

ॐ इति धानवन्त्रि नामाहा

maharani
ayurveda
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AYURVEDIC SERVICES

Ayurvedic Consultation

Includes a comprehensive assessment and recommendations for a detailed personalized diet and lifestyle plan. *Initial \$225; Includes one follow up visit.*

Pancha Karma—A Transformative Approach for Healing

Authentic Pancha Karma rejuvenates, detoxifies, and optimizes all tissues and organs, improves digestion, and upgrades overall health. The package includes a consultation, home prep instructions, detox kit, and 5+ days of luxurious Pancha Karma treatments and spa therapies. *2.5 hours daily of combined therapies \$290/day*

The Essential Abhyanga

The Abhyanga is the classic Ayurvedic hot oil massage. Custom blended medicinal oils are applied to the entire body with gentle, nourishing strokes. This soothing treatment melts away stress, calms the nervous system, and revitalizes the immune system. Warm aromatic compresses complete the treatment and leave you feeling refreshed and renewed. *Hot Oil Massage 75 min. \$125*

ADD-ONS TO THE ESSENTIAL ABHYANGA:

Swedana

Herbal steam infused with custom blended medicinal herbs, relaxes tight muscles, nourishes the skin, and detoxifies. *Herbal Steam Bath \$35*

Garshan

Stimulates and renews tired skin and increases circulation, reduces weight and stagnation. *Silk Glove Massage \$35*

Marma Therapy

This technique supports the transmission of Prana energy and helps reset the energetic make-up for a peaceful sense of well-being. *\$55*

Nasya

Sinus and nasal treatment to enliven all the senses and to support respiratory health. *\$55*

Netra Eye

Nourishing eye cleanse and rejuvenation treatment to refresh and soothe the eyes from environmental toxins and daily stress. *\$55*

Karna Purana

Ear treatment to help relieve earaches, itching, and ringing in the ear. *\$35*

STAND-ALONE TREATMENTS

Ayurvedic Facial

A nourishing and relaxing experience that purifies, nourishes, and rejuvenates skin for a radiant complexion and healthy glow. *\$95*

Shirodhara

Warm, medical oil poured slowly over the head and scalp, deeply relaxes the nervous system. Includes head, neck, and foot massage. *Forehead oil pouring \$125*

Udvartana

A warm herbal paste deeply penetrates the skin, and the brisk massage stimulates the lymphatic system, release toxins, and supports the removal of excess fatty tissue. Includes herbal oil massage and steam bath. *Herbal paste massage \$175*

Pinda

This rejuvenating 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. *Bolus bags massage \$125*

AYURVEDIC PACKAGES

The Classic Bliss Treatment

Rejuvenating. Calming. Cleansing.

Receive a full-body hot oil massage followed by a luxurious herbal steam bath to purify and enliven your entire being. Then experience the gentle, pouring of warm, herbalized oil across the forehead and 3rd eye to help you unwind as you enjoy the sensation of “floating” into peace. *Hot Oil Massage, Herbal Steam bath, Shirodhara —2 hrs. \$225*

The Himalayan

Cooling. Rejuvenating. Cleansing

Begin with a raw silk glove massage to help purify the lymph system, exfoliate the skin, and create a healthy glow. Next enjoy a full-body massage using luxurious medicinal oils that are massaged deeply into the tissues. Then step into a delicious herbal steam bath. Finally, enjoy a second massage treatment which employs a cleansing paste made of herbs, clay, and seaweed to help draw toxins, inflammation, and excessive heat from the tissues. (Recommended especially for body-type Pitta) *1.5 hrs. \$195*

The Regal Package

Warming, Calming and Detoxifying

This deluxe treatment starts with a full-body personalized herbal blend steam bath. It is followed by a full-body massage with a lavish pouring of warm, medicinal oils across the skin. Then, warmed herbal bolus bags are vigorously applied, using active massage strokes and gentle bouncing of the pouches, allowing the herbs to penetrate deeply into the body. This is followed by a customized herbal body polish to encourage deeper detoxification and exfoliation. Finally, as you cocoon and absorb the healing pastes, melt into a deeply calming state of relaxation with Shirodhara treatment of oils poured slowly across the forehead. *2.5 hrs. \$260*