



Ambience...

Centro de Salud PORT SALVI is located on the cliff of Port Salvi - in Catalan "rescuing port" - directly by the sea at the picturesque Costa Brava in Spain. It is only 800 m away from the small town of Sant Feliu de Guixols (a one hour drive from Barcelona). In the midst of cultivated gardens and ancient tree population the Health & Spa Centre Port Salvi & Garden Eden share the spacious estate. Built in the years of 1993/94 at Centro de Salud PORT SALVI you will find fulfilled all the comfortable and modern facilities without having the feeling to stay at a sterile clinic: Here you will meet a convenient and homelike ambience. The physicians and treatment rooms as well as the separated Spa and Massage department are arranged - like the total building - according to the latest medical sciences. A beautiful 300 sqm indoor swimming pool made of natural rocks with a waterfall and a Jacuzzi for 10 persons complete the offer including the Seminar and Gym rooms with marble floors, heater and air condition.

Acomodation...

All rooms are arranged very tastefully with love to the details and leave no wishes open: large flower terraces, marble floors and marble bathrooms, heater and air condition, Satellite TV, private Bar, In-Room safe and direct-dial telephone. Further rooms are available at the neighbouring building "Port Salvi Garden Eden" and the Residencia Nina, a small building in the Garden of Port Salvi, granting maximum privacy to guests.

Health...

The intention of the Health and Spa Centre PORT SALVI is to connect in a harmonic way the thousands of years old holistic therapies of the Chinese and Indian medical sciences together with the modern awareness and techniques of our western medical science. The Ayurveda cure treatments last between 10 days and 3 weeks to bring out a longer lasting and continuous result and to stimulate first of all the self-healing forces of the own body.

Possible content of cure...

- 1 initial consultation incl determination of dosha, „Vata, Pitha, Kapha“
- 1 final consultation
- 2 x weekly consultation
- 2 x daily medication
- Food Consultation
- Head Massage
- Facial Massage
- Synchron Massage (whole body)
- Intensive Massage
- Oil-Herbal-Rice-Massage

- Detox (Vashti, Colon Irrigation)
- Nose-Cleaning
- Herbal Inhalation
- Herbal Steam
- Herbal Bath
- Oilstream-Head-Treatment
- Flower Bath
- Yoga & Meditation
- special treatments
- = Approx hours of treatments per day : 2.5 – 4

Leisure...

An extensive leisure and activities program is waiting for you: Excursions, Hiking Tours and Promenades, Hotel own renting agency of motorbikes, own snorkelling, scuba-diving and skin-diving school at Hotel EDEN ROC as well own Tennis club at Hotel C. ROIG. Just nearby there are 5 Golf courts with best conditions as well facilities for horse riding, sailing, wind-surfing and Waterskiing.

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