



AYUSH WELLNESS SPA

Hotel de France, Jersey

*Be balanced... awaken your senses to the wonders of Ayush*



Our combination of authentic Ayurvedic therapies and luxurious spa treatments work in harmony. Within the portfolio of treatments you will recognise some familiar spa therapies that have been slightly adapted to maintain our Ayurvedic philosophy. Whatever your time restraints we have developed treatments and programmes that range from a one day visit to a three week stay allowing everyone at the very least an introduction to the health restorative properties of Ayurveda.

## AUTHENTIC AYURVEDIC RITUALS

**Abhyanga Oil Massage £129** Allow 1 hr 20 min  
A combination of truly holistic four hand massage and steam detoxification, alleviating fatigue and chronic tension while detoxifying the body.

**Navarkizi Massage £129** Allow 1 hr 20 min  
Two therapists working to apply a gentle pressure with muslin parcels containing herbs, milk and cooked rice onto the body. Supremely rich that is both rejuvenating and toning.

**Pizzichill £129** Allow 1 hr 20 min  
Two therapists bath the body in gallons of warm herbal oil which continuously flows throughout the stress relieving massage makes this treatment blissful and extremely therapeutic.

**Padaghata £80, or £95 with Bashpa Sweda** Allow 55 min  
Padaghata means ‘pressure by foot’, a highly skilled therapist applying gentle pressure will massage the entire body using the feet. Ideal for those in need of a deep massage. This treatment is further enhanced by adding steam detoxification at the end. Allow 1 hr 10 min.

**Shiropada (head and foot massage) £85** Allow 55 min  
Shiropada combines the benefit of Ayurvedic Head and Feet massage. This begins by massaging your scalp, neck and shoulders, using customized oils and an Ayurvedic technique that gently releases tension and clears congestion followed by a soothing Ayurvedic foot massage, bringing about healing and relaxation from the crown of your head to the soles of your feet.

## OTHER AUTHENTIC AYURVEDIC TREATMENTS

**Ayurvedic Consultation £80, £45** Allow 55 min, follow up 20 min  
During an Ayurvedic Consultation you will undergo diagnosis of your dosha and any imbalance you currently suffer from. Advice will be given on nutrition and lifestyle. Recommendations will be made for you to maintain balance and enrich your life.

**Shirodhara £80** Allow 55 min  
A soothing scalp massage prior to a gentle stream of herbal-infused oil on to the forehead which gently flows through the hair. This therapy works on a deep level to quiet the mind, soothing the central nervous system and inducing sleep.

**Udvartana (Herbal body massage) £80** Allow 55 min  
A full body powder massage with a powerful exfoliation using Ayurvedic herbs. This ritual of detoxification helps to aid digestion, break down fatty deposits and stimulates circulation.

**Shirobhyanga (Head massage) £80** Allow 55 min  
Focus on the head, neck and shoulders. Ayurvedic oil is massaged using gentle pressure to ease tension, perfect for stressed tired shoulders and those who suffer from headaches.

**Nasya (Face and head massage) £80** Allow 55 min  
A combination of soothing pressure point massage with steam to face, head and chest. Medicated oils are instilled into the nose to make this therapy an instant relief for sinus problems and congestion, the light steam aids in purification.

**Kati Basti (Lower back treatment) £80** Allow 55 min  
A unique therapy for the lower back begins with a soothing oil massage to the back with heat therapy, the lower back is then sealed to create a reservoir for herbal infused warm oil which will work to heal and soothe lower back pain.

**Padabhyanga £45, £80** Allow 25 min\*\*, 55 min  
Foot Massage - Feet are bathed and cleaned using herbal concoction. Gentle pressure is applied to restore vital energy using anti-inflammatory oil on the feet and ankles to reduce swelling and relieve tiredness. Superb treat for your feet!

## AYUSH TREATMENTS

**Ayush Massage £45, £80, £99** Allow 25 min\*\*, 55 min, 80 min  
A combination of east meets west using Dosha specific oils to balance the mind and body with traditional western massage techniques.

**Ayush Hot Stone Therapy £99** Allow 1 hr 20 min  
Massaged with hot rocks and herbal oil, feel the energy from the hot stones while enjoying a deeply relaxing massage. Special Chakra stones help to heal.

**Ayush Body Envelopment £99** Allow 1 hr 20 min  
This Ayurvedic herbal body treatment includes a herbal body mask, exfoliation, dry brush, body oil application using Ayurvedic oils and a soothing warm wrap. While you are enveloped a refreshing facial treatment is administered leaving both the face and body smooth and nourished. Also aids in strengthening of the immune system.

**Ayush Indian Head Massage £45, £80** Allow 25 min\*\*, 55 min  
A healing relaxation massage to the shoulders, neck and head that harmonises the body's natural balance, promoting physical and psychological wellbeing.

**Ayush Reflex Fusion £45, £80** Allow 25 min\*\*, 55 min  
A gentle reflex pressure point massage to the specific areas of the feet helping detoxification and enhancing the body's self healing mechanism.

**Ayush Reiki Healing £80** Allow 55 min  
Reiki means ‘universal life energy’. A non invasive light hand touch that transfers the flow of energy. Clearing any energy blockages and induce a deep state of relaxation.

**Ayush Body Exfoliation £65** Allow 40 min\*\*  
An invigorating and refreshing treatment to remove dry dead skin using brushing, herbal exfoliation followed with an application of oil to hydrate leaving the skin smooth.

AYUSH LA SULTANE FACE THERAPIES

**Ayush La Sultane Gold Signature Facial £99** Allow 1 hr 20 min  
A luxurious facial using a blend of plants, flowers and 23 carat Gold to provide healing and balance. Supremely anti-aging and rejuvenating this facial uses Gold Facial elixir that combines gold mineral particles with caviar extract to restore youthful radiance.

**Ayush La Sultane Prescriptive Signature Facial £99** Allow 1 hr 20 mins  
A customised luxurious facial using blend of plants, flowers and herbs. This facial pays close attention to skin blemishes and a particular focus delicate eye area. The products are selected based on your skin type to ensure maximum benefits..

**Soothing Vata Facial £80** Allow 55 min  
A deeply comforting facial for the normal to dry skin.

**Cooling Pitta Facial £80** Allow 55 min  
Best suited to those suffering from sensitivity, redness or inflammation. The most soothing of facials made to combat irritated skin.

**Purifying Kapha Facial £80** Allow 55 min  
Kapha skin can have a tendency to become congested and oily. For this reason a deeply detoxifying facial is formulated that will purify, decongest and aid healing of scar tissue.

**Refreshing Facial £45** Allow 25 min\*\*  
A refreshing express facial using custom blended plant based active ingredients, based on personal dosha type giving an instant skin revival with a nutrient infusion and renewed moisture balance.

FULL DAY SPA PACKAGES (includes lunch)

**The Retreat £375** Allow 4 hrs 30 min  
*A truly peaceful day.*  
Ayurvedic Consultation  
Padabyhanga  
Abhyanga Massage  
Navarkizi or Pizzichil  
Shirodhara

**The Escape £275** Allow 4 hrs  
*A true escape and day of indulgence.*  
Ayush Foot Ritual  
Ayush Body Envelopment  
Ayush Hot Stone Massage  
Ayush Refreshing Facial

**The Getaway £255** Allow 3 hrs 20 min  
*A day of calm serenity.*  
Ayurvedic Consultation  
Padabyhanga  
Pizzichill  
Ayush Facial

**The Journey £230** Allow 3 hrs 20 min  
*A soothing and refreshing day.*  
Ayush Foot Ritual  
Ayush Massage  
Ayush Signature Facial

HALF DAY SPA PACKAGES

**Reflective Day £195** Allow 2 hrs 20 min  
Ayurvedic Consultation  
Abhyanga (two therapist massage)  
Shirodhara

**Restorative Day £175** Allow 2 hrs 20 min  
Ayush Body Exfoliation  
Ayush Foot Ritual  
Ayush Back, Neck and Shoulder Massage  
Ayush Refreshing Facial

**Refreshing Day £155** Allow 2 hrs 20 min  
Ayurvedic Consultation  
Padabhyanga (foot massage)  
Shirobhyanga (head, neck and shoulder massage)

**Reviving Day £175** Allow 2 hrs 20 min  
Ayush Body Exfoliation  
Ayush Hot Stone Massage  
Ayush Facial

COUPLES AND FRIENDS’ RITUALS

**Quality Time Ritual £145 per person** Allow 2 hrs  
Ayush Body Exfoliation  
Ayush Body Massage  
Ayush Mini Indian Head Massage

**Treat for Two £145 per person** Allow 2 hrs  
Ayush Body Envelopment  
Ayush Back, Neck and Shoulder Massage  
Ayush Refreshing Facial

**Pure Bliss for Two £145 per person** Allow 2 hrs  
Ayush Mini Head Massage or Mini Foot Ritual  
Ayush Massage  
Ayush Refreshing Facial or longer massage

GENTLEMANS’ TREATMENTS

**Gentlemans’ Energy Boost £175** Allow 2 hrs 20 min  
Ayurvedic Consultation  
Padabyhanga  
Padaghata  
Bashpa Sweda

**Gentlemans’ Refresher £145** Allow 2 hrs  
Ayush Body Scrub  
Ayush Hot Stone Therapy  
Ayush Mini Indian Head Massage

*\*\* Non-members / non-residents - Minimum booking policy of 50 minutes per person.*

*Continued...*





## PREGNANCY EXPERIENCE

**Pregnancy is a unique experience in a woman's life and Ayurveda laid emphasis on preserving proper nourishment, balance and safe nurturing during pregnancy. At Ayush Wellness Spa, we offer customised, holistic treatments to pregnant women from thirteen to thirty two weeks of their pregnancy.**

### **Anandamayi Blissful Day £145**

Allow 2 hrs

Anandamayi meaning 'bliss infused mother' in Sanskrit.

Package includes:

Padabhyanga Foot Ritual

Back, neck and shoulder massage

Refreshing Facial

We offer a variety of other pregnancy and post natal treatments. Please feel free to discuss your requirements with a member of staff.

## **“Sundara Vadhu” meaning Beautiful Bride in Sanskrit**

**In the lead up to the big day, you may well feel the need to take a break from all the wedding plans and treat yourself to a day of pure rest and relaxation. With this in mind we have created a bespoke “Bride to Be package”.**

### **Ayush ‘Bride To Be’ £145 per person**

Allow 2 hrs

Package includes:

Ayush Foot Ritual

Ayush Massage

Refreshing Facial

**Why not include the bridal party. Bring your Mum and Bridesmaids and you can all relax together before the big day.**

## AYUSH RESIDENTIAL PACKAGES

Residential retreat packages are available from 2 to 21 days and are encouraged as they involve a deeper detoxification. Residential packages are tailored to your needs and include hotel accommodation on a bed and breakfast basis.

## GIFT CERTIFICATES

If you would like to treat someone special to something special, then Gift Certificates for Ayush Wellness Spa make the perfect gesture. We offer a range of Gift Certificate options online or give us a call and we can tailor a certificate to your requirements.

To find out more about Residential Packages and / or Gift Vouchers please visit our website [www.ayushspa.com](http://www.ayushspa.com) or call 01534 614171.

Every detail of Ayush Wellness Spa has been created with nature in mind.

Our vision is pure and our concept authentic in an environment that advocates and promotes a healthy lifestyle, enriching and enhancing both physical and emotional wellbeing.

'Ayush' meaning long healthy life in Sanskrit, embodies the dream of Ayush Wellness Spa. The vision is to create a spacious, natural environment for health and healing based on the practise of Ayurveda. Ayurveda 'science of life' originated in India more than 5000 years ago and believes that the rhythm of life is one with the rhythm of nature. Our vision is pure and our concept authentic, in an environment that advocates and promotes a healthy lifestyle, enriching and enhancing both physical and emotional wellbeing.

## SPA MATTERS

### **Arrival**

In order to make the most of your wellness spa experience please arrive a minimum of 30 minutes prior to your scheduled appointment. This will allow you time to unwind and fill in a consultation form prior to treatment. Should you wish to make use of the pools and facilities then please allow a minimum of an hour prior to treatment. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may result in the treatment time being reduced or that we may be unable to honour the service.

### **What to bring**

We recommend you bring swimming attire for use in our pool, sauna and steam areas as these are unisex. Please bring suitable exercise clothing should you wish to use the gym and for yoga classes loose comfortable clothing is recommended. Robes and slippers are provided for the day.

### **Spa Etiquette**

The use of mobile phones is prohibited in the spa. The spa is a no smoking zone. Bathrobes are to be worn in public areas. The spa is a place of quiet reflection and for this reason we ask that you keep noise to a minimum for the consideration of all our guests.

### **Health Matters**

When making spa appointments please advise us of any relevant health conditions, allergies, or injuries that could affect your treatment.

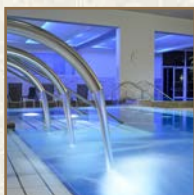
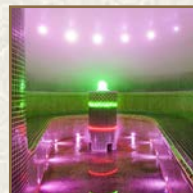
### **Pregnancy**

Please inform us upon booking treatments if you are pregnant and which trimester you will be in at the time of treatment. Our spa coordinator will be able to best advise you on the most appropriate treatments for your comfort at this special time.

### **Cancellation Policy**

Please allow 24 hours notice of cancellation to avoid a 50% charge for individual bookings. Cancellation within 12 hours will result in a 100% charge as will failure to attend an appointment. Spa packages require 48 hours notice of cancellation. Group bookings require 7 days notice.





# AYUSH WELLNESS SPA

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