

TREATMENTS

COLONIC HYDROTHERAPY

Colonic hydrotherapy can be an important part of your detox process. When you start any detox cleanse, the built-up toxic waste material removed from the liver, lymph, blood and fat tissues is dumped into the bowel. A colonic treatment will clear the waste, tone up the bowel, rebalance the gut microbiome and allow the colon to be restored to optimal function. It will leave you feeling lighter, more energized, cleaner and clearer. This treatment is highly beneficial to speed up the detoxification and obtain faster cleansing results whilst fasting. 3 sessions per week are recommended for those on the fasting programme. Our colon hydro therapist is available to discuss your personal treatment requirement and the number of colonics that would be suitable for your individual health status.

55 minutes - €90

FOOD INTOLERANCE TEST

Food Detective measures IgG antibodies which may be linked to inflammatory conditions in the body, manifesting in a range of health issues. It entails a pin prick blood test used to identify intolerances to 46 of the most common offenders.

15 minutes/1 hour - €140

HEALTH MENTORING

An initial health screening is already included but a full consultation can help you form a tailored diet and lifestyle plan for when you leave. Also, if you have any ongoing health problems, then the naturopath will work with you on a detailed plan specific to any health condition you currently have.

90 minutes – €150

THYROFLEX

Thyroflex is a new technology for screening the thyroid which gives immediate test results. The test will give an indication whether your thyroid is over or under functioning and learn how the it affects many aspects of your health with a simple reflex test.

30 minutes - €60

EMOTIONAL SUPPORT AND NLP COACHING

For true health and wellbeing we must consider the mind and our emotions just as much as the body. Stress, negative emotions and unhealthy behaviours all have a significant effect on our wellbeing and, just like any other toxin, when left unresolved they can ultimately be the cause of reduced immunity, illness and disease.

NLP coaching will help you to resolve any issues that may arise as part of your journey at Amchara or any other general issues you may wish to work through whilst you are here. It is based on well-established and effective techniques, which can be used to help you change your behaviour and, importantly, change your thinking; empowering you to transform life's stresses into opportunities and enhance your personal growth, improving your emotional health and physical wellbeing.

Perhaps you are feeling as though you're off-track? Travelling an uncomfortable path that isn't designed for you? One that you didn't choose, and that you don't want? Do you feel stuck, like you've run out of options? Do you find it hard to get motivated? Are you simply fed up with old habits, health issues, fears or negative emotions that just won't let go?

To find out more about NLP coaching or how a personal breakthrough will help you, please ask in confidence.

1 hour 30 minutes - €180

PERSONAL TRAINING

Working one to one with a qualified personal trainer providing all types of training such as - Circuit training, Super setting, TRX, Boxing Basics and more.

Also measuring strengths and weakness with fitness assessments. These fitness assessments may also be performed before, during or after an exercise program to measure your improvements in physical fitness.

60 minutes - €70

PERSONAL YOGA

Working one-to-one with a teacher to ensure that the yoga you practice is responsive to how you are in mind, body and spirit at the time of your session. You benefit from personal adjustments and modifications to your postures and a sequence that suits your unique and specific needs.

60 minutes - €70

PHYSIOTHERAPY

Our physiotherapy sessions are for those who seek relief from chronic pain and acute injury. Over several decades, we develop postural distortions that can lead to muscular spasms, injury and reduced movement. A session with our physiotherapist can help address these issues through a combination of movement and exercise, manual therapy and acupuncture. Acupuncture is used during the treatment as part of an integrated approach to assist in the management of pain and inflammation and to aid the body's healing processes. Following the session, a personalised after-care programme will be emailed to you.

45 minutes to 1 hour - €80

POSTURAL ASSESSMENT

A postural Assessment is for those who wish to gain a clear understanding of their muscular imbalances through the shoulders, spine and hips. These postural distortions create weakness and tightness throughout the musculoskeletal system. This can affect not only day to day movement but can create energetic blockages that affect breathing capacity and energy levels. Understanding spinal alignment and how to 'feel and be present' in correct posture can help prevent pain and injury developing and is key to maintain optimum agility and flexibility through the joints. Following the session, a personalised postural programme will be emailed to you.

45 minutes to 1 hour - €80

REIKI

An ancient Japanese art form that works with the universal light force known as Rei/Ray (ray of light) to heal the subtle energy body. Light pressure of hands may be used but mostly no touch at all is needed. This treatment combines 45 minute reiki session with a 15 minute consultation.

1 hour - €90

AMCHARA'S SIGNATURE FACIAL - The Heart Chakra Facial

The Heart Chakra is the center of your deep bonds with other beings, your sense of caring and compassion, your feelings of self-love, generosity, kindness and respect. Our therapist uses Rose Water and beautiful organic essential oils of rose otto, neroli. These oils help keep collagen to an optimum level, therefore this facial is deeply anti-aging. Tension is released from the neck, shoulders and arms at a slow rhythmic pace to ensure you're feeling blissful. You can be guided through a spiritual meditation during your 60 minute treatment, with the treatment closing with an ayurvedic foot massage using various techniques of reflexology and acupressure.

60 minutes - €130

HOPI EAR CANDLING

Ear candling is an ancient natural therapy used to cleanse, purify, heal the ears as well as relieve sinus issues. This treatment is soothing calming and protects the irritated areas. Includes a head massage.

55 minutes - €80

ORGANIC FACIAL

This facial treatment combines the benefits of organic products from 'Green People'. It is a hands on custom made facial benefiting all skin types.

55 minutes - €80

SUGAR BODY SCRUB

This treatment uses brown sugar and is a full body exfoliation to remove dead skin cells, to stimulate the lymphatic system in order to help move toxins. The second part of this treatment is a back massage that helps to relax and soothe away any muscles tension in the back and shoulders.

55 minutes - €80

HOT STONE MASSAGE

Hot stone massage is a highly detoxifying massage using Swedish or Shiatsu techniques. Heat from the stones relaxes the muscles and stimulates the circulation, allowing toxins to travel to the surface of the skin. Oil is applied to the body to ensure that the stones glide easily over the skin inducing a deep state of relaxation and serenity.

55 minutes - €80

AROMATHERAPY MASSAGE

A gentle and caring massage treatment that combines essential oil blends with therapeutic massage. This may be particularly beneficial in times of emotional stress or after illness. Aromatherapy massage will leave you feeling balanced and relaxed.

55 minutes – €70

BLISSFUL HEAD MASSAGE

This treatment is a select blend of massage techniques focused on releasing stress and tension in muscles and joints of the head, shoulders, arms, neck and face. The treatment is performed seated. This is a wonderfully relaxing treatment and helps to relieve detox symptoms such as headaches.

55 minutes – €70

MANUAL LYMPHATIC DRAINAGE

Lymphatic drainage is a gentle and soothing form of massage that stimulates the body's lymphatic system, improving the metabolism, helping the body to eliminate waste and toxins, reducing swelling and providing a boost to the immune system. It increases oxygenation of the body and promotes natural healing, resistance to and recovery from illness and infection.

55 minutes – €80

REFLEXOLOGY FOOT MASSAGE

Get grounded and rebalanced. Specific pressure point work on the different body reflex areas of the feet in combination with traditional Swedish massage technique to release tension in the calves, makes this a wellbeing booster. A fantastic treatment for stimulating the detoxification pathways throughout the body and helps support the major organs of detoxification. Highly recommended during the fasting programme.

55 minutes – €70

SWEDISH MASSAGE

Float into total relaxation and revitalize through the classic Swedish massage - the original way it is taught and practiced in Scandinavia. The relaxing, flowing movements of this therapeutic massage will effectively ease and invigorate a tired, stressed and aching body.

55 minutes – €70

DEEP TISSUE MASSAGE

Enjoy a full body massage to melt away tensions and stress and to enhance the benefits of your detox. Deep Tissue Massage incorporates much deeper pressure into the muscle layers and can be more beneficial in releasing energy blockages and stubborn knots embedded deep in the muscle fibers.

55 minutes – €80

Please note, all treatments are subject to therapist availability.