

WillowJane's

WHATS NEW!

INTRODUCING / ANCIENT AYURVEDIC TREATMENTS

SWEDANA— *Herbal / Steam Detox Treatment*

A steam canopy treatment that dislodges impurities and toxins (physical, mental, emotional) while keeping the core body temperature cool by applying refreshing packs. This mesmerizing experience induces a deep meditative state and calms the entire system.

Rose Emotional Enhancement
Cold & Allergy Relief
Detoxification & Purification

Herbal Revitalization
Lavender Restfulness
Herbal Invigorating

30 min. \$20

20 min. \$15

30 min. \$45 inc. relaxing scalp massage.

MITTI CHIKITSA— *Herbal Body Mud Wrap w/ Herbal Oil Massage*

This Ayurvedic mud compote is composed of a blend of rejuvenating herbs specific to your constitution ("dosha") and its therapeutic application improves blood circulation, exfoliates the skin and draws toxins to the surface. You will receive a brief reflexology treatment before steam therapy to enhance the mud treatment. After a quick rinse your treatment is completed with a half hour focus massage on areas of concern.

This treatment will be done using Rose Clay Mud or various other clays depending on body chemistry.

90 min. \$125

2 hr (w/ 1 hour massage) \$150

2 hour (w/ two therapist) 4 hand ABYANGA—\$200

ABYANGA-SWEDANA— *Herbal Oil Massage & Steam*

An Ayurvedic detoxifying body massage using customized medicinal warm herbal oils. The warm rhythmic strokes break up AMA (or toxins) improving blood and lymph circulation. Eliminating muscle tension and fatigue, and fostering a greater immune response. After your herbal oil massage a herbal steam under the canopy and refreshing floral or herbal spritz completes this holistic treatment.

75 min (one therapist) - \$85

75 min (two therapist) 4 HAND ABYANGA—\$125

GARSHANA-SWEDANA PKG.— *Ideal for Weight Loss & Cellulite Reduction*

Begins with a dry, silk glove exfoliation. Herbal oil application to lymphatic points is applied. Followed by a customized herbal steam session to dislodge impurities and toxins while keeping the core body temperature cool.

(4 bi-weekly 30 min. treatment pkg.)

\$200

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NAYSA— *Sinus Therapy*

The nasal administration of herbal preparations is called Nasya. Nasya literally means to soothe the nose and sinuses. One of the main Shodana (purification) procedures in Pancha Karma, Nasya begins with a warm eucalyptus face compress followed by a relaxing foot massage. After a deep eucalyptus steam inhalation, warm organic oil is applied to the face, massaged by stimulating Marma points. Specific care is given to the cheek bones, temples and sinuses in order to release impurities and alleviate pressure. A few drops of customized herbal Nasya oil are then slowly dropped into each nostril. The sinus areas are again massaged followed by a brief massage of the head. We complete the treatment with a Gandusa (herbal gargle) to whisk away any accumulated impurities.

The nose is the doorway to the brain and it is also the doorway to consciousness. Nasya purifies and nourishes delicate membranes in the nose connected to the senses of taste, sight and hearing as well as touch and memory sharpening the intellect and creating a free rhythm of breath.

45 min. \$55

The benefits of Nasya are optimized when received after Abyanga and/or Swedana. Please do not eat for 1-2 hours prior to this treatment. A rest period of 1 hour prior to exercise is suggested after this treatment.

UDVARTANA— *Great for Weddings or Special Occasions*

ABYANGA— *Signature Ayurvedic Massage w/ Herbal Oils*