



Pandala Health Spa

Now available at Hotel Mesikämmen!

We offer health & wellness treatments, health exercise & training classes and instruction

Health and wellness treatments

- o Finnish relaxing massage, osteopathy, herbal bath therapy and water massage
- o Chinese acupuncture and other Chinese medical treatments(cupping, guasha and moxibustion)
- o Japanese shiatsu massage and shindo stretching
- o Tibetan medical treatments, like horne (warm therapy to acupuncture points), kunye massage and yuck chö (stick therapy)

Health exercises and training

- o Chinese health exercises (Tai-chi-kung)
 - o Indian yoga and mindfulness meditation
- Exercises and training are possible to do outdoors (weather permitting). Finnish healing nature and fresh air combined with slow movements and the right breathing techniques bring you holistic wellbeing and a joy of flow experience.

Good vibes - naturally!

We offer also lectures and courses for healthy living, like

- o Chinese acupuncture courses for health professionals
- o Finnish massage courses
- o Yoga and meditation for health weekend courses
- o Tai-chi-kung courses
- o Shiatsu and acupressure courses and so on...

Exercises and treatments
prices from 15 - 90 €.

Ask for more details!



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