

These are all the possible treatments for Day Spa, but we don't have to use all of them. .  
Note that Udvartana involves a longer clean up than the other treatments.

Also, please note that it is better if there is a common locker room area for men and one for ladies – rather than individual bathrooms attached to each massage room. This allows us to move the guests out of the massage room more quickly, thus getting more people through a room each day. People can spend a long time in the shower! Therefore with private bathrooms we must allow additional time, at least 20 minutes for showering. With public showers we only need to allow 5 to 10 minutes rest, after the treatments.

1. Vedic Rejuvenation Massage (Abhyanga) ( 60 minutes) .... **\$170**

Our signature massage; Performed by two therapists, this luxurious herbal oil massage melts away tension and offers a unique experience of balance, deep relaxation and rejuvenation.

2. Royal Vedic Rejuvenation Massage (Abhyanga) ( 90 minutes) .... **\$250**

As above, but given for an hour and a half for the ultimate relaxation experience.

3. Rejuvenation Massage (Abhyanga) ( 60 minutes)... **\$115**

An integrating herbal massage that soothes tension and muscle fatigue, and leaves the body relaxed and renewed ( one therapist).

4.. Inner Serenity Treatment (Shirodhara) ( 60 minutes) ...**\$135**

A profoundly relaxing therapy in which a continuous flow of warm herb-infused oil is gently poured across the forehead, producing blissful tranquility and balance in both mind and body.

5. Combination Vedic Rejuvenation and Inner Serenity Treatment  
(Abhyanga/Shirodhara) (90 minutes) .....

This treatment combines the benefits of our revitalizing herbalized oil massage with the deep relaxation of our Inner Serenity therapy. **(In this combination treatment, the Vedic Rejuvenation Treatment may be substituted with our Stimulating Friction Massage or with our Herbal Balancing Massage)**

With one therapist massage.....**\$185**

With two therapist massage.... **\$240**

6. Combination Vedic Rejuvenation Massage and Herbal Steam Bath (Abhyanga and Swedana) (90 minutes)

Relax and purify as your body is immersed in a warm, herbalized steam bath. This treatment opens the channels of the body and allows the impurities that have been loosened by our Vedic Rejuvenation Massage, to be naturally eliminated. **(In this combination treatment, the Vedic Rejuvenation Massage may be substituted with our Stimulating Friction Massage or with our Herbal Balancing Massage)**

With a one-therapist massage ....**\$170**

With a two-therapist massage .....**\$225**

7. Stimulating Friction Massage (Garshana) (60 minutes)

This stimulating massage utilizes special raw silk gloves to promote weight-loss, improve circulation, and to help eliminate cellulite while softening, smoothing and enlivening the skin, restoring a natural, healthy glow.

With one therapist.....**\$115**

With two therapists... .. **\$170**

**9. Herbal Balancing Massage (Vishesh) (60 minutes)**

With the use of more pressure, this herbal oil massage purifies and detoxifies the body, relieving muscle tightness, improving flexibility and restoring energy.

With one therapist..... **\$115**

With two therapists... .. **\$170**

**10. Ten Step Royal Facial (60 min) ...\$135**

Treat yourself to a gently soothing and fragrant facial that utilizes organic milk and floral waters. This facial, once reserved for the royalty of ancient India, gently purifies, nourishes and rehydrates the skin. The result is more youthful, more radiant skin.

**11. Restorative Luxury Oil Treatment (Pizichilli) (90 minutes) ... \$350**

This is our most luxurious treatment. Gallons of warm, herbalized oil are poured over the body in a continuous stream while two therapists provide a synchronized massage that is nourishing to the tissues, relaxing to the mind and body. The result is a euphoric feeling of deep relaxation and vibrant wellness, along with a youthful glow.

(TREATMENT # 11 (ABOVE) AND ALL THE TREATMENTS LISTED BELOW REQUIRE AN ADVANCED LEVEL OF TRAINING. IT WOULD BE BEST TO FIRST OFFER TREATMENTS #1 THROUGH #10 , AND THEN AFTER A FEW MONTHS, WE CAN PROVIDE MORE TRAINING AND ADD MORE TREATMENTS TO OUR SPA MENU)

**12. Anti-Stress Massage (60 minutes ... \$115 for one therapist \$175 for two therapists)**

If you are constantly in front of a computer or on a cell phone you may be feeling negative effects from exposure to external electromagnetic fields. Here is an Ayurvedic remedy for this modern problem. Relax and enjoy as a team of two specially trained technicians administer the first massage therapy developed specifically to remove electro-magnetic stress. When we are exposed to strong electro-magnetic fields, the body's natural electro-magnetic balance can become overwhelmed and compromised. This unique energy-balancing treatments helps restore the physiology to its normal functioning. This treatment is ideally recommended for three consecutive days

13. Stimulating Herbal Paste Massage (Udvaartana0 (60 minutes \$115 for one therapist, \$175 for two therapists) Same description as Stimulating Friction Massage. This massage utilizes an herbal paste rather than raw silk gloves.

14. Royal Beauty Youthful Skin Body Treatment (2 hours \$350 )

Pamper yourself with this full body skin rejuvenation treatment as herbalized clay, milk and floral elixirs nourish and beautify the skin. This luxurious, ten-step treatment also includes an herbalized steam bath and full-body oil massage. Youthful Skin Body Treatment deeply cleanses the pores, moisturizes, and nourishes the skin, making it more radiant and youthful-looking and creating deep physical relaxation.

15. Abhyanga and Local Podikhizi (2 hrs. \$360)

After Abhyanga, two technicians apply soothing, warm cloth boluses made of an herbal powder and oil mixture to a particular area of the body. This treatment can alleviate joint and muscle pain.

16. Abhyanga and Local Pinda Swedena ( 2hrs. \$400)

Balance your physiology as well as strengthen and nourish your muscles and joints through this special treatment combination. After Abhyanga, two technicians apply cloth boluses made of herbalized rice and milk to the area/s of the body affected by pain or stiffness.

Please note: The last two treatments, #15 and #16, require more complex preparation, ie. the boiling of milk and herbs for a long time. These would be difficult to prepare in our Day Spas. It is suggested that these are offered as spa treatments within our bigger, IN-RESIDENCE clinics that are equipped for extensive herbalizing procedures.