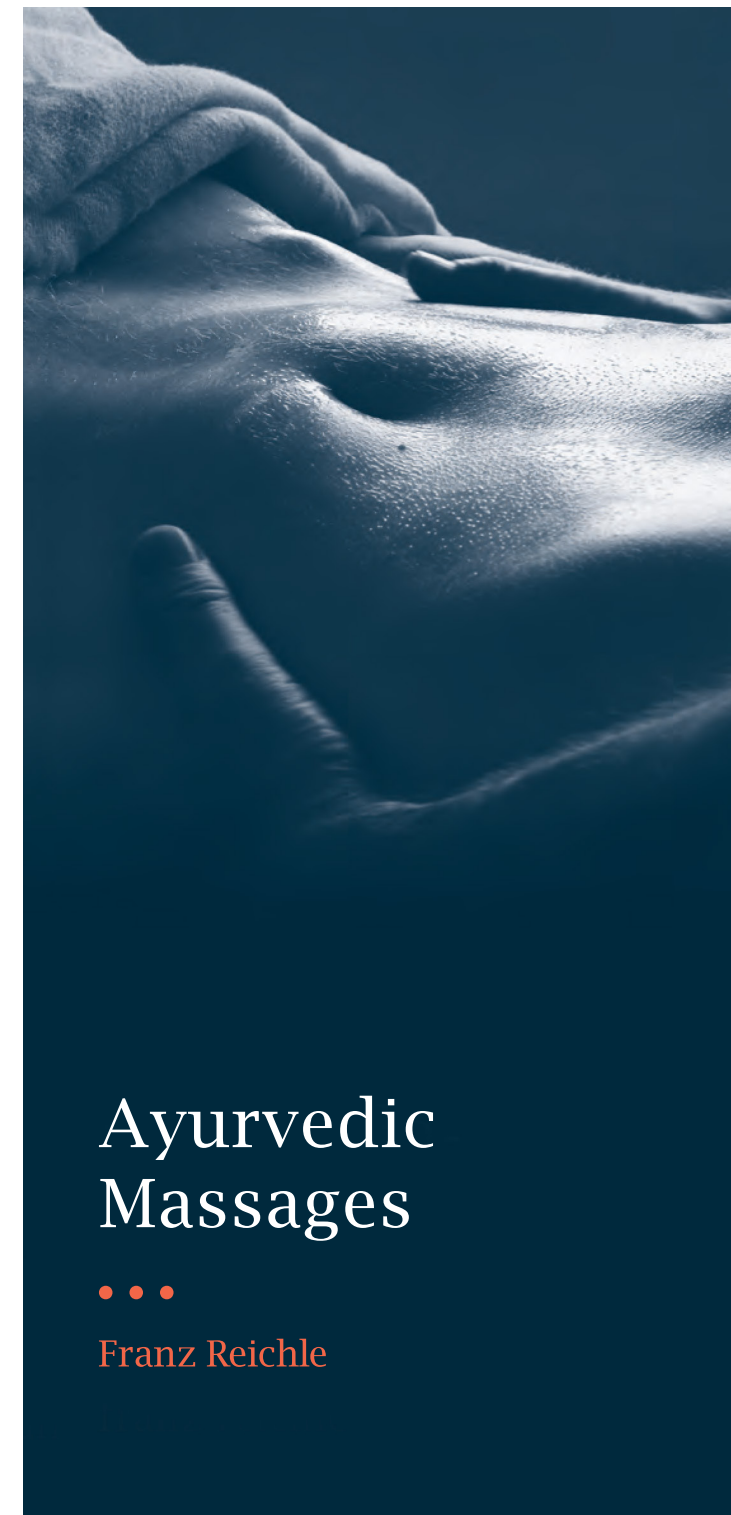
Loc. Porticciolo 22 | 57038 Rio Marina (LI) | Italia

Postal address Casella Postale 6 | 57038 Rio Marina (LI) | Italia

Mobile phone +39 340 6901566

[franz.reichle@gmx.ch](mailto:franz.reichle@gmx.ch)

[www.franzreichle.ch](http://www.franzreichle.ch)



# Ayurvedic Massages



Franz Reichle

# Full body massages



Adapted to the constitution and condition of the client.

## Abhyanga «Atreya Abhyanga» > 90 min.

Calming, restoring, energizing full body massage with warm, medicated organic oils. It is improving blood circulation, stimulating the lymph flow, building vigor and vitality, providing an ideal preventative and rejuvenating energies of the body.

## Snehana & Svedana > 110 min.

Nourishing, soothing and cleansing full body massage with warm, medicated organic oils. Followed by a mild steam bath with ayurvedic herbs, purifying the body, helping to eliminate toxins, regulating the digestion and nourishing the nervous system.

## Garshan > 90 min.

Full body massage using raw silk gloves, helping to oxygenate the cells, increasing metabolism and blood circulation and thereby stimulating the removal of heaviness and excess inactivity. Makes the skin look bright and supple.

Every treatment includes additional 10 min. rest and a warm shower after the massage. This time comes with the price. If you wish for, the full body massage can be increased to 60 min.

# Other ayurvedic treatments



Depending on the therapeutic request and previous full body massage.

## Shirodhara > 30 min.

Warm oils are smoothly poured onto the forehead, immediately calming the entire nervous system and relieving stress, mental fatigue, anxiety, insomnia, chronic headache, loss of hair, hypertension, parkinson, psychosomatic diseases et al.

## Pinda Svedana

> 20 min. localized or body half

> 40 min. full body

Whole body a purifying and nourishing warm treatment using herbal bundles. It vitalizes and tones the skin, clears away fat tissues, regenerates joints and the nervous system. It also tackles joint pain and backache, chronic fatigue, insomnia, rheumatism, gout, stiff muscles, formication, et al.

## Nadi Svedana

> 20 min. localized or body half

> 40 min. full body

This herbal-steam treatment nourishes, purifies and cleans the joints deeper than other known physiotherapies. It helps with joint problems, arthritis, arthrosis, problems with sinews, tennis elbow et al.

## Kati Basti > 30 min.

Warm, mediated organic oil is poured into a ring of kneaded dough placed on the body. It improves and regulates the bowel movement, helps with a cold, stiff pelvis, pain (also menses pain), lumbago, problems with the neck and intervertebral discs, ischialgia et al.

## Anuvasana Basti > 40 min.

Enema with warm oil smooth cleansing of the large intestine, calms heart and nervous system. Helps with dryness of the body, extreme vata-constitutions and disorders, excessive labor, acidity, arthritis, urethra stenosis et al.

## Udvaartana > 20 min / 40 min.

Dry massage with ground herbs. Wonderful peeling to regenerate the skin and activate the natural metabolism. Effectively helps with the reduction of fatty tissue and cellulite.

Comment to Franz Reichle's work as an Ayurvedic-Massage-Therapist:

*"In a previous life Franz Reichle was a filmmaker. One of his films was called 'The Knowledge of Healing'. Then he didn't know that he was going to put this knowledge into his hands – or better, that he was going to discover this knowledge with his own hands. But in a sense it is just consequential that Franz Reichle extended the theory and praxis of seeing with the theory and praxis of touching. Because for both it requires the art of diligence, an ethic of trust and the faith in the energies of the body, to be able to recall and regenerate. For me as a client, the Ayurvedic Massages of Franz Reichle are a real gift."*

*Catherine Ann Berger, film- and television dramatic advisor, director of the Swiss Film Center, Zurich*