

Ayurveda Therapies

Hippocrates, The father of medicine

What is Ayurveda?

Ayurveda is a 5,000-year-old holistic system of natural healing from India. Translated, it literally means "the science of life." The central philosophy is that the mind and body are connected, and that physical health cannot be achieved without emotional, mental, and spiritual health.

Ayurveda encompasses a wide range of techniques to prevent and treat illness and to encourage general wellbeing, including: yoga, massage, diet, breathing and relaxation exercises, herbal remedies, and skin and body products.

Ayurveda approaches healing by determining each individual's genetic metabolic constitution, (there are three primary constitutions, or "Doshas," : Pitta, Vatta, and Kapha) and then setting into motion a protocol for healing that is as unique as each individual.

The goal of Ayurvedic treatment is to restore balance, good health, and harmony in one's life. Sacred organic oils are used in most treatments to purify the mind, body, and soul.



If we do not expect, we have all things.

Buddha

SWEDANA - Herbal Detox

A steam treatment that dislodges impurities and toxins (physical, mental, emotional) while keeping the core body temperature cool by applying re-freshing packs. This mesmerizing experience induces a deep meditative state and calms the entire system. Choices: Rose/emotional - Herbal / revitalize
Lavender/ restfulness - Cold & Allergy relief - Detox
This is a great "quick fix" during times of immune compromise.

30 min \$50 inc. relaxing scalp massage
30min. \$30
20 min \$25

ABHYANGA -SWEDANA

Steam treatment followed by a detoxifying body massage using customized warm oils for your Dasha to break up AMA (toxins) and improving body circulation, blood and lymph circulation.

75min (1 therapist) \$100

75min (2 therapist) \$150

GARSHANA-SWEDANA PKG.

Ideal for Weight Loss & Cellulite Reduction

A dry, silk glove exfoliation and herbal oil application to lymphatic points and follows with a customized herbal steam session to dislodge impurities and toxins while keeping the core body temperature cool.

Single session \$ 50
(4 Bi-weekly 30 min. Treatment Pkg.) \$220

MITTI CHIKITSA -

Body Mud Wrap w/ Herbal Oil Massage

Ayurvedic blend of rejuvenating herbs specific to your (Dosha), will improve blood circulation, exfoliates skin, and draws out toxins. You will receive a brief reflexology treatment before steam therapy which will enhance the mud treatment. After a quick rinse your treatment is completed with a half hour focus massage on areas of concern.

90 min. \$125

2hr (w/1 therapist /1hr massage) \$150

2hr (w/2 therapist /1hr massage) \$185



WILLOWJANE'S

2738 Parkwood Drive
Quincy, IL 62305

Phone: 217-224-5239
Cell: 217-430-5239

E-mail: www.willowjane.com