

## Ayurveda Consultation

Ayurveda is an ancient wellness science that stems from India. It's a beautiful system that guides and nurtures us back into balance within nature's cycles and rhythms. Detailed lifestyle instructions and care are offered, based on the individual's physical, mental & emotional imbalances, as well as their born constitution (vikriti and pracity). This is learned through holistic inquiries as well as tongue & pulse observation. \$108 +tx (60min.) inc. Consult. & Rec. session (2 visits). Payment in first session.

\*Phone or Skype consultations are available. Send photo of yourself and your tongue. Please email or call me to arrange a session.

*L'ayurvéda est une ancienne science du bien-être qui a pris ses racines en Inde et qui sert à rétablir un équilibre dans nos cycles et nos rythmes naturels. Des soins et des instructions détaillées sur le mode de vie sont offerts sur base des déséquilibres individuels mentaux et émotionnels, ainsi que sur les constitutions innées de chacun vikriti and pracity. Cette évaluation provient d'un examen holistique et de l'observation du pouls et de la langue. 108\$ +tx (60min.) inc. Consult. & Rec. session (2 visites).*

## Crystal Khosa Body Detoxification

Khosa is an traditional detoxification method that is rooted in Burma & Japan. The Khosa method helps to stimulate circulation, relieve inflammation & release toxins through the skin by using manual techniques on pacific or multiple places on the body. This technique is performed with applied gemstones, crystals, medicinal flower & herbal elixirs. \$80+tx

## Champi

Champi is an ancient Ayurvedic manual support that balances the upper four chakras. Done with the receiver sitting in a chair. This care includes the upper back, shoulders, arms, hands, neck, head, and face. Techniques are used to stimulate, clear, release and open on physical, emotional, and mental levels. Releasing tension around neck & upper back. Helps to clears over-thinking and mental fogginess. Oils and fragrances may be used. \$65+ tx/hr

*\*Available for women only at this time.*



## Crystal & Gemstone resonance chakra balancing

In this ancient art of gemstone resonance, laying-of-stones, crystals and gemstones are selected and arranged or massaged on the body's Marma points to resonate energy, that will help to align and balance the Chakras. The vibration delivered by the stones and Beisha, will work to harmonize the body's subtle energy system, which allows mind, body and spirit to restore itself. Remain clothed \$65+ tx/hr

*Dans cet ancien art de resonance des pierres, des cristaux et pierres précieuses sont choisies et arrangées ou massées sur les points marma du corps pour faire résonner l'énergie qui aidera à aligner les chakras. La vibration délivrée par les pierres et le praticien va travailler pour harmoniser le système d'énergie subtile du corps, ce qui permet à l'esprit et le corps à se rétablir. 65\$+ tx/hr*

## Shirodhara

Shirodharai is an ancient Ayurvedic form of Sneha (anointing with care) which brings one into a state of meditative bliss. A steady stream of warm liquid is gently poured onto the centre of the forehead.

This technique soothes and stimulates the senses as well as awakens the third eye. Benefits; profound inner calmness, balances mind body spirit, nourishes hair & scalp, improves sleep, memory, and headaches. Helps to clear blocked nadis. Oils, ghee and herbs may be used. \$80+ tx  
*\*Booking for summer of 2014.*

## 10 Day Seasonal Detoxification

A personalized Ayurvedic detoxification program created for you, based on your Vikriti and Pracity. Available during Spring and Fall months (*inquire about optimum dates*). Gentle or more advanced options available. May include food recommendations & nutrition, herbals, daily & seasonal routines, crystal Khosa body detox, self-massage, shirodhara, champi, Yoga asanas, mudras, mantras, pranayama breathing, gemstone chakra therapy, sound therapy, and aromatherapy. *Please inquire early as to allow for preparation times, prices available upon request.*

## Gemstone Ayurvedic FACIAL

Pearls, rubies, and diamonds oh my...what more could a girl ask for! A beautiful alchemy to reveal youthful inner and outer beauty. Freshly prepared for your individual dosha, your face, neck and eye area will be purified, nourished and rejuvenated. Then with the use of gemstones and sea shells, the marma point massage will smooth away facial tensions and rebalance your skin, while selected crystals will be arranged on your body to balance your chakras. Organic oils, essential oils, tropical fruits, and precious mineral and gemstone elixirs will illuminate your skin while alinging mind, body and spirit. Your true beauty will radiate and shine. \$110+tx

## Gemstone Hand, Feet and Ear CARE

Our hands, feet and ears support us every day and accumulate stress and tension. With gemstone massage wands, buffalo horn and sea shells, tensions are soothed away and channels are cleared to allow for fresh prana and the bodies natural healing abilities to nourish and rebalance. Flowers, sea salts, essential oils, and gemstones are used to restore harmony. \*May be added to any other services.

Feet \$45 +tx, Hands \$35+tx, Ears \$65+tx or combine all 3 and save for Special Combo \$108+tx