

END OF THE ROAD

Ayurvedic Clinic 2016

[complete an online booking form to book in with Anna](#)

Ayurveda works by treating the whole person, not just the symptom. Through specialist Ayurvedic therapies, including sensory massage that works on marma (vital) points, it's a step away from traditional Western health approaches, nurturing us physically and spiritually.

Shirodhara - Third eye flow - 30mins

Shirodhara and Maukhabhyanga together - 60mins

Warm blended oil is gently poured in a slow rhythmic movement over the forehead marma point, known as the third eye. Profoundly relaxing, this treatment works to switch off a chattering mind and induce deep rest for a renewed energy and calm that borders meditation.

Marma Abhyanga - 60mins

Energy Flow massage - An ancient therapy combining pressure to specific marma points all over the body and yogic stretches of all joints. The massage manipulates healthy flow of energy through the body's junctions and nadis (pathways and channels).

Shirobhyanga head & neck massage- 30mins

A deeply therapeutic treatment designed to nourish the scalp and wash away tensions associated with migraine, headache and neck stiffness.

Peethabhyanga - back massage - 30mins

A combination of pressure techniques and rhythmic application of warming oils to enhance circulation and improve bloody supply to the body.

Padabhyanga - 30mins

Lower leg and foot massage improves circulation and restore tired calf muscles, leaving the body feeling eased and energised. In addition the soles of the feet are then cleansed and nourished.

Blooming Pregnancy Massage - 60mins

Using a specially created oil with mandarin notes, a comforting and supportive solution is massaged into your skin with a beautifully relaxing body treatment. Think of this one as a facial for your stomach so that your skin looks and feels as comfortable and magnificque as it can!

Finished with a gentle upper back, neck and head massage.

Soundaryam Vardhini - 60mins

Holistic glow facial followed by a foot and leg massage using Tri-dosha's pure range of Ayurvedic natural products. Focusing on facial marma points you will feel fresh and revitalised.

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