



# BODY WRAPS

Body Wraps are a fantastic way to remove toxins, rejuvenate internally, while restoring your mind body and soul. Your body wrap is made from a deep cleaning, skin and muscle toning bentonite based clay. Specific essential oils & herbs will be added depending on the type of wrap you feel suits your mood.

**Ayurveda Vata** - Grounding and calming good for removing anxiety.

**Ayurveda Pitta** - Centering and relaxing good for removing mental intensity.

**Ayurveda Kapha** - Rejuvenating and balancing- good for increasing circulation and fluid removal.

**Meditation** - Balancing and spiritually centering.

**Sore Muscle** - Soothes and relieves tension in the muscles. Arthritis - Anti inflammatory soothing blend.

**Lymphatic Drainage** — Specific blend for cleansing the lymphatic system.

**Weight Loss** - Specific blend to encourage weight loss and fluid reduction .

**Cellulite Buster** - Specific blend to target reduction of cellulite and the toxins that create them.

**Rejuvenation** - Remove feelings of fatigue and heaviness. Relaxation - Allow yourself to finally fully let go.

**Grief Healing** - Feel your heart and soul let go and heal. Burn Out - Calming, rejuvenating and soul soothing.

**Heart Healing** - Feel like you can trust again.

**Prosperity** - Wrap yourself in oils that attract financial rewards.

**Dharma** - Centre yourself and get in touch with your real path.

**Aura Clearing** - Feel lighter, clearer and experience more freedom.

**7 Chakra** - Balance all 7 chakras feeling free and grounded.

**Crown Chakra** - Feel more connected to your spiritual source.

**Third Eye Chakra** - Heighten your own sense of intuition and foresight.

**Throat Chakra** - Easily and creatively express and articulate your needs, desires with success.

**Heart Chakra** - Heal, release and open your heart fully and confidently.

**Solar** - Energize and increase your confidence and sheer energy to step up in your life.

**Sacral Chakra** - Clear any energy that is blocking creative, sexual, or passionate desires.

**Base Chakra** - Access full trust in the universe. Feel you will have all that you need to accomplish your life's goals.

**1 hr/\$109, 1.5 hr/\$159 includes a half hour back massage or reflexology**

**2 hrs/\$179 includes a one hour full body massage**