

# Ayurveda Therapies

**The benefits of two, three, and even four of these classical therapies linked together are innumerable and sometimes life-changing.**

Treatments are available before, during, and after the retreat. There are limited spaces; book early! Selection may include a short discussion with Savita, our Centre Wellness Ayurveda Practitioner, to discern which therapies are best suited for you.

Full payment is required to reserve your booking, and our 48-hour cancellation policy is noted when viewing payment options.

We feel honoured to assist and support you in your wellness journey at the Centre.

**To book a treatment or ask any questions:**  
**Please email [wellness@saltspringcentre.com](mailto:wellness@saltspringcentre.com)**  
**Or call 250-537-6200 and leave a voicemail.**



## **The MAHA Therapy**

Our signature Maha Treatment is an intrinsic part of any cleanse.

**Maha means great, and it combines therapies designed to destress, detox, and rejuvenate the body, mind, and soul.**

This series is the base for the deepest form of Ayurvedic cleansing. When combined with a **Spring or Autumn Cleanse**, the results will astound you.

**In this order, the MAHA Therapy includes:**

**Abhyanga** - doshic balancing oleation

**Swedana** - herbal sweating

**Udtana** - herbal dusting and exfoliation

**Shirodhara** - flow of oil over the third eye

See individual therapies listed below with complete descriptions and specific contraindications.

**General contraindications** include the first two days of menses, high blood pressure, hypertension, advanced-stage cancer, blood disorders, pregnancy, open skin lesions, bacterial or viral infections, and severe vata disorders.

**Maha Therapy 120 min \$240 (+ \$30 herbs, dry brushes and oils\*)**

*\*Please note dry brushes, silk gloves, and Shirodhara oil are for personal use only. They are yours to take home or bring back with you to bypass needless waste and added expense. You may use Shirodhara oil up to 3x in three months. Oil must be refrigerated between uses.)*



## **Abhyanga** (ah-bee-young-uh) ★ Most Popular Treatment

**Abhyanga is a full body oleation designed to deeply penetrate the skin, relax the mind, break up impurities and stimulate both arterial and lymphatic circulation.**

This enhances the ability for nutrients to reach starved cells and encourages the removal of stagnant waste. Includes marma therapy, foot reflexology and aromatherapy.

The desired result is a lymphatic flush and nervous system reset and is often accompanied by a heightened state of awareness of the internal healing mechanisms of the body, nature's gift of homeostasis.

**Contraindications** include the first two days of menses, full stomach, fever, and bacterial or viral skin infections.

**Abhyanga 75 min \$160**

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## **Swedana** (svway-duh-nah)

**Swedana is a full body oleation (abhyanga) followed by a customized herbal steam bath, during which the head is kept cool while the body is heated to remove mental, emotional and physical toxins lodged deeply within the tissues. Aromatherapy may be applied to support opening the sinus regions.**

The cool head provides a sense of calm and openness. At the same time, the therapeutic steam over the entire body can penetrate and detox the tissues without the inner body becoming overheated or stressed.

**Contraindications** include the first 2 days of menses, high blood pressure, hypertension, blood disorders, pregnancy, open skin lesions, and bacterial or viral infections.

**Swedana with mini abhyanga, 60 min, \$128**  
Oleation only, followed by a steam bath.

**Swedana with full abhyanga, 90 min, \$180**  
Oleation with marma therapy, foot reflexology and aromatherapy, followed by herbal steam bath.

**Swedana as add on, 30 min, \$60**  
Tag on to any other therapy for enhanced detoxification.



### **Udtana (ood-ta-na)**

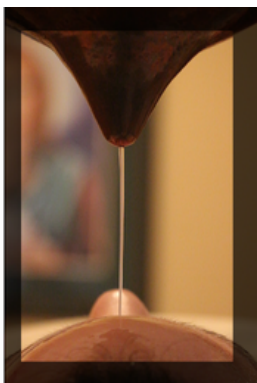
**Udtana typically follows swedana. A full body dusting with a combination of organic dosha-specific herbs and flours is followed by brushing with a natural bristle brush or silk glove, depending on your constitution, to remove toxins eliminated during the steam bath.**

This therapy provides exfoliation and cellular cleansing of the skin and improved lymphatic drainage. You will finish feeling energized and rejuvenated.

**Udtana as add on, 20 min \$40 (+ \$10 dry brushes or silk glove\*)**

\*Please note dry brushes are for personal use only. They are yours to take home or bring back with you to bypass needless waste and added expense.

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### **Shirodhara (sheer-oh-dar-uh)**

**Shirodhara begins with a warm ginger compress applied to the spinal column to enhance the flow of cerebral spinal fluid and eucalyptus steam to the facial area to open the sinus passages, enhanced by a head, neck, and shoulder massage. Then, a gentle and methodical pouring of warm sesame oil flows over the forehead, supporting the parasympathetic nervous system, synchronizing brain waves and profoundly coordinating and calming the mind, body, and spirit.**

**Contraindications** include full stomach, severe Vata disorder, severe anxiety and combined control issues, low blood pressure, pregnancy, recent neck injury, alcoholism, brain tumor, abrasions or cuts on the head, rashes on the forehead or scalp, and aversion to oil.

**Shirodhara, 60 min, \$120 (+ \$20 for 1lt sesame oil \*)**

Full body oleation, ginger spinal compress, nasal steam, followed by oil flow over the forehead.

**Shirodhara with full Abhyanga, 90 min, \$180 (+ \$20 for 1lt sesame oil \*)**

Full body oleation, marma therapy, foot reflexology and aromatherapy, followed by oil flow over the forehead.

\*Please note, Shirodhara oil is personal and may be used by you up to 3x in three months. It is yours to take home or bring back with you, to bypass needless waste and added expense. Oil must be refrigerated between uses.

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