



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/\$130, 1.5 hr/\$185 includes a half hour back massage or reflexology

2 hrs/\$245 includes a one hour full body massage