



**Authentic Ayurveda of Sedona  
Holistic Health Center & Spa**

*Experience India's ancient healing art...in spiritual Sedona*

## **Ayurveda Spa Therapies**

### **Holistic Health Consultation**

1½hrs

Addressing your specific health concerns.

Includes an in-depth dosha (body/mind type) analysis, pulse reading & tongue examination.

Learn to heal your body and relax your mind with customized Ayurvedic lifestyle recommendations.

Achieve balance through foods, herbs, body care, sound sleep, internal cleansing, and beneficial daily routines.

\$144

### **Ayurveda Bliss Spa Package**

2½hrs

Treat yourself to the ultimate in deep relaxation and pampering!

***Abhyangha Massage, Shiro Dhara, & a mini Facial.***

Followed by ***Swedhana***, a gentle steam bath treatment to release toxins.

\* includes Mantra, Yantra, Gems, Tibetan Bowls, Aroma & Color Therapy

\$259

### **Abhyangha Oil Massage**

1½hrs

Lots of warm oils are poured onto the body and then massaged with hot stones.

The herbal oils reverse aging by nourishing dry skin and deep tissue layers.

Marma (acupressure) points relax sore muscles, joints and bones.

This full body Lymphatic massage removes toxic accumulation and energetic stagnation.

\$144 (add ***Swedhana aromatic steam bath*** +\$33)

### **Shiro Dhara**

1hr

A steady flow of warm oil onto the forehead, stimulating the third eye and crown chakras.

A most divine meditative experience. This ancient Ayurvedic therapy awakens intuitive abilities.

Excellent for relieving stress, anxiety, depression, insomnia, and migraines.

\$108

### **Facial Treatment & mini Foot massage**

1hr

Using high quality, all natural Ayurvedic herbs and oils to cleanse, exfoliate and moisturize the face.

This deep nourishment helps preserve elasticity of all skin layers.

It melts facial tension, relaxes the mind, and leaves you with a youthful glow.

Includes, neck, shoulder, and foot massage.

\$108

### **Pancha Karma Detox**

**3-7 day programs**

Renew down to the cellular level through a specialized Ayurvedic Cleanse Program.

This gentle detoxification reverses signs of aging, prevents disease, and safely clears out accumulated toxins from the deep tissues.

Restore balance to organ systems: liver, blood, skin, lungs, stomach, colon, kidneys and bladder.

Experience much needed rest, relaxation, and rejuvenation in Sedona's healing environment.

Please visit [www.ayurveda-sedona](http://www.ayurveda-sedona) for more Pancha Karma details.