



What is Ayurveda?

Ayurveda translating from Sanskrit as 'Knowledge of Life,' is the world's oldest, most complete and time-proven healing science. It originated in India more than 5,000 years ago during the ancient Vedic culture, and is known as 'Medicine of the Gods.' Ayurveda addresses the root causes of disease (not just the symptoms) and treats without any adverse side effects.

How can Ayurveda help me to achieve optimum health?

Ayurveda creates vibrant health and longevity through satvic (pure) foods, herbs, massage, body treatments, yoga, deep pranvic breathing, and a consistent daily routine that is in keeping with our unique constitution or dosha (vata, pitta, kapha). These tools help us to release toxins accumulated in the body that lead to the dis-ease most of us suffer in today's world.

How can Ayurveda lead me toward inner peace and true happiness?

Rooted in the spiritual tradition of the Vedas, Ayurveda's ultimate goal is to help us achieve self-enlightenment or true happiness, only possible through a healthy body and sound mind. Meditation, chanting of mantras or prayers, and ceremonial pujas bring inner peace and reflection, allowing us to release patterns that cause anxiety and block us from lasting happiness. By keeping us physically healthy and emotionally stable, an Ayurvedic Lifestyle allows us to focus our time and energies on enjoying this gift of life.



Ayurvedic Therapies

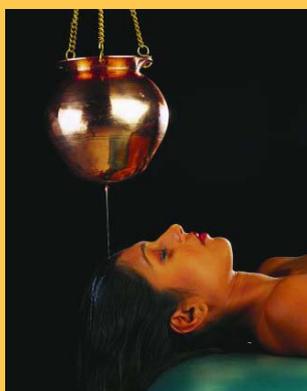
Abhyanga 1 1/2 hrs \$144

Full body lymphatic massage with Hot Stones. Stimulates Marma (acupressure) points, relaxes muscles, bones, joints and tendons. Heated medicated oils help reverse aging by nourishing all the tissues of the body and removing toxic accumulation from channels.

Followed by:

Swedhana 20 min \$33

Aromatic Herbal Steam releases toxins from blood and skin through mild sweat.



Shiro Dhara

1 hr \$81

Steady flow of warm oil onto the forehead stimulates the pituitary gland, or "third-eye." One of the most divine therapies, awakening the body's intuitive knowledge, relieving stress, anxiety, depression, and insomnia

through natural serotonin, dopamine, and melatonin release. Helps mental focus and concentration.

Abhyanga and mini shirodhara \$189

Indian Scalp Massage and Lustrous Hair Treatment

45 min \$63

Intelligent oils infused with brahmi, bringraj, amla, shikaki and coconut are massaged into the scalp, stimulating hair growth and making hair strong and shiny.

Facial Treatment

1 hr \$81

Using Ayurvedic herbs and massage to gently cleanse and moisturize the face and neck. This deep nourishment helps preserve elasticity of all skin layers. It melts all facial tension, relaxes the mind, and leaves you with a youthful glow!

Herbal Skin Smoother

1 1/2 hrs \$144

Begin with a gentle dry brush technique to exfoliate the body's skin. Ayurvedic herbal pastes and clays, are applied to smooth and soften. Finish with a highly moisturizing herbal crème application.

Too much sun? Try a Neem smoother.

Pedi Karma 1 hr \$72

Ayurvedic Foot Treatment using a unique bowl made of three healing metals stimulates reflex/ marma points. By caring for the feet, we are in essence



caring for all the systems and organs of the body! A ghee massage not only relieves built-up tension in tired feet, but works to cool the mind (great for Pitta personalities.)

Marma Point Therapy

1 hr \$72

Secret energy points throughout the body, face and along the spine awaken with transdermal herbs and essential oils. These points are switches that allow us to open channels of Prana (life force) and experience connection with the divine. Go within as sacred mantras and prayers are chanted to heal the body and soul

Netra Basti

25 min \$45

Highly nourishing ghee bath refreshes tired eyes. For anyone constantly reading or exposed to computer and TV electromagnetic rays. Relieves eye socket tension, twitches and squinting. Eases wrinkles and dark circles around eyes.



Katti Basti

30 min \$54

Hot medicated oils helps melt lower spine rigidity and strengthen bone tissue. Relieves chronic lower backaches and muscle spasms.

Nasya

30 min \$54

Nasal Therapy opens and clears breathing channels releasing tension in the face, neck and head. Great relief for allergies, sinusitis, headache, and frequent colds.

Ultimate Ayurvedic Bliss Package

raja & rani

be treated like royalty

Abhyanga, Shiro Dhara, Facial, Mini
Pedi-karma and a Floral Herb Bath



also includes

Tips on Ayurvedic lifestyle,
daily and seasonal routines
Light Ayurvedic Lunch - Herbal Chai Tea

4 hours \$396

Avani Sukhadia Robinson



Certified Ayurvedic Practitioner
Certified Holistic Health Practitioner
Licensed Massage Therapist

“Growing up in a family of physicians and healers, at an early age I developed a natural instinct to care for the health of those around me, and to ease the suffering of those in pain. My family’s deep spirituality and celebration of our Indian heritage, ingrained in me a deep respect and understanding of Hindu/Vedic traditions. These two greatly defining aspects of my life are beautifully expressed in my profession, my passion, Ayurveda.”

Avani has been studying and practicing ayurveda for the past eight years, and has trained with the most respected teachers/gurus in the field. Avani is a graduate of New York University, The School of Healing Arts, and the American School of Ayurveda.

Authentic Ayurveda

10 Navajo Road
Sedona, Arizona 86351
Village of oak Creek

(928) 284-1114

by appointment only

www.ayurveda-sedona.com

West Coast : Sedona, Arizona
East Coast: Staten Island, New York

Whole Health Consultation 1 hr \$108

An in-depth consultation addressing your health concerns. Dosha (body type) analysis including individualized dietary, herbal, exercise, body care and lifestyle recommendations.

All treatments include Vibrational Therapies

Color, light, precious gems, aromas, primordial sounds, mantras and yantras are used to rebalance the disturbances in the energetic aura and chakra fields. These subtle vibrations seek to harmonize the physical and spiritual body with the orderly patterns of the cosmos.

Also Available:



Vedic Science can offer insight and remedies to a happier, healthier and more prosperous life. We are proud to offer you the opportunity to consult with the highly acclaimed experts and gurus in each field

Jyotish/Vedic Astrology Readings

Vastu Shastra Consults
(sacred architecture & design)

Private Yoga and Meditation Classes

advance appointments required

Ask about our

pancha karma

Seasonal Detoxification & Rejuvenation

3, 5 & 7 day programs

Renew down to the cellular level
through a specialized Ayurvedic regimen .

Prevent disease
Reverse signs of aging
Increase energy levels
Experience deeply needed relaxation & rest
Learn to eat correctly for your constitution
Deepen self awareness and spirituality
Practice daily yoga and meditation

Visit www.ayurveda-sedona.com
for Pancha Karma details

Cancellation policy 24 hours in advance

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Exotic handcrafted Indian items & clothes
High Quality, Organic Ayurvedic Herbs & Oils
Prayer & Puja items, Deities
Vedic Astrology & Vastu Shastra items
Unique home decorations
Books, Music
and so much more.....



*Experience India's
ancient healing art
...in spiritual Sedona*