

P U L S Ë
ā y u r v e d a
beyond wellness

Bien-être holistique & Āyurvēda

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PHILOSOPHY

For more than five thousand years, Āyurveda has guided human beings toward deep and lasting wellbeing — by learning to read each body in its singularity, at every stage of life.

At Pulse Āyurveda, every treatment we offer is rooted in this classical tradition, passed from teacher to student across millennia. Each session is a space for genuine rest and deep regeneration, shaped by what your body is expressing the moment we meet.

Our core expertise lies in pure Āyurveda, from consultations to personalised health programmes, retreats, and Panchakarma resets - in-depth accompaniments for those who wish to go further.

The spa treatments are their accessible expression, a pause within reach: the same standard, the same attentiveness, the same art of care — in every single session.

"Welcome to Pulse Āyurveda, where care aligns with nature, rhythm and the body's own intelligence."

Jayada Stadelmann, Vaidya & Founder



CLASSIC SPA MENU

Essential treatments designed to relax and release, enhanced by a refined and attentive approach to the body and its natural rhythm.

RELAXING SERIES

An approach to care combining precision of touch and quality of presence.

DE-STRESS

30 min - 90 €

Massage of the scalp, neck and shoulders enriched with a Tibetan singing bowl sequence to release mental tension. Concludes with a warm towel application.

SNEHA

30 min 100 € - 50 min 150 € - 80 min - 210 €

Sneha — "love" in Sanskrit. A full-body warm oil massage with a precious oil of your choice, delivered through slow, enveloping strokes to deeply nourish the tissues and calm the nervous system. Ends with a warm towel application.

FLOW

50 min 165 € - 80 min 235 €

Every therapist brings their own expertise and attunement. Flow gives them full freedom to express it — deep tissue work, stretching, drainage, joint mobilisation — always in response to what your body is calling for that day. A living, dynamic treatment. Unlike any other.

FACE GLOW

50 min 155 € - 80 min - 215 €

A holistic lifting ritual at the crossroads of Kobido and Āyurveda. The treatment begins with facial cleansing, followed by a massage of the scalp, face, and décolleté to stimulate circulation, support drainage, and release facial tension. The 80-minute version also includes Gua Sha and Kansa.

Enjoy a private access to the sauna or steam bath complementary to any treatment, or independently (by appointment : 25 €).

RECOVERY SERIES

BACK & NECK

30 min - 110 €

A focused massage of the back, neck and shoulders — where tension settles most stubbornly. Precise work releases the muscles, improves mobility and eases postural stiffness.

DEEP DHATU MARDANA

50 min 180 € - 80 min 250 €

Deep work on the muscle layers and connective tissue to release chronic tension, restore mobility and support recovery. Slow, precise techniques work where tension has taken hold over time. The body releases gradually — regaining lightness and range of movement.

JET-LAG

110 min - 300 €

A complete ritual designed to resynchronise and revitalise the body after travel, time zone disruption or a short night. Body scrub, warm relaxing oil massage, nourishing face mask and cranial massage — in a sequence crafted to deeply replenish, stimulate circulation and recharge the mind.

*Share your wellness experience!
All our 50 and 80-minute treatments from the
classic menu are also available as duo rituals
with prior booking.*



ĀYURVEDA EXPERIENCES

Āyurveda is one of the oldest and most complete healing traditions in the world. Its approach is fundamentally individual — seeking to understand the deeper nature of each person before acting.

Pulse's Āyurveda Experiences draw from this classical lineage. Each treatment can be preceded by a short pulse reading to guide the session with precision.

AGNI RESET

30 min - 115 € - 60 min 185 €

A gentle, rhythmic abdominal massage to support digestion, ease bloating and release tension in the abdominal area. The extended version includes a herbal paste or warm oil application. A personalized herbal infusion completes this ritual.

UDVARTANA

45 min - 135 €

A body scrub performed with Ayurvedic herbs to detoxify the upper layers of the skin and restore a radiant complexion. Depending on the selected blend, it may support weight loss and circulation, purify the skin, refresh the body, and help restore vitality.

PRĀṆIC TOUCH

60 min - 165 €

An energy balancing treatment performed without oil through acupressure on marma points to rebalance the body's energy, stimulate the flow of prāṇa (life-force) and harmonize the nāḍī (energetic pathways).

ABHYAṅGA

60 min 195 € - 90 min 275 €

4 mains : 60 min 295 € - 90 min 375 €

Abhyaṅga is the traditional Ayurvedic warm medicated oil massage, designed to nourish the body and restore overall balance. In Āyurveda, it is regarded as one of the essential practices for preserving health, longevity, and vitality. Deeply rejuvenative, it is especially beneficial during periods of stress and fatigue.

ĀYURVEDA EXPERIENCES

SHIRODHARA

90 min 195 € - Set of 3 x 90 min 495 €

A continuous stream of warm oil gently poured onto the forehead in a slow, uninterrupted flow. The nervous system settles. Thoughts begin to slow. A rare state of inner calm arises — encouraging deep restorative sleep and renewed mental clarity.

The 90-minute version also includes a scalp and neck massage.

Also available as an add-on
for all treatments of 50 minutes or more (45 minutes - 100 €).

ĀYURVÉDA RITUAL

120 min - 325 €

What sets this treatment apart: it begins with a consultation with Jayadā. Pulse reading, assessment of your constitution and current needs — before any hands touch the body. What follows is built entirely around what your body is expressing that day. Not a protocol. A response.

ROSE DELIGHT

120 min - 365 €

Our signature ritual with fresh roses, created by Jayadā in collaboration with Padma Gonzales. A voluptuous and enveloping massage with warm rose oil, followed by the application of rose milk rice poultices — to deeply nourish the body, heart, and mind.

LIFECYCLES RITUALS

In classical Ayurveda, pregnancy, the postpartum period, and the first few months of infancy are fundamental stages that require special attention. These periods are marked by an increase in vāta doṣa and call for nurturing and stabilizing practices for both mother and child.

GARBHIṆĪ

50 min 165 € - 80 min 225 €

A prenatal treatment designed according to Āyurvedic principles to accompany the body throughout pregnancy. A gentle warm oil massage with slow, enveloping strokes to ease tension in the back, legs and shoulders, support circulation and bring lightness and ease. The longer version includes a gentle scrub on the legs and back. Available from the 4th month of pregnancy.

SŪTIKĀ

50 min 165 € · 80 min 225 €

The postpartum period is one of deep reconstruction of the tissues, the nervous system and emotional equilibrium. This warm oil massage helps restore doṣa balance, particularly vāta, supporting physical recovery and gently accompanying the vulnerability of the early postpartum weeks. Also available at home on the French Riviera.

*Sūtikā add-on
Abdominal Bandhan:
targeted abdominal
binding to restore
stability and support
the centre of the body.
(15 min · 35 €) t*

BABY SHANTALA

45 min 145 €

In Āyurveda, infant massage is an essential daily practice supporting growth, sleep, digestion and the development of the nervous system. This ritual is a moment of transmission: parents learn to massage their baby according to the principles of Shantala massage, introduced in France by Dr Frédéric Leboyer. Baby massage oil offered on top.



BEYOND WELLNESS

Some guests come for a single treatment. Others arrive with a deeper question — a persistent fatigue, an imbalance nothing has yet resolved, a desire to understand their body differently.

IT IS FOR THEM THAT PULSE ĀYURVEDA'S CLINICAL EXPERTISE EXISTS.

Beyond spa treatments, we offer in-depth consultations, personalised multi-week programs, retreats and Panchakarma resets — the most complete purification and regeneration approach in the Āyurvedic tradition, practised here in its classical form.

CONSULTATIONS

The consultation is the starting point for any in-depth programme at Pulse Āyurveda. This is where the careful reading of the body begins — constitution, imbalances, rhythm of life — before any recommendation is made. For those who wish to go further than a single treatment.

DISCOVERY SESSION

50 min - 125 €

A first conversation with Jayadā to discover the Āyurvedic approach and explore how it applies to your situation. Pulse and tongue reading, initial insights into your constitution and targeted first recommendations. A starting point — which can open into a full assessment.

ĀYURVEDA ASSESSMENT

120 min - 295 €

(In Person / Online)

An in-depth session with Jayadā to establish a complete Āyurvedic portrait: constitution (prakṛti), current imbalances (vikṛti) and their root causes. Within the week, you receive a personalised roadmap — nutrition, lifestyle, treatments, supplements where needed. An essential step before any program or Panchakarma reset.

FOLLOW-UP

30 min 90 € - 60 min 150 €

A follow-up session to refine recommendations, adjust the protocol and support the gradual integration of changes. Spaced regularly, these sessions allow results to take root over time.

PROGRAMS

Structured programs including a comprehensive assessment, regular follow-up sessions, and progressive adjustments to establish long lasting balance.

6 week program from 695 € - 12 week program from 995 €

For those seeking support over time, Pulse Āyurveda offers personalised programmes spanning 6 to 12 weeks — a full assessment, regular follow-up sessions and progressive refinement of recommendations across nutrition, lifestyle and treatments.

Each program is built on an in-depth Āyurvedic reading of imbalances, addressing root causes rather than surface manifestations alone. Āyurvedic treatments can be integrated throughout to support and deepen the process.

Programs available in the following areas: Digestive comfort · Metabolism & energy · Stress & sleep · Feminine cycles · Fertility · Pregnancy & post-partum · Detoxification & lightness · Vitality & recovery · Mobility & joint comfort

RETREATS

Whether to go deeper after a consultation, accelerate an ongoing process, or simply enter Āyurveda the right way — Pulse retreats offer uninterrupted time, away from daily life.

Guided by Jayadā, each format creates the conditions for deep work — on the tissues, the nervous system, the habits that shape long-term health. What you feel during the retreat is only the beginning. What consolidates afterwards is what lasts.



ESCALE

One day, for you.

Half-day Program 395 € - Day Program - 645 €

A one-day Āyurvedic pause — to slow down, experience and leave with a new understanding of your body.

- Āyurveda Welcome Kit
- 1 Orientation consultation with Jayadā
- 1 Ayurvedic treatment tailored to your constitution or primary imbalance (90 min)
- Rest and integration time at the spa (sauna, hammam)
- 1 Personalized nutrition and lifestyle guidance session (Full Day package)
- 1 Refreshment (Half Day package) or lunch (Full Day package)
- 1 Guided practice (breathwork, movement) (Full Day package)

PARENTHÈSE

A new way into Āyurveda.

3 days from 1295 €

A gentle first immersion into Āyurveda — daily treatments, introductory workshops and guided practices to lay the foundations of lasting balance.

- Āyurveda Welcome kit
- 1 Comprehensive Ayurvedic assessment with Jayadā
- 90 minutes of daily Ayurvedic treatments
- 1 Introductory workshop on the principles of Āyurveda
- 2 Guided practices (breathwork, movement)
- 3 meals included
- 1 Closing consultation with personalized nutrition and lifestyle roadmap to continue your journey at home.
- 1 Post-retreat follow-up session (30 min, online)

IMMERSION

Deep regeneration.

5 days from 2295 €

A complete programme of prevention and regeneration — in-depth treatments, workshops, personalised meal plan and herbal protocol — for a transformation that extends well beyond the retreat.

- 2 Āyurvedic assessments with Jayadā
- 120 minutes of daily Āyurvedic treatments
- 2 Workshops introducing the principles of Āyurveda
- 4 Guided practices (breathwork, movement)
- 1 Personalized Ayurvedic nutrition & lifestyle plan
- 5 Meals included
- 1 Personalized roadmap to continue your journey at home
- 2 Post-retreat follow-up sessions (30 min, online)

PANCHAKARMA — PULSE RESET

Āyurveda at its most complete.

5 days · Discovery — 7 days · Purification

10 days · Signature

(upon request)

The most complete programme in the Āyurvedic tradition, practised here in its classical form and supervised by Jayadā — an individualised cure, adjusted day by day, for deep purification and regeneration.

Available in Cannes, the Grasse hinterland and the Luberon. Access by prior assessment only.

YOUR EXPERIENCE AT PULSE ĀYURVEDA

To preserve the quality of care and the atmosphere of the space, we invite you to arrive a few minutes before your appointment.

Āyurvedic treatments are part of a holistic approach. We recommend allowing time to rest after your session to extend its benefits.

Treatments are best received in a calm state, avoiding heavy meals beforehand. In accordance with Ayurvedic principles, certain treatments are generally avoided during menstruation — we invite you to inform us at the time of booking so we can adapt your care accordingly.

We also invite you to limit external distractions during your time with us, including placing your phone on silent mode.


In the event of a late arrival, the duration of the treatment may be adjusted in order to respect subsequent appointments. Any modification or cancellation is kindly requested at least 24 hours in advance. Any session not cancelled within this timeframe may be charged.


For guests of Néhô Suites Cannes Croisette, preferential conditions as well as room billing options are available for optimal comfort. Reservations may also be made directly through the reception of Néhô Suites Cannes Croisette for added convenience.


Treatments are available daily from 10:00 AM to 8:00 PM, by appointment. Please note that short treatments are only available during limited time slots. Contact us for availability.

CONTACT

Or any inquiries or to be guided in choosing your tailored wellness journey, we invite you to get in touch

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Tailored services are available at home or on board, upon request.



booking



informations

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