

What is Ayurveda

Welcome to the extraordinary world of Ayurveda, a timeless lifestyle science that has thrived for over 3,000 years, offering proactive and preemptive approaches to personal health and wellness. Originating in the ancient Indus Valley, Ayurveda encompasses a comprehensive spectrum of practices, including diet and nutrition, lifestyle modifications, meditation, postures, breathing exercises, and the use of medicinal herbs. It is a holistic approach that aims to heal and rejuvenate the body, mind, and spirit.

In today's world, Ayurveda continues to flourish as a lifestyle medicine because it works. Its longevity speaks volumes about its efficacy, as it has been passed down through countless generations. Now, we are part of a movement to translate this ancient science into our modern lives and preserve this valuable knowledge for future generations.

According to Ayurveda, the human being is intricately connected to the cosmos. The five elements—ether, air, fire, water, and earth—that compose the universe are also reflected within us. These elements combine in varying proportions to form our unique constitutions and give rise to the three doshas: Vata, Pitta, and Kapha. Vata represents movement, Pitta signifies transformation, and Kapha embodies cohesion and building block material. Maintaining balance among these doshas and elements, while considering the changing times of day, seasons, and phases of life, is the central goal of Ayurveda. By doing so, we can promote and sustain a life of quality and longevity.

True well-being cannot be found in a pill or a single herbal compound. It is intricately woven into our daily routines and choices—the way we eat, breathe, move, sleep, interact, and connect with one another. Ayurveda teaches us to live dynamically in harmony with nature and our unique constitutional makeup. It empowers us to create a life that is aligned with the rhythms of the natural world and allows us to thrive in mind, body, and spirit.

Ayurvedic Consultations

Initial Consultation (60 minutes) - \$165

(90 minutes) - \$230 - preferred for in depth evaluation

What to expect from a consultation?

During your initial Ayurvedic health consultation, whether in-person or via video meeting or phone, your original constitution and current state of health will be assessed using traditional techniques and evaluation methods by Dr. Priya. You will be given a personalized program according to your specific and individual needs. Consultations include nutritional and lifestyle counseling, traditional herbal medicine, as well as recommendations for physical fitness, yoga, and meditation.

In person it includes a complete Ayurvedic health assessment with Dr. Priya Sangwan (including traditional pulse reading) to determine unique body constitution (Prakruti) and imbalances (Vikruti) as well as the current state of the organs, tissues, and channels.

How to Prepare for Your Ayurveda Consultation

Please send the following details a minimum of 3 days prior to your appointment.

1. List all your concerns in advance.

Many people take time to compile all their concerns: primary, secondary, and tertiary.

2. Prepare a complete health history.

List important health events from birth to the present.

3. Describe your daily routine to review with Priya.

What time do you get up, meditate, exercise, mealtimes, activities and bedtime?

4. Include copies of any recent, relevant medical reports.

Your medical provider will convey your reports on request.

5. Provide your brief family history.

Include any prominent diseases of parents and grandparents.

6. Sign the waiver form.

Send the waiver form by e-mail or bring it in person.

Follow-up Visit (45minutes) - \$115

During your follow-up visits, we review your current program, making any necessary adjustments to your regimen. We are here to provide ongoing support and encouragement to help you stay on track in your healing journey. These visits will deepen your understanding of your unique constitution and how various factors such as diet, lifestyle, and seasonal changes impact your well-being. We will guide you on how to counteract or mitigate any negative influences through personalized practices and self-care.

Ayurvedic Treatments

In addition to our comprehensive approach, Prana Ayurveda and Massage offers a range of traditional Ayurvedic therapies that can greatly assist in the healing process. These therapies are designed to deeply relax and restore both the body and mind, allowing your body to reset and rejuvenate from the daily stresses of life. We understand that the array of therapies can feel overwhelming for newcomers, so we are here to simplify the process and provide guidance on which therapies would be most beneficial for you based on your current situation. If you are interested in exploring these additional therapies, including our transformative deep detox program called Panchakarma, please don't hesitate to contact us or inquire during your initial consultation.

Phone Consultation (15 minutes) - Free

To inquire about what Ayurveda is, our services and how we can assist in your healing process.

Abhyanga Ayurvedic Warm Oil Massage (60 Minutes) - \$145

A deeply relaxing and rejuvenating massage with traditional Ayurvedic herbal oils to promote detoxification, improve circulation, calm the nervous system, nourish the skin, and support immunity. The strokes are synchronized to enhance an overall relaxing effect. The medicated oils will soak beyond the seven layers of your skin, all the way to your muscles, organs, and nervous system.

It's the pure form of spiritual touch which is often lacking in today's life of a common working individual. This treatment nourishes the whole being bringing a deeper connection with oneself.

Shirodhara (60 minutes) - \$145

Enjoy the gentle and continuous flow of warm herbal oil over the third eye region of the forehead. This ancient and blissful therapy is designed to calm the mind and nervous system, promoting clarity and peace. Each session begins with a warm oil massage of the head, neck and shoulders to invite the body to deepen into relaxation. It is useful for people with excessive thoughts, ADHD, insomnia, anxiety, PTSD, childhood trauma and headaches/migraines.

When booking you may select the add-on of medicated herbal oil for added benefit (this is especially beneficial when treating a specific condition). Oils for this treatment are chosen based on client condition and need assessed by the therapist.

Shirodhara also pairs well with an Ayurvedic full body massage.

For Chronic Conditions

It is advised to have 3 or more sittings of this therapy. This may be discussed with the therapist in your first session. For general relaxation of the mind for those with busy lives, it is advised to receive it once a month.

Rejuvenation day Package - Abhyanga & Shirodhara (95mins) - \$240

Known as the Royal Treatment in ancient times, these two treatments combined offer full-body warm oil massage for relaxation and grounding, finishing with a nourishing head treatment to release stress and anxiety. It balances all doshas and instills a lasting calming effect.

External Therapeutic Basti

Basti is a treatment that can be used to strengthen joints and muscles, and it pacifies one of the primary sites of vata, relieving pain, soreness, tension, inflammation. It nourishes the joints and helps recover from injury.

For this Ayurvedic treatment, a dam is made (out of whole wheat flour or chickpea flour when gluten sensitive) and placed on top of the desired area, while organic ghee mixed with warm medicated oil is gently poured into it. I will intuitively massage your body while the medicated oil soaks into your skin and starts going deeper and deeper into your body. This is a cathartic, curative experience.

Aromatherapy and Turiya Therapy are used as indicated to enhance healing and relaxation.

For maximum effectiveness, a series of 3 or more sessions are recommended to start experiencing the full benefits of this treatment.

Netra Basti: Herbal Therapy for **Eye Rejuvenation** (45mins) - \$115

Kati Basti: Herbal Therapy for **Lumbo-Sacral Discomfort** (45mins) - \$115

Nabhi Basti: Herbal Therapy for **Digestion & Emotional Release** (45mins) - \$115

Hrud (Uro) Basti: Herbal Therapy for **Heart Support** (45mins) - \$115

Griva Basti: Herbal Therapy for **Upper Back and Neck Discomfort** (45mins) - \$115

Janu Basti: Herbal Therapy for **Knee Discomfort** (45mins) - \$115

Indian Head Massage (45mins) - \$125

Experience the blissful combination of a mini-Ayurveda facial, soothing neck and shoulder massage, and a pampering treatment for your hands and feet. This unique Indian head massage, expertly enhanced by Priya's Turiya (Marma point) therapy, offers more than just a luxurious treat. It holds significant benefits for addressing a range of physical and emotional imbalances. Priya's specialized touch, complemented by the pleasant, medicated oil, not only promotes scalp and hair health but also rejuvenates your overall well-being.

Benefits

- ❖ Helps prevent migraines, headaches, and back pain
- ❖ Promotes hair growth and hair health
- ❖ Detoxifies the body by stimulating lymphatic drainage, relieves sleeplessness, restlessness, and insomnia
- ❖ Relieves symptoms of anxiety and depression
- ❖ Renews energy levels and memory capabilities

Registered Massage Therapy Services

Registered Massage Therapy (60 minutes) - \$135
(90 minutes) - \$205

Buccal Facial Massage (60 mins) - \$210

Buccal massage (pronounced “buckle”) is a specialized technique that incorporates external facial massage with intra-oral (inside-the-mouth) manipulation. This treatment is designed to address muscle tension in the face, jaw, and neck supporting the relief of discomfort associated with TMJ dysfunction/ jaw pain, muscle tightness, stress-related tension, and headaches.

By working on the deeper facial muscles, buccal massage may help promote relaxation, reduce pain, improve circulation, and support lymphatic drainage.

A series of treatments may be recommended, depending on individual needs, followed by ongoing maintenance sessions as appropriate.

Contraindications

Pregnancy, cold sores, bleeding gums, thyroid issues, cancer, aggravated skin conditions, acne, rosacea, and infectious disorders

**** PLEASE NOTE THAT IF YOU'VE HAD BOTOX OR FILLER, YOU MUST WAIT AT LEAST 3 WEEKS BEFORE RECEIVING A BUCCAL MASSAGE ****

Manual Lymphatic Drainage (MLD) (60 minutes) - \$165

It is a non-invasive gentle massage technique in certain areas of the body, with the primary goal of promoting the flow of the lymph in the lymphatic system. This technique involves a light-pressure and rhythmic movement that stimulates the release of the lymphatic fluid from the body tissues and promotes the absorption of the fluid by the lymph nodes.

Benefits

- ❖ Improve lymphatic drainage
- ❖ Reduce edema/swelling
- ❖ Reduce pain
- ❖ Improve the skin condition in the affected area
- ❖ Increase venous flow
- ❖ Promote healing
- ❖ Alleviate inflammation

Massage Therapy and Movement Training (45 minutes) \$115
(60 minutes) \$135

As a Registered Massage Therapist and Certified Personal Trainer, James can integrate corrective exercise within his practice to help address muscle imbalances, joint stability, and movement efficiency. This approach is designed for persistent pain and tightness caused by chronically weak or overactive muscle groups.

Each session begins with a movement and soft tissue assessment to identify areas of concern.

Treatment includes:

- ❖ Targeted muscle release for tight, restricted areas
- ❖ Strengthening exercises for weak or underactive muscles, using our in clinic gym equipment
- ❖ A dynamic combination of massage and movement, allowing seamless transitions between release and exercise

Massage is performed over clothing to enable smooth integration of manual therapy with corrective movement, ensuring an effective and efficient session tailored to your needs.

Contraindications

Acute injury in the last 2 weeks. Surgery in the last 6 weeks.