

INDIVIDUAL TREATMENTS *or* COMBO PACKAGES



THE ESSENTIAL ABHYANGA - HOT OIL MASSAGE

Calming and Nourishing

The Abhyanga is the classic, Ayurvedic hot oil massage that includes the skillful application of luxurious, pure, medicinal oils with gentle, nourishing strokes. This treatment melts away stress, calms the nervous system, and revitalizes the immune system while gently detoxifying the body. Warm, aromatic towel compresses are applied at the end, leaving you feeling refreshed and renewed.

- ▮ Performed by a single practitioner: \$140/75 min
- ▮ Or the luxurious 4-handed Goddess treatment, performed by two practitioners massaging you in perfect symmetry \$250/75 min

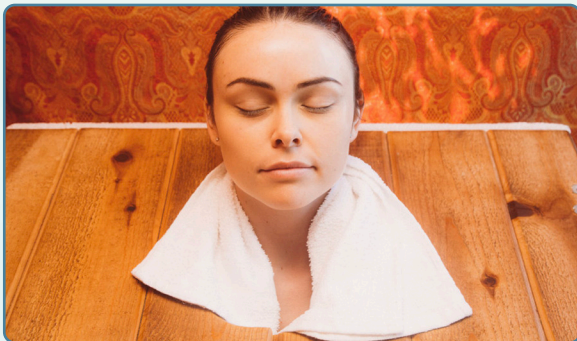


THE SHIRODHARA

Head Oil Treatment-Deep Stress Relief and Mood Balancing

The treatment begins with a head massage and Marma (energy balancing) therapy. The pouring of warm, herbalized oil across the forehead and 3rd eye will give you the sensation of “floating” and you may find yourself in a state of lucid dreaming. As you unwind, the brain rebalances and releases neuro-hormones (like oxytocin), activating the body’s self-healing mechanism. Dwell in a state of restful relaxation while nourishing your hair and scalp with this rich oil treatment.

- ▮ Add-on \$175/75 min incl. take-home oil



SWEDHANA

Cleansing and Hydrating

This is a herbalized steam bath infused with customized herbs to suit your constitution. It is best performed after a massage as it allows the oils to penetrate deeper into the tissues. This treatment softens the muscles, releases overall tension and gently removes deep-seated toxins through the skin.

- ▮ Add-on to any massage: \$50



PINDA SWEDHANA

Cooling and Rejuvenating

Pinda is the rejuvenating and cooling bolus bags massage, a nourishing and refreshing treatment to reduce Pitta dosha. This treatment uses herbalized rice bolus bags that are warmed in a specialized milk decoction and vigorously massaged into the skin. An excellent treatment for all inflammatory conditions, it balances the hormones in women, rejuvenates and nourishes inflamed, dry, dull skin tissue; and is good for inflammation of the joints and many pain symptoms. It is combined with a dry silk-glove massage and a Pitta reducing oil massage.

- ▮ 2hrs. \$275



BLISS PACKAGE

*Combine all 3 therapies 2.5 hrs
for \$300 (Save \$65)*

*Other treatment packages available
and all sessions are custom designed
to your personal needs.*

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MARMA THERAPY

Energy Work

Marmas are the subtle junction points through which life force or Prana enters our body. Each Marma session is focused on enhancing the subtle energetic communications between the organs and tissues. Marma treatment directs the subtle energies in the body with the help of touch, aroma, herbs, gems and sometimes sound. Sessions may include Chakra balancing therapies, a localized massage and traditional, Ayurvedic energy work.

☐ Range \$75-125 (Perfect add-on to any massage) =



GARSHANA (SILK GLOVE MASSAGE)

Beautifying and Cleansing

The polishing massage from head to toe with raw silk gloves improve the appearance of your skin and harmonizes the flow of energy and Prana in your body. Raw silk is alkalizing, cooling and the brisk body massage enhances your circulation while awakening your vitality and bliss.

☐ Add-on to steam or oil massage \$50/25 min



INDIAN HEAD AND FOOT MASSAGE

Relaxing and Grounding

The treatment starts with a foot bath and the vigorous massaging of the head with warm, herbal oils. Tensions melt and the scalp and hair are being nurtured, while Marma centers (Energetic points) activate. Then follows the massaging of the feet with golden brass bowls and calming, scented balms.

☐ Add-on \$75/30 min



UDVARTANA

Cleansing Body Scrub

The Udvartana is a brisk massage that uses herbal powders and pastes to stimulate the release of toxins and supports the removal of excess fatty tissue. It typically includes a herbal steam bath and a hot oil massage. It stimulates the lymphatic system to release toxins and supports the removal of excess fatty tissue. This brisk massage is especially helpful when treating many Kapha conditions including allergies, weight gain, and congestion. It allows one to feel like a new "lighter" person. It is cleansing, nourishing and leaving your skin feeling like new. ☐ 2hrs \$250

SENSE PACKAGE

*3 treatments are combined 2 hrs/\$250.
Or add-on individually to other treatments.*



NASYA

The classic sinus and nasal treatment designed to open up the channels of the upper body to allow more Pranic energy to enter. It includes an enlivening Indian head massage, localized steam, and the use of an assortment of nasal concoctions. It is combined with an eye and ear treatment. Nasya is a wonderful treatment to strengthen the body against colds, flu and allergies.

NETRA TARPANA

Involves the use of a variety of methods and techniques such as the bathing of the eyes in ghee, eye drops, and purification through herbal smoke to alleviate eye conditions.

KARNA PURANA

A specific ear massage and the application of herbal decoctions to relieve earaches and other ear related problems.(Can also be combined with ear candling).