



Ayurvedic Spice Spa Experience Full Body Nurture & Detox

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The new Ayurvedic Spice Spa will improve your wellbeing, help you feel relaxed and promote your body's healing qualities using Ayurvedic herbs and spices which we treat you with. We make use of the physical and emotional benefits that only Ayurveda Treatments can bring. The Ayurveda Clinic & Spice Spa is a secret haven for your individual needs and wellbeing. We mix aromatic medicinal ingredients for polishes, rubs, scrubs and bathing, to condition, repair and rejuvenate your skin. We prepare all the ingredients, burn, and cook and prepare them to relax and enliven the mind as well as brewing herbs to make wonderful teas and concoctions to combat infections and boost the immune system.

Try the Spice Spa Experience

Price is £35

Reduced Group booking (ask for details, not valid for intro offers)

You will have a total body Rejuvenating and Detox experience that will keep your body purified, detoxed, relaxed and refreshed.

Spice Spa Experience includes -

- Deep Heat InfraRed Therapy, Full Spectrum SAD & Chromatherapy approx 30mins
- Ayurvedic Rejuvenating Scrub/Mask or Ubtan Rub/Marma Point body work approx 15 mins - Using the correct herbs and spices for your general Body Type/Dosha
- Heated Haman with Body wrapped in Scrub or Ubtan 20/30 mins
- Body wash /shower, (*you can choose optional Head oils and massage)
- Therapeutic Turbo charged Hydro bath Soak & Massage includes Chromatherapy and Whirl Pool Serenity Experience
- Aromatherapy Steam Tube 15/20 mins
- Shower and/or drying the body, deep heat infrared when appropriate, you can also try any of the optional extras (See Spa Menu) which include *Ubtan Dry Body Polish / Cleopatra Stroke / Scented Body Spray etc (all at extra cost)
- Finish with wrap up & Ayurveda Herbal drink

Spice Spa Experiences last up to 2 hours

'Travelers resting for a moment on the riverbank knew something that we have mostly forgotten. We know it is refreshing to immerse and drench ourselves in water, and we are generally aware of its therapeutic value. Yet most of us have lost touch with our spiritual relationship to water. Until recently, water was one of the most universal spiritual concepts on our planet. Buried somewhere in the genesis of every culture is the idea that water is divine, life giving, healing, cleansing and renewing.'

We stock an exquisite range of beauty products and perfumes made using Ayurvedic Principles to calm, heal or excite the senses

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