



## Ayurveda

Ayurveda, the science of life, as scribed by the seers of India in the Vedas and over 4,000 years old...

Ayurvedic medicine is the healing system which includes the whole body – mental, physical, emotional and spiritual. Its main principle is based on the 3 doshas, vata, pitta and kapha. When the doshas are balanced, the body is healthy. When the doshas are not balanced, the body is sick and all elements of food and water intake, exercise, massage, relaxation of the body and mind are utilized to bring the sick body back to health.



### Ayurvedic Consultation to identify Body Type and Abhyanga

A full consultation looking at your general state of health and well being, including food and water intake, exercise and relaxation; identifying your ayurvedic body type and what the body type tells you about you and your health and the ayurvedic treatments that would be of most benefit to you.

### Abhyanga

Abhyanga literally means “contrary motion with oils” another words a massage involving motions in different directions with the use of warm oils. The whole body - head and shoulders, back, chest, full legs and feet – is massaged. Abhyanga improves firmness and lustre of skin, lubrication of joints, increased blood circulation, reduced stress and aids sleep. It is a deeply relaxing.



## Marma Abhyanga

To be follow after abhayanga. There are 108 marma points throughout the body – anatomical sites where bones, joints, arteries, tendons meet up. Marma therapy involves the use of fingers to stimulate the points and so increase proper and efficient blood flow throughout the body structure. You will feel deeply relaxed but fresh and energetic. There are special and wider applications for marma massage – please ask for details.

### Padabhyanga

A massage of the lower legs and feet involving techniques of rubbing and stroking to stimulate circulation and flow of key marma points using warm oils. Padabyhanga revitalizes tired legs and feet and improves blood circulation.

### Vandanam Abhyanga

A massage of the face including all the main marma points with specially blended oils according specific to skin type. This face massage removes facial toxins, energizes the nervous system giving a healthy skin complexion and the face a deep glow.

### Shiro Abhyanga

Commonly referred to as “Indian head massage” but this is a very different and unique experience!  
A deep massage of the head, face, neck and back with the use of ayurvedic oils specially formulated for the hair and scalp. This treatment is very effective in relaxing the head and neck area, very effective in nourishing the hair and scalp area.

## Charges

### Abhyanga

Body massage with warm oils including head, face, shoulders, back, chest, legs and feet

**1 hour - £39**

### Padabhyanga

Foot massage treating dry and rough areas, nail work, massage of the knees, lower legs and feet with use of oils to stimulate circulation and application of Sante polish (for the ladies)

**1 hour - £39**

### Vandanam Abhayanga

Massage of the face including all the main marma points with specifically blended oils according to skin type

**1 hour - £39**

### Shiro Abhayanga

A deep massage of the head, neck, shoulders and back with the use of oils.

**1 hour - £39**

**3 treatments - £99**

A choice of any 3 treatments from above

### Ayurvedic Consultation and Abhayanga

**2½ hours - £79**

### Marma Abhyanga

Body massage with warm oils including head, face, shoulders, back, chest, legs and feet and 108 marma points

**1½ hours - £59**

### Ayurveda and Specific Health Issues

For specific health issues such as detox, weight loss, skin conditions, allergies, asthma, PMS, Menopause to name a few, Ayurveda has answers.

Please ask for further information.

# Tej Amishi



## Ayurvedic Massages

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