

ABHYANGA -

Signature Ayurvedic Massage w/ Herbal Oils

A detoxifying body therapy using customized medicinal warm herbal oils. This helps break up AMA (toxins) Finish with a refreshing herbal spritz finishes this holistic treatment

75 min (1 therapist) - \$ 85 90 min - \$125

75 min (2 therapists) - \$130 90 min - \$170

NAYSA - Sinus Therapy

Is the gentle administration of herbal oils into the nostrils to open the sinuses, bring clarity to the mind and bring relaxation to the neck. This includes a foot reflexology session and a facial massage with stimulation of marma points along with heated compresses to alleviate pressure and aid in releasing built-up toxins and then enjoy the slow application of specially formulated medicinal Naysa oils directly into the nostrils. Good for sinusitis, head tension, puffy eyes, dark circles and improving mental focus and clarity. This treatment can finish with Gandusa (oil gargle) to whisk away accumulated impurities

50min \$75

The benefits of Naysa are optimized when received after Abyanga and/or Swedana.

Please do not eat for 1-2 hours prior to this treatment. A rest period of 1 hour prior to exercise is suggested after this treatment.

CHAMPISSAGE -Indian Head Treatment

Champissage is the ancient Indian art of healing head massage. Specialised techniques are used on the head, neck and shoulders to bring about the feeling of relaxation and overall wellbeing. Especially good for stress, headaches and tension.

30 min. \$55

SHILA -ABHYANGA— **client fav**

Warm /Cool Stones from the sea and crystals are used in this spiritual therapy as well as 5 different vedic oil are used to assist the body in healing and instill relaxation and cleanse the body and return the calm the doshas .Over 50 stones are used in therapy.

1 therapist 90min \$125 120 min \$175

2 therapist 90min \$175 120 min \$225

SHIRODHARA -

This treatment starts with Detox and marma massage to the feet then Warm Ayurvedic oil is rhythmically poured onto the center of the forehead and scalp along with marma head massage; creating profound relaxation as mind and body surrender to the experience. This traditional treatment addresses many ailments: deep stress, insomnia, hair loss, anxiety fatigue (just to name a few

\$75.00

General Information

CLOTHING DURING TREATMENT

Due to the nature of some of the therapies it is advised to bring a change of old clothes that you don't mind having oil on. And a scarf or hat for Shirodhara.

In Ayurvedic treatments we do not claim to heal chronic illness but they may help alleviate signs & symptoms.

Ask about the Additional Spa

PanchaKarma Therapies

Available!!!!

Aromatherapy add \$5 Add beverage \$5

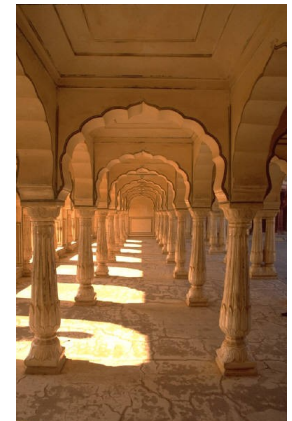
The greatest thing in the world is to know how to belong to ourselves ...
Montagne



AYURVEDIC TREATMENTS

WILLOWJANE'S SPIRITUALLY GUIDED THERAPY

Relax Into A Stress Free YOU!....



Turn your mid-life crisis to your own advantage by making it a time for renewal of your body and mind, rather than stand by helplessly and watch them decline.

Jane E Brody

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By appointment only

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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



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