



Ayurveda Apartment & Spice Spa Experience

Details & Tariff - 2010 Specials

Journey to the heart of Ayurveda, enrich your soul and discover new levels of awareness to the Self.

Eat, Sleep, Enjoy and Live the Ayurveda Way
For - One Night - A Weekend - A Few days - A Week
You choose

Visit our unique and authentic Ayurveda Clinic & Spice Spa and stay in our nurturing Ayurveda Apartment situated directly above our acclaimed 'boutique' Spice Spa.

Experience intimate one to one treatments and surroundings that blissfully cleanse and heal your stresses away



It is important to be aware that our centre only provides space and treatments for 6-8 people during breaks and visits. Unlike large hotels and resort spas, where the gym, swimming pool etc is part of the packages on offer. Our Ayurveda 'breaks' are designed to offer you the unique experience of individual attention throughout your visit. Encouraging and establishing Ayurvedic awareness to self healing, purification and regeneration of the mind, body and all senses.

For deeper medical treatments that involve medical herbs and with traditional Panchakarma therapy, you should call us for prices etc. Panchakarma Therapy is described under the 'clinic' tab on our site

Our Ayurveda Experience is difficult to find anywhere and involves educating you in the ways of Ayurveda Living in the real world of daily life.

Ayurveda Retreats around the world are a wonderful, but learning to understand Ayurveda and bringing it to your daily life is often a challenge.

The much loved Swami Satyananda Saraswati who passed away 6th Dec 2009, helped many and through his living example he showed us that is possible to live in this chaotic world, yet remain in constant inner connection with our spiritual selves. Here at our centre we hope to help you to understand how this is possible.

The Ayurveda Apartment

Our Ayurveda Apartment has three rooms, one is a lovely single room, one has a double bed and the final one has a very high quality double futon. If you are coming with friends and don't mind being very cozy and sharing we can accommodate up to seven people, as we have a specially made deep cushioned floor double sleep mat.

If you do come with friends and happy to share, four of you will be very comfortable, couples likewise. One or two people will be in luxury. All rooms are secure and the first people booking will have first options on room choice. The bathroom is shared by the rooms, there is a small kitchen for you to make your own drinks anytime, but you will not need to cook as we do all the Ayurvedic cooking for you.

There is a comprehensive library of books to read.

We have many different packages to choose from, which are listed and described below, if you would like to know more please do not hesitate to ask us. We can help you to plan your own package and stay here if you are looking for something specific to you.

These packages will give you an idea of the personal and individual healing and rejuvenating experience that you can expect from your visit here.

You will be cocooned in an environment that enables you to immerse yourself in the healing and regenerating concepts of Ayurveda. We offer healing sessions to anyone who comes to our centre, in fact it is an integral part of what we do for all our clients.

If you would like to book an individual session for a specific treatment you can discuss this either before your visit or while you are here, depending on availability of practitioners. If you would like an individual session with Vani you will need to book this well in advance.

Our world renowned Ayurveda Natural face Lift and Mask can also be booked in advance, please ask about this when you are booking

We look forward to meeting you soon

Kind regards

Vani

www.ayurvedaclinicandspicespa.com

www.lindabretherton.com

www.doshaforlife.com



One day Bliss Spice Spa with Treatment (no overnight stay)

- Arrive 10am All day - leave 5pm
- Arrive Introduction
- One -Aromatic Full Body Rejuvenation Massage before lunch
- Delicious Home Made Light Ayurveda Lunch
- Spice Spa Experience – includes the deeply relaxing Far Deep Infra Red Cabin, the cleansing and detoxifying Turbo Hydro Bathing Treatment, finishing with the blissful full body treatment on our stone and silver Heated Haman Bench. Leaving you blissfully relaxed yet rejuvenated.
- Choose from one of our extremely popular Spice Spa Mini Treatments
- Choose from an Excellent Range Ayurveda Teas and drinks
- Selection of Fresh Fruit

For one person – normally £130 special package price £99

2 people – normally £240 special package price £190 / £95each

3 people – normally £350 special package price £270 /£90 each

4 people – normally £420 special package price £340/£85 each

Package 1

Mini Ayurvedic Spa Ritual

Arrive at 4.00pm, Evening and Overnight – Leave at 11am the following day

Includes

- Arrival Introduction to the Centre
- Selection of Fresh Fruit, light refreshments
- Introduction to Ayurveda Session/Understanding you Dosha/Body Type
- 6.00pm to 9pm Spice Spa Experience – includes the deeply relaxing Far deep Infra Red Cabin, the cleansing and detoxifying Turbo Hydro Bathing Treatment, finishing with the blissful full body treatment on our stone and silver Heated Hamman Bench. Leaving you blissfully relaxed yet rejuvenated.
- Supper – A Home Made Delicious Ayurvedic Soup, organic bread / light snack
- Choose from an Excellent Range Ayurveda Teas and drinks
- Selection of Fresh Fruit
- The Calming of the Senses Meditation
- Aromatic Candles and Incense
- Lesson in Ayurveda Self Massage
- Luxurious and Relaxing Ayurveda Body Oil
- Comfortable Rooms
- Nourishing Ayurvedic Breakfast
- Lesson : Body Awareness Daily Meditation Healing Session
- Depart the centre with some free samples/body oils/body scrub/teas
- Goodbye with copy of Linda's 'Dosha for life' book

For one person – normally £175 special package price £150

2 people – normally £300 special package price £250 / £125 each

3 people – normally £400 special package price £360 /£120 each

4 people – normally £420 special package price £460/£115 each

Package 2

Ayurveda Bliss Ritual Retreat

Arrive at 10.00am All Day, Leave at 11am the following day

Includes

- Arrival Introduction to the Centre
- One Aromatic Body Rejuvenation Massage before lunch
- Home Made Light Nutritious Delicious Ayurveda Lunch
- One Heavenly Ayurveda Foot Treatment after lunch
- A Stimulating Ayurveda Talk – Understanding your Dosha
- Thought Provoking - Intro to Ayurveda Cooking
- Interacting Learning to Preparing an Ayurveda Meal
- Relax and Enjoy your Nutritious Ayurveda Early Evening Meal
- Calming and Centering Inner Quiet Guided Meditation
- 6.00pm to 9pm Spice Spa Experience – includes the deeply relaxing Far deep Infra Red Cabin, the cleansing and detoxifying Turbo Hydro Bathing Treatment, finishing with the blissful full body treatment on our stone and silver Heated Hamman Bench. Leaving you blissfully relaxed yet rejuvenated.
- Supper – A Home Made Delicious Ayurvedic Soup, organic bread / light snack
- Choose from an Excellent Range Ayurveda Teas and drinks
- Selection of Fresh Fruit
- The Calming of the Senses Meditation Session
- Aromatic Candles and Incense
- Luxurious and Relaxing Ayurveda Body Oil
- Luxurious Comfortable Rooms
- Nourishing Ayurvedic Breakfast
- Lesson :Awareness Meditation for Daily Healing
- Depart the centre with some free samples/body oils/body scrub/teas.
- Free copy of Dosha for Life book



For one person – normally £270 special package price £255

2 people – normally £510 special package price £460 / £230 each

3 people – normally £700 special package price £630 /£215 each

4 people – normally £890 special package price £820/£205 each

Package 3

Ultimate in Ayurveda Care

Arrive at 4.00pm - First Evening, Overnight – Full Day and Second Evening, Overnight -

Leave at 11am the following day

Includes

- Arrival Introduction to the Centre
- Ayurveda Teas and drinks
- Selection of Fresh Fruit, light refreshments
- 6.00pm to 9pm Spice Spa Experience – includes the deeply relaxing Far deep Infra Red Cabin, the cleansing and detoxifying Turbo Hydro Bathing Treatment, finishing with the blissful full body treatment on our stone and silver Heated Haman Bench. Leaving you blissfully relaxed yet rejuvenated.

- Supper – A Home Made Delicious Ayurvedic Soup, organic bread / light snack
- Choose from an Excellent Range Ayurveda Teas and drinks
- Selection of Fresh Fruit
- The Calming of the Senses Meditation
- Aromatic Candles and Incense
- Ayurveda Self Massage lesson
- Luxurious and Relaxing Ayurveda Body Oil
- Luxurious Comfortable Rooms
- **DAY 2**
- Nourishing Delicious Ayurvedic Breakfast
- Awareness Daily Healing Inner Meditation
- One Aromatic Body Rejuvenation Massage before lunch
- Home Made Light Nutritious Delicious Ayurveda Lunch
- One Heavenly Ayurveda Foot Treatment after lunch
- A Stimulating Ayurveda Talk – Understanding your Dosha
- Thought Provoking - Intro to Ayurveda Cooking
- Interacting Learning to Preparing an Ayurveda Meal
- Relax and Enjoy your Nutritious Ayurveda Early Evening Meal
- Calming and Centering Inner Quiet Guided Meditation
- 6.00pm to 9pm Spice Spa Experience – includes the deeply relaxing Far deep Infra Red Cabin, the cleansing and detoxifying Turbo Hydro Bathing Treatment, finishing with the blissful full body treatment on our stone and silver Heated Hamman Bench. Leaving you blissfully relaxed yet rejuvenated.(Treatments will be different from the previous evening Spa Experience to ensure you enjoy different experiences)
- Supper – A Home Made Delicious Ayurvedic Soup, organic bread / light snack
- Choose from an Excellent Range Ayurveda Teas and drinks
- Selection of Fresh Fruit
- The Calming of the Senses Meditation
- Aromatic Candles and Incense
- Lesson : Ayurveda Marma Point Session
- Luxurious and Relaxing Ayurveda Body Oil
- Short Spiritual Cinema Film
- **DAY 3**
- Nourishing Ayurvedic Breakfast
- Morning Awareness Healing Daily Meditation
- Depart the centre with some free samples/body oils/body scrub/teas.
- Free copy of Dosha for Life book

For one person – normally £430 special package price £395

2 people – normally £760 special package price £700 / £350 each

3 people – normally £1200 special package price £960 /£320 each

4 people – normally £1450 special package price £930/£310 each

To book either email info@ayurvedaclinicandspicespa.com or call us on 01925 652435
 Ayurveda Clinic and Spice Spa – 641 Knutsford Rd – Latchford Village – Warrington –
 Cheshire – WA4 1JQ – www.ayurvedaclinicandspicespa.com