



*Ayurvedic Head Massage*

### How is Ayurvedic therapy different?

Just as everyone has a unique fingerprint, according to Ayurvedic beliefs, each person has a distinct pattern of energy – a specific combination of physical, mental, and emotional characteristics. It is also believed that there are three basic energy types called doshas, present in every person. These doshas are commonly referred as Vata, Pitta and Kapha.

Everyone has Vata, Pitta, and Kapha, but usually 1 or 2 are dominant in a particular person. Many things can disturb the energy balance, such as stress, an unhealthy diet, weather, and strained relationships. The dis-ease shows up as disease. Ayurvedic treatments focus to bring the doshas back into balance. In today's world with its hectic pace of life, the care for the body is restricted and superficial. Ayurveda uses herbs, nutritional guidance, yoga, meditation, detoxification and rejuvenation therapies suited to the individual's dosha, improving overall quality of life.

## About Us

The philosophy of Jeevanaya Wellness Spa is rooted in India's ancient approach to wellness, a science of healing which dates back to more than 5000 years. Jeevanaya embraces a deep understanding of mind, body and spirit.

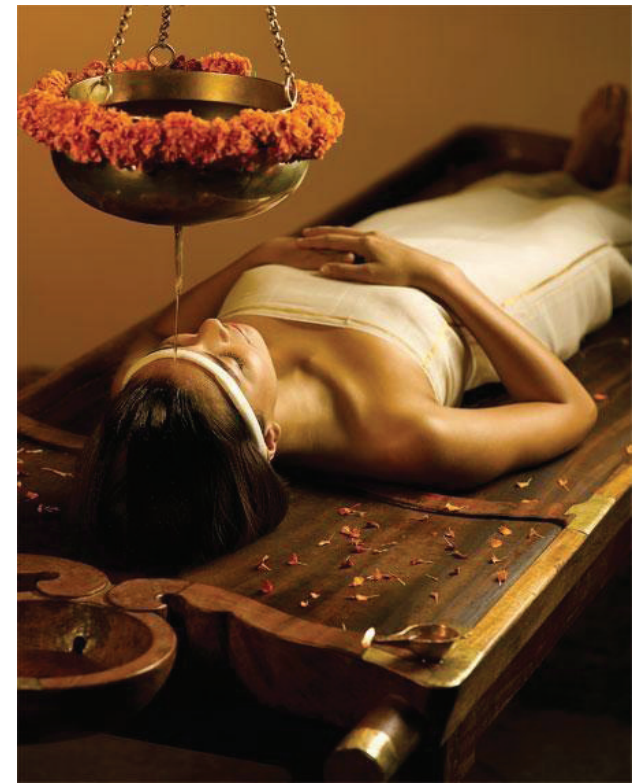
Our Ayurvedic Spa treatments are offered by a Certified Ayurvedic Therapist using exclusive natural herbs and oils for preventing and curing ailments in a blissful and harmonious setting. With Jeevanaya, you undertake a journey within, through rejuvenating holistic treatments for a truly calming experience.

### Contact Us:

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**JEEVANAYA  
WELLNESS**  
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*Shirodhara- Oil flow over the head*

# JEEVANAYA WELLNESS

When diet is wrong, medicine is of no use.  
When diet is correct, medicine is of no need.  
--Ayurvedic Proverb

### **Abhyanga / Body Rejuvenation Massage**

**1 therapy (75 min) \$90.00**

A traditional synchronized full body massage given by Ayurveda therapist(s) using herbs-infused Ayurvedic oil; Abhyanga improves physical consistency, sleep patterns and eye sight. It helps to liquefy toxins and induces relaxation, while eliminating impurities. It tones up muscles, improves blood circulation, relieves stiffness and rejuvenates the body and mind. This is often referred to as an anti-aging therapy.

### **Choorna Swedhana / Bundle Massage**

**1 therapy (60 min) \$90.00**

Following a full body massage with dosha specific oils, therapeutic sweating is induced by the application of warmed herbal poultices. It increases circulation, speeds up the elimination of toxins, relieves muscle pain and stiffness, rheumatism, arthritis and sports injuries.

### **Nasyam (Facial/ Nasal Massage (40 min)**

**1 therapy \$45.00; 3 weekly therapies \$120.00.**

Instillation of medicated oil in the nostrils followed by massage of upper body and Gandusa, where medicated oils or decoctions are retained in the mouth for few minutes. This treatment is highly effective for cleansing of sinuses and treating migraines, chronic colds, headaches and chest congestion.

### **Signature JeevaSpa Treatment**

**(75 minutes) \$120.00**

A pre-bathing ritual practiced by royalty in preparation for their wedding day. This treatment begins with a scrub made from fresh natural ingredients like sandalwood and mild turmeric mixed with rice grains and other secret herbs. The exfoliation process helps to remove dead skin cells and rediscovers your beautiful soft skin. A relaxing massage using our sandalwood or jasmine oil completes this exclusive experience.

### **Shiro-Dhara / Thakra-Dhara (45 minutes)**

**1 therapy \$80.00; 3 therapies \$150.00**

Warm herbal oil is poured in an even stream on to the forehead to pacify and revitalize the mind and the body. With its intense rejuvenating and anti-aging effects, Shirodhara improves memory, addresses other neurological disorders, treats depression and normalizes sleep patterns and blood pressure.

### **Shirobhyanga / Head Massage (40 minutes)**

**1 therapy \$45; 3 therapies \$120.00**

Shirobhyanga is a special Head massage with or without oil. This ancient experience relaxes tones and eases muscle tension in the neck, head scalp and shoulders. It promotes alertness and concentration and also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace.

### **Kati Vasti (Lower back treatment) (40 minutes)**

**1 therapy \$45.00; 3 weekly therapies \$120.00**

Practiced to ease pain in the spinal area. A small circle of paste made from black gram or wheat flour is placed strategically on the spinal area. Warm oil is then poured into the depression created by the ring of paste. This soothes muscular tissue, alleviates pain and lubricates the discs and nerves.

### **Kansa Vatki Foot Massage**

**(45 minutes) \$50.00**

A traditional Ayurvedic foot massage- revitalize tired feet and legs and rebalances body, mind and spirit. Kansa Vatki has been in existence in India for centuries. This restorative treatment uses massage therapy and a small metal bowl containing copper, zinc and tin lubricated with ghee or oil and rubbed against the soles of the feet. The massage is concluded with a rebalancing sequence of marma massage (Indian acupressure points)



**Meditation and yoga practices are the cornerstone of all holistic Ayurvedic programs, as they teach the client how to manage their internal energies, essential for good health.**

### **Abhyanga and Shirodhara Package**

**(80 minutes) \$150**

Combine 40 minutes of full body massage with 40 minutes of Shirodhara for truly blissful experience.

**3 sessions of Choorna Swedhana and Shirodhara (240 minutes) \$330.00 (Save \$180)**

Pre-payment required.

Combine 40 minutes of bundle massage with 40 minutes of Shirodhara in each session.

### **Head and Feet Massage Combo**

**(60 minutes) 1 therapy \$65.00 (Save \$25.00)**

**3 therapies \$155.00 (Save \$40.00)**

Combine 30 minutes of head massage with 30 minutes of Ayurvedic leg and feet massage.

### **Ayurveda Consultation (45 min) \$50.00**

During the Ayurveda consultation, health history, diet, lifestyle, fitness levels, job and overall degree of happiness are discussed. This helps to prepare customized Ayurveda therapy packages. Consultation is provided before and after each session, spread onto 45 minutes. You will receive a written note of all the points covered.