



AYURVEDIC TRANSFORMATIVE TREATMENTS

Embark on an immersive journey into the ultimate state of wellbeing from 10 to 15 December as we are joined by a guest therapist from Oberoi Hotels, Dr Anuradha Mathad. Experience the epitome of 'wellbeing' with Ayurveda inspired treatments combined with guided breath work, meditation, and subtle energy healing.

Dr Anuradha has over two decades of experience expertly integrating Ayurveda, Yoga, contemporary spa and other ancient healing modalities in India and overseas, successfully incorporated the principles of practice into the contemporary world, helping guests achieve their optimal wellness.

 **Samattva- 90 minutes** **£245.00**

This immersive experience begins with a guided breath work, visualization of vital energy points - or "chakras"- and is followed by a chakra balancing massage.

 **Abhyanga Massage - 90 minutes** **£245.00**

A full body massage, including head and foot massage, is performed with a bespoke selection of herb-infused oils, and concludes with a session of guided meditation.

 **Marma Point Massage - 90 minutes** **£245.00**

'Marma' points are considered to be the seats of 'Prana' - life force or vital energy. During this treatment the 'marma' points are massaged to help heal the body and improve vitality, whilst a herbal hot compress is applied.

 **'Pranayama' Guided Breath Work - 45 minutes** **£125.00**

"Prana" means "breath" or "the universal vital energy which flows in currents in and around the body" and on subtle levels, "prana" represents the pranic energy responsible for life. Rhythms of pranic energy can be modulated with pranayama to achieve a state of balance through awareness of breath.

 **Guided meditation or 'Yoga nidra'- 60 minutes** **£165.00**

This meditation draws attention inwards and guides you to surf between the states of wakefulness and sleep, where the body finds its natural state of equilibrium. The breath balances and becomes quiet, while conscious aspects of the mind reveal themselves, as you enter an innate state of deep, blissful awareness.