

Facial Therapies

Traditional Ayurvedic Herbal Facial

Skin revitalisation 60 mins \$110
Each Ayurvedic facial is devised in such a way so as to provide complete skin care without using harsh chemical products that can cause more harm than good. All Ayurvedic facial care treatments & procedures make use of natural oils & elements closest to nature in order to relax the skin, open blocked pores, cleanse, detoxify, nourish & hydrate the skin. This holistic therapy aims to promote harmony & balance in the body.

This traditional treatment includes a skin analysis & a consultation whilst enjoying a warm aromatic foot soak. Pure essential oils, botanical extracts & herbs are used along specific energy points on the face, neck & shoulders (Marma points) to help restore balance, stimulate lymphatic drainage, relax & relieve stress lines, ease neck & shoulder tension, & impart a healthy, youthful glow to the skin. Recommended once a month, or as needed.

Ayurvedic Face Rejuvenation

Intensive customised facial therapy 90 mins \$135
A transforming 90 minute, 3 step process treatment. The unique combination of a gentle, balancing polarity touch; Marma (vital energy) points, & a stimulating face, neck, shoulder, scalp & ear massage together with customised aromatic oils or lotions chosen specifically for your Doshic skin type. Your experience is deeply calming & refreshing, rejuvenating the skin & bringing deeper balance to the whole body. Your session is combined with a consultation whilst enjoying a warm aromatic foot soak, product advice & skin analysis, cleanse, exfoliation, face mask while you enjoy a neck & shoulder massage & we then ensure your tired feet are also massaged, after mask is removed, face is toned, moisturised & then it's time for an Ayurvedic tea & relaxation.

For a divine, relaxed mind-body experience considering adding a Shirodhara (30mins) 2hour package \$195

We accept cash, EFTPOS, Visa & MasterCard

A cancellation fee may apply when 24hrs Notice is not given. Please respect the fact that a lot of effort goes into the preparation of your personalised session. Kati Basti & Pinda Swedana bookings are required at least 24hrs in advance. Arrive wearing loose comfortable clothing.

Ayurvedic Hair Ritual 60min \$90
Imagine a relaxing scalp massage using rich luxurious, organic, Ayurvedic oil applied to the roots & ends of your hair. Next, a pure natural infusion of herbs poured over your scalp, cleaning & nourishing each strand as it works its way down your hair. Finally, your hair is treated with the sweet, intoxicating scent of Sambraani, traditional incense used throughout the homes & temples of India. An amazing natural process used to cleanse, nourish & scent the hair & scalp.

GIFT CERTIFICATES
can be purchased in store, by phone
or via our website.



offering authentic Ayurvedic
& other holistic therapies

Marye O'Brien

Certified Ayurvedic Spa Therapies Practitioner &
Massage Therapist, Sound Healer
Dip. Holistic Health, Dip. Ayurvedic Spa Therapies
Yoga Teacher, Reflexologist, Reiki Master Practitioner

**For an individualised healing session
with Marye O'Brien, please call to
discuss & make an appointment.**

Location: **Upstairs at 'The Mill', 18 Piper St,
Kyneton, Victoria, 3444**

Mobile 0420 580 886

Email maiaveda@live.com.au
Face Book [maiaveda holistic spa](https://www.facebook.com/maiaveda.holistic.spa)

Hours are by appointment only.

After hours & weekend appointments are
available.

www.maiaveda.com.au



**offering authentic Ayurvedic &
other holistic therapies**

Ayurveda, *n.* [a-yur·ve-da] – in
Sanskrit Ayurveda means
“knowledge” or “science of life”. It is
the most ancient holistic system we
know of and it aims at rejuvenating
and maintaining a harmonious
balance of mind, body and spirit, and
prolonging life; using herbs, roots,
aromatic essences and other natural
elements.

Relax, Restore, Rejuvenate

Effective natural treatments for improving:
Stress, anxiety, sleep problems, immunity,
arthritis, stiff joints, skin conditions, head, back
shoulder & neck pain, sexual & reproductive
health, the respiratory, digestive, circulatory &
nervous systems. Naturally supports you to
live a balanced, vibrant life.

**Dr G Saini, Ayurvedic Doctor of Medicine
now consulting at Maiaveda, find out your
unique Dosha and let us help you design a
gentle path to balance and wellness. By
appointment only. Health rebates available.**

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Using Nature's wisdom to balance the mind, body & spirit

Massage Therapies

Abhyanga 75min \$125
Classic Ayurvedic full body rejuvenation massage
A rejuvenating & detoxifying therapy using warm medicinal oils chosen specifically for your Dosha (mind-body type). Traditionally performed to increase circulation, promote lymphatic drainage & ultimately to preserve a youthful, vital & supple body; also nourishes & illuminates the skin.

Shiroabhyanga 60min \$95
Indian Head Massage
The scalp, face, neck, back & shoulders are all energy centres where tension is most likely to accumulate. They are gently, firmly & rhythmically massaged with aromatic oils tailored to your needs. A blissful experience which helps alleviate headaches, migraines & stress, anxiety & depressive conditions, also strengthens & conditions hair.

Maiaveda Signature Massage 75/105min \$110/\$135
Deep tissue massage using Marma (Trigger Point) Therapy
Our most popular therapeutic massage, tailored to your specific needs on the day. Includes a foot bath, foot reflexology, massaging of back, legs, arms, abdomen (if desired) shoulders, neck, scalp & face. A truly holistic experience, unlike any other massage. Includes hot towels.

Grounding Hot Stone (Shila) Massage 90min \$140
For deeper cleansing & full body release, the Shila massage uses the heat & weight of smooth volcanic rocks to massage the body in slow flowing movements. The warm rocks are also placed at specific energy centres to purify & detoxify the entire body, Ayurvedic herbal massage oil is also used, bringing one to deep state of relaxation. Helps reduce stress, anxiety, insomnia, poor circulation, muscle & joint pain.

Lomi Lomi Hawaiian Massage 70min \$120
With long, luxurious strokes like the waves of the ocean, this sacred & spiritual full body therapy is restorative, removes blockages, revives the mind & renews the spirit.

Ayurvedic Aroma Massage
Relaxation Massage (Gentle) – includes footbath & hot towels
Quality essential oils are chosen specifically for your imbalances - soothing, gentle, yet profoundly nourishing & rejuvenating. 30/60/90min \$60/\$95/\$130

Pregnancy Massage **Second/Third trimester only**
Experience total relaxation as you feel the discomforts of pregnancy dissipate completely during this massage. Effective & safe right up until term, bringing comfort & energy back to the mother-to-be, while assisting with pregnancy health. Includes aromatherapy footbath. 75min \$110

Wellness Therapies

Shirodhara 60mins \$120
120mins Indian Head Massage & Shirodhara \$180
150mins Full body massage & Shirodhara \$225

This blissful ancient treatment helps to calm the mind & induce a deep state of relaxation. Warm herbalised oil flows over the "third eye," or brow chakra, to create a meditative state & balance the endocrine system. This is a key Ayurvedic therapy to steady the mind, strengthen the senses & it can be effective against insomnia, stress, tension headaches, migraine & anxiety. Discount offered for multiple sessions. Includes a consultation & foot bath.

Kafi Basti 90min \$130
Includes Abhyanga Massage & Steam therapy

This is a very effective treatment for lower back ache, sciatica, & stiffness, pelvic & other lumbar-sacral pain. A dam made of besan flour is placed on the lower back & special medicated, herbalised warm oil is gently poured into it for a prescribed duration. The local Marma points are energized, & the warm herbal oil soothes the pain. This treatment increases the circulation in the region, both nourishes & strengthens the muscles & nerves.

Pinda Swedana 90min \$140
Ayurvedic herbal plants are crushed in a traditional pestle & mortar & tied into a muslin cloth which forms the medium for this therapy. After warming, oil is applied to the body with the boluses using a technique called pummelling. Not only nourishing, strengthening & rejuvenating but also a very beneficial therapy for arthritis sufferers & sports enthusiasts as it addresses stiffness & swelling in joints, inflamed & overworked muscles. If you like hot stone massage you will love this!

Traditional Thai Yoga Massage Therapy
Thai Yoga Massage brings deep massage & gentle yoga movements into a profound healing system. It will leave you feeling nourished, relaxed, & filled with energy. Fully clothed, on a mat. 60/90min \$85/\$100

Garshan (Exfoliating Massage) Supports weight loss. 45mins \$80, with full body massage (90mins) \$135

Remedial Massage (claim your health rebate) (available Mondays & Saturdays) includes consultation Ayurvedic herbalised oils used to enhance your therapy. 60 mins \$95, 90 mins \$135 - By appointment only.

Explore our website to see our full range of Spa Ritual Packages
www.maiaveda.com.au

Mind-Body Therapies

Padabhyanga 50min \$85
Ayurvedic Foot Rejuvenation Ritual
This treatment includes a soothing aromatic foot soak & exfoliation, then the toes, feet, ankles & calves are slowly & methodically massaged with a small Kansa Vatki bowl. This is followed by a sequence of Marma point massage, which helps to detoxify & rebalance the body's energies. Great for tired, aching feet, fluid retention & poor circulation. Healthy feet are one of the keys to overall health.

Herbal Body Balance Ritual 120mins \$225
This is the most luxurious of the Ayurvedic treatments. This two hour body treatment is an eclectic mix of modern day knowledge & ancient wisdom. It begins with an aromatherapy foot bath then a full body dry brushing (Garshan), followed by our rejuvenating Signature massage using warm organic sesame oil, a triphala powder body scrub & a thermal herbal wrap. Your experience ends with a cup of Ayurvedic tea.

Reiki /Intuitive Energy Healing 60min \$85
One of the greatest Reiki healing health benefits is stress reduction & relaxation, which triggers the body's natural healing abilities, & improves & maintains health. Reiki healing is a natural therapy that gently balances life energies, & brings health & wellbeing to the recipient. Subtle energy work using the touch of the hands. Includes Tibetan bowl therapy.

Reflexology 75min \$115
Reflexology is an energy-based form of foot massage - a system of massage that balances the inner organs of the body & activates the healing powers of the body. It is suitable for all age groups & it brings relief from a wide range of acute & chronic conditions by promoting self-healing. Includes an aromatic foot bath.

Ear Candling 60min \$70
A gentle but effective therapy originating from ancient times using specialised candles that have a relaxing aroma of honey, sage & chamomile. This therapy is an ideal way to help relieve conditions such as headaches, migraines, ear aches, tinnitus, compacted ear wax, glue ear, sinus problems, stress & many more. This treatment is enhanced by a lymphatic drainage massage of the décolleté, face, ears, neck & scalp.

Ask us about our Wellness Packages, designed specifically for you & your goals. We also create 1, 2, or 3 day personalised Ayurvedic Retreats, in Kyneton. Please call for more info 0420 580 886.