



## AYURVEDIC HALF-DAY RETREATS IN SANTA BARBARA, CALIFORNIA

*Purify your physical body, restore your mental and emotional balance,  
and help get centered again in a place of tranquil equilibrium.*

*We also offer full-day, 2-day, and-3-day retreats customized to your unique needs.*

- ▮ 4-HOUR EXPERIENCE. Includes several Ayurvedic sacred bodywork modalities, time to rest and integrate, and a healing Ayurvedic meal each day.
- ▮ Daily sessions at 9AM or 3PM (Only 1-2 people per day).
- ▮ The journey begins in the orange lounge with a cleansing opening ritual; you will receive foot- and hand washing, tea service, and a brief check-in.
- ▮ If you would like to add housing or other activities like yoga to your Spa Sanctuary Half Day Retreat, these are not included in the price, but we love to offer suggestions to help you deepen and perfect your entire experience and offer rooms for rent as well.
- ▮ Each treatment experience is CUSTOM TAILORED to each person, each day. *Cost: \$450.00*

### CHOOSE FROM ONE OR MORE OF THE FOUR SIGNATURE HALF-DAY TREATMENT PACKAGES:

#### The Land of Silk, Milk and Honey

*Deeper Than Beauty (VPK Dosha)*



Celebrate your inner and outer beauty! Nurture your body on a deep cellular level, rejuvenate your skin, and bring out your radiant glow with this luxurious treatment package.

Going far beyond the typical

Spa experience, this treatment includes many powerful Ayurvedic protocols, like *Pinda*; massaging with warm herbal rice boluses soaked in creamy saffron milk and hydrating coconut juice. This deeply beautifying treatment was once only reserved for the kings and queens of ancient India. It also includes a Marma facial treatment, masks and gentle exfoliating scrubs made from fresh, organic ingredients, a silk body glove massage, purifying medicinal mud wrap, herbal detox steam, a full-body massage with warmed oils and honey and (an optional) hair and scalp treatment for deep conditioning.

#### Maha Ananda

*The Great Bliss Package (V Dosha)*



Ananda literally means Bliss or Divine Joy in Sanskrit and describes the most delicious, highest state of being, which is Ananda, or our pure, natural essence. This package combines mind calming treatments like

the Shirodhara, the pouring of warm oils across your forehead, with cleansing treatments like Swedhana (Herbal steam bath) and Abhyanga (Hot oil lymph massage). Once the body feels grounded and peaceful, the Heart lotus treatment and Marma Therapy (Energy work) will bring lightness to your emotions. Maha Ananda is designed to take your entire being into a state of blissful harmony.

#### Heaven and Earth

*Balancing Polarities (P Dosha)*



“Root to Rise” is this treatment package’s motto, as it is grounding and yet uplifting.

It balances the two main polarities (Head-top and feet-bottom), while centering you in your inner core energy

center (Kurma Marma). This central region near the visceral midsection is a powerful energetic hub for universal, primordial energy, as 70 thousand energetic pathways cross through Kurma Marma. Skilled hands offer an extensive head, neck, shoulder and foot massage and your thoughts will dwindle as you melt onto the table another massage, floating between Heaven and Earth. From head to toe, your body relaxes and you can find your peaceful equilibrium and your inner “sweet spot”.

#### Awaken and Celebrate the Senses

*Open New Gateways (K Dosha)*



Your senses are our gateway to the world around you, and this package is designed to purify, balance, and nurture your entire sensory system. Enjoy a series of luxurious treatments designed to renew

your sense of wellness for the eyes, ears and nose and awaken to new tastes, aromas and sensations in this medley of ancient Ayurvedic Spa therapies. You will feel the touch of silk gloves massaging and exfoliating your skin, the pouring of warm oil and the refreshing aliveness coming from the herbal body scrub, all leaving you feeling renewed and refreshed.