

Rachel Sequoia  
Internationally trained  
masseuse, facialist &  
Ayurvedic Practitioner



Ayurveda is a 5000 year old  
Indian system of  
holistic healing to balance  
the body, mind and spirit

### SHIRODHARA - 'Yoga for the brain'

In this treatment, warm oil is poured in a continuous stream across the forehead to help relieve tension and anxiety, improve mental clarity and promote hormonal balance. Includes a face, neck, scalp & shoulder massage. Begins with short consultation and ends with 5 minute wind-down. Complimentary oil to take home.

*(Please note your hair will be bathed in oil)*

40 minutes | £55.00

75 minutes | £90.00 (includes 30 minute back massage)



### ABHYANGA MARMA MASSAGE

This deeply nourishing rhythmic massage helps to awaken vital energy points (marmas), improve the immune system, eliminate toxins and calm the nervous system.

Back, Neck, Shoulders | 30 minutes £45.00

Full Body | 60 minutes £65.00



### PINDA SVEDA HERBAL BOLUS DE-STRESS

This specialised rejuvenation massage uses heated herbalised cotton boluses to help relieve muscle and joint pain, tension and stress.

Targeted Areas | 40 minutes | £50.00

Full Body | 60 minutes | £75.00



### HEAD TO TOE AYURVEDIC REJUVENATION JOURNEY

Begins with a short ayurvedic consultation followed by full body massage, a Mukhabhyana facial to lift and tone the face and neck, and a Padabhyangam massage of the reflex points of the feet. Shirodhara, a warm pouring of oil to induce mental clarity and peace of mind, completes this wonderfully luxurious journey.

5 minute wind-down. Complimentary oil to take home.

90 minutes | £125.00



### AYURVEDIC FACIAL TONING - 'Natural face lift'

This facial treatment uses massage strokes & copper wands to stimulate marma points and tone facial muscles, releasing long-held facial tension and softening features.

Single treatment | 60 minutes | £65.00

Recommended | Package of 6 | £325.00 (6th free)



Phone: 07443 362 904 - Book early to avoid disappointment

Please arrive at Aspara reception prior to your appointment

Gift vouchers available

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