

# AYURVEDA MENU

CHOOSE A PACKAGE OF 3 FOR US\$150 OR INDIVIDUALLY PRICED AS MARKED.

## UDWARTANA

30 minutes - US\$40

Udwartana means to energize and elevate the whole body. A specially blended medicated powder that is home made is deeply massaged into your body using specific palm and finger movements. This treatment is performed to complement a weight loss regime as it tones muscles, stimulates blood circulation and reduces cellulite. By revitalizing the skin and sense of touch, it enhances youthfulness.

## SUNDARARYA VARDHINI FACIAL

60 minutes - US\$60

This Ayurvedic beauty regime helps firm skin as well as to improve your complexion. The application of all natural ingredients as a face pack is followed by a face, head and neck massage using herbal infused oil. It is suitable for all skin types and works well for wrinkles, uneven skin tone, sagging, and eyelash loss.

## BAMBOO MASSAGE WITH DRY SKIN BRUSHING

75 minutes - US\$69

Known for its healing properties, this ancient therapy works at all levels to balance, calm and energise you physically, mentally and spiritually. We start by dry brushing the skin which increases circulation on the whole body then using heated bamboo we roll and knead the tissue. Stimulation of the tissue by the bamboo stick helps in getting relief by dissipating the heat that results from an accumulation of toxins and poor circulation. It improves the quality of sleep and helps insomnia. Known to increase mental clarity and cures depression it also increases lymphatic drainage and helps remove toxins from the body. Bamboo massage is known to also improve the texture of your skin. The silica from bamboo extract helps your body absorb essential minerals such as potassium, calcium and magnesium, which helps to minimize wrinkles. It's the perfect mixture of beauty & pleasure.

## ABHYANGAM MASSAGE

60 minutes - US\$60

Abhyangam is a Full Body massage with medicated oil. The principal healing tool and the mother of all massages in Ayurveda. It is known to have healing benefits by naturally harmonizing body, mind, and spirit.

## KATIVASTI

Great pain relief for back issues

60 minutes - US\$60

The waist area of the body is called kati. A rectangular, leak-proof reservoir made of dough is built up on your lower back, around the lumbo-sacral area. Luke warm medicated oil is then gently poured in. The oil and the receptacle are kept in place for about 30 minutes and after removal, the affected area is gently massaged. It is beneficial for all spinal ailments, back pain and muscular discomfort.

## ELAKIZHI (Patrapotala Sweda)

Great for relieving tired muscles and deep sitting tension

60 minutes - US\$60

The leaves are collected freshly from our Canggu retreat. Most commonly used leaves are leaves of moringa and bevanda. They are chopped and tied in a linen cloth in the form of boluses. These are kept in a vessel containing the oil used to fry the ingredients and the vessel is then heated. An Abhyangam (a gentle oil massage) is given for about 10 to 15 minutes. Then the massage is given with warm boluses. The boluses are applied over the body. Your body is left feeling revived, warm and free of tension. Benefits include: Improves blood circulation, Improves skin complexion, Relieves body pain and stiffness, It is anti aging and rejuvenating, Reduces anxiety and stress and aids weightloss.

