

The Body Sculpture Ultimate Package at the Ayurveda Clinic & Spice Spa 01925 652435

You will begin with a full body **Energy Brush**. The Energy Brush uses fine bronze bristles made of a special alloy of copper and zinc. Due to the molecular structure of these fine bronze bristles, the ions which are important for our body and well-being are generated directly on the skin, which makes them immediately available to the organism and the metabolism.

The central atom of the human body is oxygen, which makes up more than 80 percent of our organism. Our true elixir of life consists of the energetically charged oxygen ions which we take in from the air we breathe, the water we drink or in an especially concentrated form from hydrogen peroxide. This substance is also contained in the sea coast, waterfalls, rain and snow. We can produce these important negatively charged oxygen ions mechanically by air friction whilst using a special alloy for brushing our skin.

Followed is our wonderful full body brisk rub using natural organic precious **Eu De Toilette Queen of Hungary Spray** that's rubbed onto the whole body by hand. Opening up the skin this prepares the body for the exclusive Sculpture Oil that follows and the fragrance enlivens all the senses. Includes a Revitalizing Alchemical Ingredient that improves the absorption of products. Purifying and draining, it is ideal for treating problems such as water retention, cellulite, tired legs, with an Anti-aging effect. Natural

Exquisite Body Sculpture Oils - Shapes the figure and helps reduce fat naturally and effectively.

Thanks to the digestive strength of Blessed Thistle, the anti-lipid strength of grapefruit and lemongrass, and the detoxifying strength of lemon and fennel, this exclusive body oil treatment provides a true and natural "fat burning" effect. WITHOUT the use of CAFFEINE, it shapes your figure, slimming and reducing it by up to an inch, draining your body of excess liquids, and eliminating toxins and surplus fat diuretically.

Firming, cleansing, moisturising and stimulating effects combine to help reduce excess body fat. Tones while keeping the skin supple and smooth. The 100% natural ingredients in this unique blend help promote cellular regeneration.

Tian Di (Bamboo Deep Tissue Massage) Bamboo is one of the most multifaceted plants growing on our planet. It has earned its reputation from its noble and soft appearance as well as its perseverance under harsh conditions. In the Orient, bamboo symbolizes strength, fertility, youth, prosperity and peace. Bamboo has a unique energy all of its own, one that has a special magnetism; this plant emerges from the earth and grows straight and tall, as if it wants to reach the heavens. Tian Di means heaven and earth we are all part of the universe and the intention is to help our clients to maintain harmony within their bodies.

The Bamboo is essential for this therapy and is unique because its walls are covered with silica. This creates an outer cover of tiny quartz like crystal matrixes that are activated when they encounter the right conditions of mechanical stress. The two main properties of quartz are Piezo and Pyro electricity, which produces an energetic charge. Piezoelectricity is activated with pressure and Pyroelectricity with heat. Through the massage we apply pressure to the body with the bamboo stick and the friction that is created will activate the molecular structure in the silica together they are a powerful tool that is charged and creates dramatic and permanent changes, as many of you who have tried it already know!

This massage is like nothing you have had before and it creates a new way of feeling. As clients get massaged with the Cho sticks the energy that is contained within the walls of the bamboo is transferred to them, creating a series of unique and new sensations. Most people describe these as: tingling all over, feeling that the cellulite and fats are being 'worked away' and everyone feels alive and energized. When the principles of piezoelectric are applied to the body, the electrical and thermal energy activates peripheral circulation. Enhanced circulation will remove stagnant toxins and move blood throughout the body, heart and lungs, improving internal respiration. Oxygenated blood will return nutrition and healing aid to the cells and tissues of the affected areas. Emotionally, this therapy provides a total sense of relaxation. While the client's body is feeling the warmth and the flexibility of the bamboo, the energy from the natural bamboo encourages lightness and relaxation.

Stagnant emotions can surface once the client feels relaxed, nourished, and has reached a point of trust. Even for those who are not able to connect as deep or as high, there is an experience felt. Most clients understand that something profound has taken place. It is not unusual that the effects of Tian Di therapy continue for days after the session. Every client who has experienced this treatment feels that their body shape has 'shifted' and clients often feel that their clothing is looser than when they arrived

Followed by our FAR Deep Infra Red Cabin Deep heat penetration allows removal of toxins, alcohol, nicotine and metals. It helps in curing chronic fatigue; promotes muscle growth; raises growth hormones level; and reduces cellulite. Calories used in half an hour in an infrared sauna session are more than that used while running for the same time. Electric light infrared saunas are very helpful for cancer patients. They raise oxygenation and remove radio active residues. Infrared saunas are good for chronic infections. Infra red saunas require 90% less energy and heats much faster than traditional saunas. This sauna can also be used for patients suffering from varicose veins, metal implants, hypertension and diabetes where conventional saunas do not help. The healthy process of detoxing in an infrared therapy cabin at a temperature of between 30 and 40 degrees Celsius is an excellent method of improving or even removing various ailments. Regular infrared deep heat therapy treatments increase the metabolic rate and detoxify the body. A strong, consistent flow of energy is the key to alleviating tension. By enhancing the blood circulation in the back, a cocktail of endorphins is released bringing your body into a state of wellbeing.

£75 for full 100 mins

If you book the 6 week package you will save £50 – normally £450 you pay £400 – we think that's a great offer!