

Garshana

Gloved exfoliation of the skin in a traditional Ayurvedic sequence just before oil massage, allows the oil to penetrate and truly nourish the body. This treatment increases circulation, alkalizes the blood, helps create negative ions (which are the good ones!) and cleans the skin so the herbal oil can penetrate deeply.

Pedikarma

Detoxifying Foot Treatment

This five-step treatment begins with a neck and shoulder massage. An exfoliating foot buff is followed by a soak in a warm tub with mineral salts and tridoshic oils. A reflexology marma-point foot massage rejuvenates from the bottom up. Then comes the magic of the Kansa Vatik, a small metal bowl, that relaxes and energetically rebalances the entire mind-body system. Massage with the Kansa bowl is said to draw heat, acidity, and negative energy away from the body. Your feet are then wrapped in warm towels and finished off with an application of Ubtan – an herbal blend of flours, grains and sandalwood that absorbs toxins released during the treatment.

90 Minute\$120

Gift Certificates
Available

About Ayurveda

Ayurveda is considered by many scholars to be the oldest healing science. Ayurveda is a Sanskrit word that literally translated means "science of life".

Ayurvedic knowledge originated in India more than 5,000 years ago and is often referred to as the "Mother of All Healing". Unlike Western allopathic medicine, Ayurveda does not focus on disease. Rather, Ayurveda maintains that all life must be supported by energy in balance.

We all have times when we don't feel well and recognize that we're out of balance, only to be told by a Doctor that there is nothing wrong. What is actually occurring is that this imbalance has not yet become recognizable as a disease. Yet it is serious enough to make us notice our discomfort.

Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service.

Returned Check Fee \$25.00

Ayurvedic Therapies



A Yoga Studio &
Day Spa Committed
To Providing Services
That Are ...

all about you!

23 Village Inn Road

Westminster, MA 01473

At Exit 27 - Off Route 2

978-874-6200

www.ALLaboutYOUolutions.com

Sacred Stone Therapy

Sacred Stone Therapy creatively integrates the art of stone bodywork with the ancient science of Ayurveda. Of the five great elements that exist in the universe: ether, air, fire, earth and water, Ayurveda classifies these into 3 aspects, or doshas. For our bodies to function properly our doshas must remain balanced.

It has been observed that the wind element, otherwise known as vata dosha, is the element that seems to be the most out of balance in the majority of people who live in this fast-paced multi-tasking society. When vata within the body is in excess, people tend to experience anxiety, panic attacks, insomnia, paranoia and loneliness.

The focus of this treatment is to calm and soothe the vata dosha that exists in all of us. Every technique used during this 90-minute treatment has been thoughtfully designed to bring the body, mind and soul back into balance.

Your therapist will use vata reducing techniques including wringing and squeezing the tissue out towards the feet activating the downward flow in the body allowing you to connect to the earth and become more grounded.

Much attention will be given to placing stones and healing crystals on the major chakras of the body. We invite you to experience the truly deep, balancing and grounding experience that Sacred Stone Therapy offers.

90 Minute.....\$110

Abhyanga

Four Hand Massage

In Abhyanga, medicated oils are vigorously massaged into your body by **two therapists** in synchronicity with specialized strokes and marma point pressure. It is extremely nourishing, nurturing and one of the most thorough massages you will ever experience.

Based upon your body's individual constitution or dosha, special oils and herbs are warmed and applied to the body to help balance the elements of Vata (Air), Pitta (Fire) and Kapha (Water). This rhythmic, dance-like massage stimulates the lymphatic system, which assists in the flow of nutrients through the body and the removal of toxins at a cellular level. Specific Marma Points (Energy Points) that are of concern and imbalance are massaged with more warmed oils and herbs to facilitate the healing process.

Abhyanga promotes more restful sleep and enhances immunity and relaxation. After treatment the body should feel less stress, detoxified and in better balance.

This individually prepared oil treatment is designed to deeply penetrate the skin, relax the mind-body, break up impurities, and stimulate both arterial and lymphatic circulation, enhancing the delivery of nutrients to starved cells and the removal of stagnant waste. The desired result is the heightened state of awareness that will direct the internal healing system of the body

75 Minute\$185

90 Minutes, including Garshana\$215

Shirodhara

During this treatment you enter a deep state of relaxation through the process of a warm oil bath gently flowing on to your forehead. It synchronizes brain waves and profoundly coordinates and calms the mind, body and spirit.

While most Ayurvedic therapies have their impact on the physical body, Shirodhara most effectively purifies the mental body, where patterns of behavior and emotional traumas can distract the mind from its role in supporting good health and spiritual growth.

This sublime treatment helps remove stress from the mind, balances the emotions and pacifies insomnia, depression, panic attacks and addictions. You will feel as if you have just completed a long, deep and blissful meditation.

The treatment begins with Garshana, and is followed by a controlled flow of warm oil gently poured over the "Ajana" or third eye chakra. The oil then streams down the "Sahasra" or crown chakra, which magnifies the senses, disperses negative electrical impulses that accumulate in the forehead from stress and reverses imbalances within the body. A scalp massage follows the warm oil, which stimulates the scalp, nourishes the hair roots and hair, relieves mental fatigue, helps enhance mental clarity and focus and balance and nourishes the emotions.

Shirodhara is one of the most unique therapies available for reducing stress and enhancing cellular intelligence and immunity.

75 Minute\$120