



Ayurveda is a Sanskrit word that means “The Science of Life”. Originating in India more than 5,000 years ago, it is considered to be the oldest healing science. All the following treatments begin with a consultation to determine your specific dosha (Vata, Pitta, and Kapha). Treatments are about bringing the body back to balance, its natural state, and perfect health.

### **Pronunciation of Ayurvedic Therapies**

- Ayurvedic pronounced - I-YUR-VA-DA
- Shirodhara pronounced - SHEAR-A-DARA (Third eye warm oil pour)

### **Shankara Bliss**

This is the ultimate Ayurvedic body treatment. Beginning with dry brushing to remove dead surface cells, a nourishing, aromatic herbal paste is applied before the body is wrapped in a warm envelopment. While rejuvenating nutrients are penetrating the skin, a special Ayurvedic foot massage with a three metal bowl balances energies in the body. Following a face and scalp massage, the wrap is removed and the body mask is exfoliated off. A luxurious, oil application follows. Completing the experience is a mini shirodhara with scalp and hair treatment and a soothing head and face marma energy balancing treatment. This ultimate experience in totality rejuvenates the body and lifts the mind to a blissful state.

**Allow 1 hour 50 minutes £140**

### **Shankara Experience**

The shankara experience is a highly therapeutic, stimulating and detoxifying full body massage. Dosha-specific nourishing oils are used to support emotional and skin type balance beginning with Tibetan ayurvedic foot treatment. The treatment includes a shirodhara oil pour to still the mind and soothe the central nervous system. To complete the treatment a head, scalp and facial marma point massage is applied.

**Allow 1 hour 20 minutes £98**

### **Shankara Envelopment**

On the day of treatment one of three luxurious envelopments will be chosen specifically for your constitutional needs. Stimulating for Kapha, cooling for Pitta, and nourishing for Vata. Each treatment will incorporate lavishly applied Ayurvedic herbs all over the body to dry-brushed skin. The body is enveloped in warmth and during this time a facial cleanse, exfoliation and marma point massage is performed. When the envelopment is removed a specific oil application massage is administered to rebalance the body.

**Allow 1 hour 20 minutes £110**

### **Shankara Eastern Star**

Like the five points of a star, the feet, hands and head are centres of intense energy. This therapy begins with focus on the feet and hands, massaging with invigorating ayurvedic oils. The Shankara Eastern Star is complete by focus to the head. This is done by administering a mini-shirodhara, head massage and hair treatment. When the star is complete, one feels deeply relaxed, yet revitalised and radiantly shining.

**Allow 50 minutes £68**