

### **Greeva Basti** Treatment For Neck

45 mins - £59

This treatment is bathing the neck region with medicated herbal oil, procedure dose oleation sudation around the neck regionIt can be helpful in treating stress, congestion and pain around the neck, relaxes and rejuvenates muscles of neck and shoulder

### **Kati Basti** Treatment for back

45 mins - £59

Soothing massage treatment in which warmed herbal oil is applied to lower back using damThis specialized therapy relieves and nourishes the lower back pain, painful muscle spam, stiffness and regenerative problem

### **JANU BASTI** Treatment for knee

45 mins - £59

The knee joint is bathed in warm medicated oil restores the lubricating fluid in the joints removes stiffness and painImproves mobility in the knee joint

### **AYURVEDIC PACKAGE TREATMENT**

#### **Ayur Consultation Package**

90 mins - £85

Consultation (30mins)

Two treatments 30 mins each.

Detoxification Package

Panchakarma is series of detoxifying, balancing and nourishing therapies performed over a series of 3, 5, 7 or more daysAyurveda detox treatment is gentle internal cleansing, purification and tailor-made programme of nutrition



### **Relaxing Ayurvedic spa day**

(4 hours) £149

- ♥ Prista Abhyanga (Ayurvedic back massage- 30min)
- ♥ Shirobhyanga (Ayurvedic head massage- 30min)
- ♥ Use of oxygenated super heated jacuzzi
- ♥ Use of Sauna, steam, gym and lounges
- ♥ Herbal infusions tea and coffee
- ♥ Healthy vegetarian or vegan lunch
- ♥ Robes, towels and flip flops provided



### **Rejuvenating Ayurvedic spa day**

(4 hours) £149

- ♥ Prista Abyanga (Ayurvedic back massage – 30min)
- ♥ Mukha Abhyanga (Ayurvedic face lift massage – 30min)
- ♥ Use of oxygenated super heated jacuzzi
- ♥ Use of Sauna, steam, gym and lounges
- ♥ Herbal infusions tea and coffee
- ♥ Healthy vegetarian or vegan lunch
- ♥ Robes, towels and flip flops provided

### **Reviving Ayurvedic spa day**

(4 hours) £149

- ♥ Prista Abhyanga (Ayurvedic back massage – 30min)
- ♥ Pada Abhyanga (Ayurvedic foot massage- 30min)
- ♥ Use of oxygenated super heated jacuzzi
- ♥ Use of Sauna, steam, gym and lounges
- ♥ Herbal infusions tea and coffee
- ♥ Healthy vegetarian or vegan lunch
- ♥ Robes, towels and flip flops provided



### **PRACTITIONERS**

#### **Dr Deepa Patwal**

**Ayurvedic Practitioner BAMS (Bachelor of Ayurveda Medicine and Surgery)**

M.Sc in Yoga (Masters in Yoga, MBA in Health care service.

#### **Dr Sharmila Haleem**

**Ayurvedic Practitioner BAMS (Bachelor of Ayurveda Medicine and Surgery)**

Trained in Panchakarma and Yoga.

### **BOOKING**

**Tel: 01304 203633**

**Email: [spa@dovermarinahotel.co.uk](mailto:spa@dovermarinahotel.co.uk)**

**Address: Waterfront Health Club & Spa, Dover Marina Hotel, Waterloo Crescent, Dover CT17 9BP**

Subject to hotel Terms & Conditions and prices correct at time of printing on 1 Sept 2023 and subject to change

# Ayurvedic Treatments



Waterfront Health Club & Spa



# Ayurveda

Ayurveda is one of world's oldest holistic healing systemIt is based on the belief that health and wellness depend on the delicate balance between the mind, body, and soulAyurveda treatments is provided with a combination of diet, Ayurvedic massage, herbs, yoga, and meditation by analysing the individual mind and body composition

Ayurveda and yoga therapy techniques helps to analysing individual body and mind composition and improve health and longevityAyurveda can help prevent, manage, and treat acute and chronic health condition without harmful side-effects to restore the dynamic state of balance

We are excited to provide Ayurveda treatments that improve intelligence, optimise memory power, and promote optimum healthThese treatments not only provide a youthful state of body, better body lustre, complexion, and voice, but they also improve the efficiency of different cognitive abilities.

## Ayurveda Consultation

**30 mins £ 30 | 60 mins £60**

A qualified Ayurvedic practitioner will give you an Ayurvedic assessment of your current state of health and advice how to improve your healthDuring the consultation you will:

- ♥ Learn about your consultation of mind body type, diagnose of original and current constitution
- ♥ Find out what imbalances in your system get advice on daily routine.
- ♥ Diet and nutrition.
- ♥ Herbal supplements according to present health conditions.
- ♥ Yoga therapy

## AYURVEDA HEAD / FACE TREATMENTS

### Shirobhyanga Head Massage

**45 mins £49**

Ayurvedic head Massage is a soothing massage of head, neck and shoulder where treatment performed with herbal oil to relieve anxiety and stress



### Shirodhara Herbal Oil Flow Over the Head

**60mins £85**

The oil flows over the scalp and through the hair creating a blissful sensationIt helps to introduce profound state of relaxation through the application of warmed oil in a rhythmic flow over the chakra points on forehead.

### Akshitharpana Eye Treatment

**30 mins £49**

A unique treatment where ghee is retained over the eyes for a specific amount of time which nourishes and strengthens the eye structureIt is helpful in curing dark circle in front of your eyesImproves the eye visionDryness and watering from the eyes.

### Nasya Nasal Treatment

**30 mins £49**

A nasal administration of herbal medicine which clears sinus congestion., headache and migrainesThis treatment can help to clear accumulation of toxins from the head and neck region.

### Mukhabhyanga Face Lift Massage

**45 mins £49**

Classical method of soothing massage and detoxification using herbal oilThe massage component focuses on stimulating the Marma points of the face, Neck and shoulder

## AYURVEDA BODY TREATMENTS

### Abhyanga Full Body Massage

**60 mins - £70**

Abhyanga revitalises the tissuesCleans the body protects from old age and is the one of the best remedies for pacifying vataIt moves excess doshas back into the digestive track so that they can leave the body essence tissue growth and promotes strength, relaxation, and sound sleepIt aids healthy joints and ligaments as well as nourishing the nerves



### Prista Abhyanga Back Massage

**45 mins - £49**

Special herbs infused Ayurvedic oil are used for this highly relaxing and rejuvenating massage which relieves backache, stiffness and muscle spam.

### Pada Abhyana Foot Massage

**45 mins - £49**

A traditional Indian foot massage, which stimulates lymph and blood flow in lower leg and feet, giving great relieve to the entire body Marma points(Indian reflexology points) are stimulated during treatment helping to keep physical and emotional state of body in balance

### Marma Abhyanga Energy Points Massage

**60 mins - £79**

Marma are the energy points that run through the bodyGentle pressure on the marma while doing the massage is deeply relaxing, harmonizes, detoxifiesStrengthens and revitalizes the entire body.

### Udvarthana Herbal Powder Massage

**60 mins - £79**

Application of a combination herbal powder and oil on the entire body to reduce cellulite accumulation to improve circulation and tones the skin and provides strength to the body.

### Pinda Sweda Herbal Bolus Treatment

**Back Only 30 mins - £59 | Full Body 60 mins £79**

This massage is done with warm medicated herbal oil and herbal bolus/ bagThe herbal powder are tied in herbal bags used as compress to apply warm oil over the bodyIt is highly effective rejuvenation therapy helps in alleviating pain, swelling and muscle tension.

### Ayurveda Pregnancy Massage

**60 mins £75**

A blissful unique massage ideally suited for pregnancy. Massage helps to relax both body and mind of the pregnant women. Gentle massage techniques to offer a safe and relaxing way to ease some pregnancy discomforts like aches and pains in the most effected areas like feet, legs and back.