

AYURVEDA is the 5000-year old science of health and longevity that forms the core of traditional Indian and Tibetan medicine. The combination of lifestyle, healing modalities, and unique bodywork treatments of Ayurveda make it today's most sought after form of traditional medicine for people looking to reduce stress, heal, and experience rejuvenation. Ayurvedic spa treatments and bodywork offer unique health benefits as well as feel wonderful to receive! The Springs currently offers the following treatments. More information can be found on our website. More treatments will be added soon.

Please note: Treatment times are approximate.

ABHYANGA

Abhyanga is performed with warmed, aromatic oils matched to the needs of your body/mind that nourishes the skin and eases tension in the deeper tissues. The treatment combines the use of tailored massage strokes, Tibetan marma therapy, nourishing oils and powders that will leave you feeling light, energized, and refreshed. \$115 75-min + time to shower after treatment

TIBETAN SHIRODHARA

Shirodhara takes you on a journey through a seamless rhythm of four traditional Tibetan bodywork techniques that concludes with the pouring of a continuous stream of warmed sesame oil over the forehead to profoundly relax the body and bring peace and clarity to the mind. Shirodhara is a deeply nurturing psycho-spiritual experience that attunes the body/mind towards spontaneous healing. \$115 60-min +time to shower after treatment
Shirodhara Add-on \$60 (30-min)

TIBETAN FOOT RENEWAL

This treatment is inspired by the Indian foot massage treatment called Kansa Vataki. It is a relaxing, yet energizing treatment that includes a gentle exfoliation, balancing Himalayan salt foot bath, neck massage, Ayurvedic reflexology, a soothing massage with a three-metal bowl, and finishes with an exfoliation with an herbal powder. This treatment will lighten your step, give you a sense of balance and grounding, and brighten your mood. \$72 (60 min)

Pedicure w/ Tibetan Foot Renewal \$127

HIMALAYAN MINERAL BATH

A warm mineral bath infused with Himalayan Salts, honey, and a Tridoshic blend of essential oils to create a soak that will balance your constitution, detoxify, and is calming and grounding. \$30; Save \$5 when you combine the soak with another service!

TIBETAN EYE REJUVENATION

This treatment is essential for people who suffer from eye strain, tension or dry, red, irritated eyes. This treatment is actually administered to the feet and hands while a cooling eye pillow covers the eyes. By working on the reflex points associated with eyes and eyesight, and through the heating benefits of basalt stones, Vata is reduced, drawing heat, stress and tension away from the eyes and face and out of the body through the feet. This treatment is one of the four Tibetan protocols incorporated into the full Shirodhara treatment and can also be a stand-alone treatment. There is no need to remove clothing if offered as a standalone session. (40-min) \$55

NASYA

This Ayurvedic treatment is beneficial for all constitutional types and is used for general wellness as well as prevention and treatment of ailments of the head and neck. Nasya helps to clear and lubricate the sinus passageways, which may help alleviate acute and chronic sinus problems such as allergies, mucous congestion, dry nasal passage, and snoring. Nasya may also relieve headaches, migraines, stiff neck, fatigue, insomnia, and stress related problems. It reduces anxiety, clears and strengthens the mind, and stimulates the nervous system. This is one of the five purification methods used during Panchakarma and can also be done as a standalone treatment. \$20 (15-min)

Sinus Relief Treatment with Nasya

The Springs offers a specialized treatment to treat congestion, allergies, and sinus pressure. Hydrotherapy, aromatherapy, acupressure and massage techniques are combined to relieve sinus complaints. In addition, we offer the treatment with the Ayurvedic treatment called Nasya which includes specialized massage and herbal oils inhaled to soothe the sinuses. Regularly scheduled sessions can make a profound difference for some clients. \$45 (35-min)

Sinus Treatment, Nasya & Marmapuncture \$70

ADD-ONS

Nadi Swedana (herbal steam treatment) 10-min add on per region \$15
Kansa Vataki Foot Massage \$25
Kansa Facial Massage \$20
Add Dosha-specific oil to any standard massage \$10

AYURVEDIC CONSULTATION

Ayurveda, which means 'science of life', has become recognized today for its wonderful dietary, herbal, lifestyle and exercise therapeutics. The main focus is on bio-purification and rejuvenation of the body and our health, taking into consideration the unique combination of vata, pitta, or kapha inherent in each person. This approach makes treatment individualized for each person's particular constitution. Consultation rates include Marma-Puncture.

\$350 Initial \$110 Follow-up

MARMAPUNCTURE

Ayurvedic Acupuncture, also called Marmapuncture, is the insertion of fine needles into marma points on the body according to Ayurvedic principles. Needles are inserted into the marma points in a gentle and rhythmic way, in accordance with the Ayurvedic qualities of vata, pitta or kapha which contribute to the unique constitution of the patient.

\$150 Initial \$85 Follow-up

OTHER TREATMENTS

Coming Soon:

Facial Rejuvenation Treatment
with Kansa

Ayurvedic Facial

Tibetan Blissful Sleep Treatment

Nadi Swedana Back Relaxation

Panchakarma
(Detoxification & Biopurification)



NEW! SPAYURVEDA SERVICES

We also run seasonal specials and spa promotions monthly which are announced via email. Sign up to receive emails on our website at www.TheSpringsofClifton.com! Prices are subject to change without notice.

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