

Ayurvedic Back Massage

30 mins | £45

45 mins | £55

A firm massage of the back, shoulders and neck using warm Ayurvedic herbal oil. This treatment is perfect for releasing tension in the upper and lower back.

Ayurvedic Pregnancy Massage

60 mins | £70

A nurturing body massage with warm oil to release tension and relieve aches and pains associated with pregnancy. From 12 weeks onwards.

Ayurvedic Foot Massage

45 mins | £55

A soothing massage of the foot and calve muscles, including the knee joint with special focus on the marma (energy) points of the foot and lower leg. It aids restful sleep and is the perfect treatment for tired feet.

Indian Head Massage

30 mins | £45

45 mins | £55

An invigorating massage of the head, neck and shoulders to relax the mind and senses and invigorate the scalp.

Ayurvedic Abdominal Massage

45 mins | £55

A comforting massage of the abdominal area and hips to help with digestive complaints, such as constipation and bloating. It also aids weight loss and helps to tone the muscles.

Ayurveda is the traditional medicine of India, using herbs, detoxing, nutrition and massage to rebalance the body.

Colette has been working full time within the Ayurvedic field since 2010. She holds a first class degree in Ayurveda, as well as a Masters in Clinical Nutrition. In 2011 Colette won the Good Spa Guide's national 'Most Marvellous Massage' award. She regularly lectures about Ayurveda and serves on the committee of the Ayurvedic Professionals Association (APA).

"I have felt SO much better since my appointment - seriously better. I have loads more energy and it is mostly steady throughout the day - in fact this is the first time I have felt like this over a continued stretch of time for some years!"

**A.R. (after Consultation
and treatment with herbs)**

"...a profound healing experience. The treatment was out of this world."

G.M.(after Shirodhara)

"One of the most well delivered massages I have experienced. Throughout my treatment, [Colette] was highly professional yet friendly, approachable and reassuringly knowledgeable."

The Good Spa Guide

"Had a marvellous massage from Colette. Highly recommended ★★★★★"

Wellbeing Magazine

Ayurveda

Colette Jyothi Park

BSc (Hons) Ayurveda, MSc Clinical Nutrition

Neals Yard Remedies Therapy Rooms

Wimbledon, SW19 5EG

020 8947 3155

wimbledon@nealsyardremedies.com

Or contact Colette directly:

07845 145 718 info@ojas.life

www.ojas.life

Treatment Menu

Ayurvedic Consultation

75 mins | £75 (follow up: 45 mins | £50)

After assessing your medical history and going through your current diet and lifestyle, you will receive a tailored programme of nutrition, lifestyle, massage treatments and herbal recommendations. The consultation includes an Ayurvedic pulse and tongue diagnosis.

Abhyanga

(Flowing Full Body Massage)

60 mins | £70

90 mins | £95

A traditional Ayurvedic massage performed with warmed herbal oil. The signature full body strokes of this massage deeply relax both body and mind, promoting a sense of wellbeing and increased endurance.

Kansa Wand Face Massage

60 mins | £70

A unique facial treatment using a smooth, bronze wand. Rejuvenates and brightens the skin, stimulates and lifts the muscles of the face, reduces tension and anxiety, drains the sinuses, reduces dark circles and puffiness around the eyes, improves sleep.

Ayurvedic Face-Lift Massage

30 mins | £45

60 mins | £70

This nourishing treatment improves circulation and gives a natural lift, resulting in radiant & younger looking skin.

Marma Abhyanga

(Energy-point Full Body Massage)

90 mins | £95

The Ayurvedic view of anatomy includes 107 *Marma* (energy) points that can be used to re-balance the body and its organs. This treatment consists of an Ayurvedic full body massage with warm herbal oil, focussing on these *Marma* points to detoxify, rebalance and release blockages in the body.

Shirodhara

(Oil Flow over the Forehead)

75 mins | £75

This treatment is known as the 'King of all treatments' in Ayurveda, as it is deeply restorative and balancing for the entire body. A very good treatment for stress and anxiety, this treatment deeply relaxes the mind and nourishes the nervous system.

Udvaartana

(Ayurvedic Body Scrub Massage)

60 mins | £70

A full body massage and scrub in one – using a herbal powder mixture and warm oil. This massage will leave the skin soft and glowing and is also traditionally used in weight loss and removing congestion in the body.

Pinda Sweda (Herbal Bolus Massage)

Full Body 90 mins | £95

Localised (back or legs) 45 mins | £60

A warming and nourishing treatment with poultices of herbal powders dipped in warm oil. This treatment is helpful in joint and muscular aches and pains and increases blood circulation to aid in detoxifying the body.

Nasya (Nasal Treatment)

45 mins | £55

To promote nasal health. Helps with conditions such as hayfever, congestion and sinus issues.

Karana Purana (Ear Treatment)

45 mins | £55

To promote aural health. Helps with conditions such as tinnitus, dry ears and lockjaw.

Akshi Tarpana (Eye Treatment)

45 mins | £55

To promote eye health. Helps with dry eyes, burning sensation in the eyes.

Hridaya Basti

(Heart Centre Treatment)

60 mins | £70

A comforting treatment for the heart centre – a well of warm medicated herbal oil is kept over the sternum and the area is continuously bathed in warm oil. It is a profoundly nurturing treatment that gives a sense of an opening the heart. It is also helpful in conditions such as anxiety, palpitations and a feeling of tightness in the chest.

Kati Basti

(Lower Back Treatment)

60 mins | £70

A very effective treatment for the lower back – a well of warm medicated herbal oil is kept over the lower back. The warm oil increases blood circulation to the area, whilst relaxing the muscles and giving nourishment to the nervous tissue. This treatment is helpful in conditions such as lower back pain, sciatica and spinal problems.

Greeva Basti

(Upper Back Treatment)

60 mins | £70

A very effective treatment for the upper back – a well of warm medicated herbal oil is kept over the upper back. The warm oil increases blood circulation to the area, whilst relaxing the muscles and giving nourishment to the nervous tissue. This treatment is helpful in conditions such as upper back and neck pain and spinal problems in the cervical region.