

Treatments & Prices

Balancing Indian Style Ayurvedic Full Body Massage £40 (1 hour)

A deep tissue massage, focusing on the upper and lower body including the face and head. This massage aims to restore a sense of balance to the whole being for example i.e. mental, physical & Spiritual wellness. You will experience a real sense of India as you relax and unwind in the rich captivating aroma of fragrant Indian rose oils.

Energizing & Uplifting : £40 (1 hour)

This Revitalizing & Invigorating treatment focuses on the upper & lower body. Its aim is to re-balance and re-establish your energy levels. This is a beautifully deep pressured massage using a blend of sweet orange, lavender & patchouli oils from India. Relax in a truly Indian atmosphere whilst your body, mind and spirit blossom like a new flower.

Relaxing Indian Style Ayurvedic Facial Massage: £25 (30 mins)

A wonderfully relaxing treatment, focusing on the facial muscles. Its aim is to help enhance the feeling of youthfulness and beauty. As your face is massaged with blend of fresh lavender or rose creams you will relax in a truly Indian atmosphere whilst feeling all tension drift away.

Sweet Dreams Ayurvedic India Style Sleep Massage: £30 (1 hour)

This medium pressure massage focuses on the upper body muscles. Its aim is to help create balance in your sleep pattern. This treatment includes a combined facial and head massage using a blend of fresh lavender oils. Experience a true sense of tranquillity as you feel the stress of the day drift from your body in preparation for a good night's sleep. This massage type is also extremely effective where there may be emotional upset causing insomnia or sleep irritability.

Ayurvedic Weight Loss Programme: 4 weekly sessions (£80)

This powerfully unique weight loss programme not only cleanses the body of toxic waste food products (Ama) that become lodged in the colon creating weight gain, but also cleanses the mind, making it sharper in relation to how you perceive food.