

## **Ayurvedic Bodywork Packages** **at Blueprint for Balance**

(For more information on “*Ayurveda*” please see: <http://ayurvedaplus.com/>)

### **The Journey**

Rooted in ancient India's loving respect & care for the body, this offering is balancing, beautifying, nurturing & awakening. The Journey begins with *Garshana*, a gentle exfoliation that prepares the body for *Abhyangha*, which is a rhythmic, warm oil aromatherapy massage that quiets your nervous system & gently loosens toxins. Soothing hot towels coax the oils deeper into tissues. The journey concludes with *Vishesh*, encompassing slow, deep strokes that deeply penetrate your muscles. Experience the bliss of the Journey into three levels of increasingly deeper healing.

120 minutes

\$150

### **Marma Massage (for Vata, Pitta or Kapha dosha type)**

A marma point is a juncture on the body where two or more types of tissue meet (such as muscles, veins, ligaments, bones, joints). There are 107 of these marma points on our body and each is an energy center that coordinates consciousness between mind and body. Gentle stimulation of Marma points, for your specific dosha type, promotes physical & mental rehabilitation by clearing away obstructions between the muscles, nerves and brain. As in Acupuncture, these points also correspond to internal organs and systems of the body, which respond to manual stimulation. Marma massage is deeply relaxing and cleansing, with long lasting rejuvenation effects.

60 & 90 Minutes

\$75 & \$95

### **Abhyanga Massage**

Traditional Indian full body hot oil massage. Heated herbalized oils, specific to your Dosha type, are applied in a meditatively rhythmic, vigorous pattern. The medicinal oils are then penetrated into your blood stream further with the application of steaming hot towels. Abhyanga pacifies the central nervous system and is detoxifying to your entire system. Great to boost your immunity and for a cleanse as you transition into new seasons.

60 Minutes

\$90

### **Abhyanga plus Marma Massage**

Combine the invigorating and detoxifying effects of traditional Indian Abhyanga massage with the sedating and clarifying effects of Marma massage. You will experience the ultimate balancing and opening treatment that will bring enhanced clarity and cleansing to your well being.

90 Minutes

\$130

### **Abhyanga plus seated Swedna**

Start with an individually herbalized steam bath (Swedna), where the head is kept cool and the body is heated to remove mental, emotional and physical toxins lodged deeply within the tissues. This will gently open up all the pores and allow the medicinal oils of Abhyanga massage to penetrate the system, detoxify the body & pacify the nervous system. Soothing hot towels penetrate oils into tissues leaving skin soft & supple and your mind-body deeply relaxed.

75 Minutes

\$110

**\*\*\*\*These treatments below are performed at my secondary office, Ayurveda Plus, in SW Portland. (See: <http://ayurvedaplus.com/>):**

### **\*Shirodhara**

Shiro means “head” and dhara means “pouring of oil.” Herbalized oil is poured over the forehead at a specific temperature with a “dhara” or stream at a specific height and width for a set period of time in a body specific pattern. During this treatment the brain waves become synchronous, the metabolism is lowered and the nervous system disarmed so that the deepest level of healing can be accessed.

*60 minutes*

*\$80*

### **\*Abhyanga ~Swedna ~Shirodhara**

This combination is the most popular and offers a full body detoxifying, stimulating, and deeply meditative treatment package. Beginning with Abhyanga to break up impurities and stimulate both arterial and lymphatic circulation, then moving in to a full body steam bath to remove mental, emotional and physical toxins lodged deeply within the tissues, and completed by a relaxing journey into holistic healing for mind, body and spirit.

*Two hours*

*\$185*