

Ayurvedic Treatments

Abhyanga Snehana

Warm Oil Massage

Abundant, warm medicated oils are applied to specifically help pacify the doshic imbalance. Gentle massage over the entire body is used to assist in muscle and joint stiffness, dryness and fatigue. This treatment also increases circulation of blood and lymph. A very nourishing treatment.

This is NOT a deep massage.

90 minutes \$95

Additional Oil Therapies

After abhyanga snehana, one can choose an additional oleation therapy to help relieve congestion, energetically and physically, in a specific area of the body.

Basti

A small donut of wheat dough is created and then a pool of medicated warm oil fills the space inside that resides over a particular area of the body.

\$25 each The specific treatments are listed below:

-Kati Basti

This is a localized treatment for the lower back and lumbo-sacral area. This treatment helps to allieve pain and tension there, as well as help with displaced discs, soreness, arthritis of the spine and genrealized anxiety.

-Manya Basti

This is a localized treatment for the cervical spine. This treatment helps to nourish pain and tension in the upper spine, as well as helps with chronic neck tension, muscle soreness, arthritis of the spine and residual symptoms from neck injuries.

-Hrud Basti

This is a localized treatment focusing on the heart center. A pool of warm, medicated oil is placed over the heart. This treatment is especially good for unresolved emotions, psychological tension and feeling spiritually disconnected.

-Nabhi Basti / Basti Basti

This is a localized treatment for the abdomen. This treatment helps to nourish pain, tension and stagnant energy in the lower abdomen. This can help with many imbalances of the reproductive and/or digestive organs.

Karna Purna with face, head and neck massage

This treatment includes the application of oil into the ear to help remove a build up of wax, as well as mild cases of hearing loss and tinnitus (ringing in the ear).

Marma (acupressure) therapy is also part of the treatment.

40 minutes \$40

Lepa

Herbal Medicated Plaster - warm, herbal paste is applied to a specific area of the body, especially the lower back, joints(arthritic pain) or liver(cool/detox).

\$25