



ur award winning
 Ayurvedic spa programs
 come from the world's most
 ancient, authentic, and
 holistic system of natural
 health care. Enjoy the bliss
 as these luxurious and
 therapeutic treatments
 soothe away stress and
 impurities, creating deep
 physical relaxation and
 inner serenity.

Spa Services

OUR SPECIALTY TREATMENTS

Vedic Rejuvenation Massage (Abhyanga)

60 minutes

Our signature massage; Performed by two therapists, this luxurious herbal oil massage melts away tension and offers a unique experience of balance, deep relaxation and rejuvenation. Fee: \$170.

Royal Vedic Rejuvenation Massage (Abhyanga)

90 minutes

As above, but given for an hour and a half for the ultimate relaxation experience. Fee: \$250.



Rejuvenation Massage (Abhyanga)

60 minutes

An integrating herbal massage that soothes tension and muscle fatigue, and leaves the body relaxed and renewed. Fee: \$115.

Inner Serenity Treatment (Shirodhara)

60 minutes

A profoundly relaxing therapy in which a continuous flow of warm herb-infused oil is gently poured across the forehead, producing blissful tranquility and balance in both mind and body. Fee: \$135.

Stimulating Friction Massage (Garshan)

60 minutes

This stimulating massage utilizes special raw silk gloves to promote weight-loss, improve circulation, and to help eliminate cellulite while softening, smoothing and enlivening the skin, restoring a natural, healthy glow.

Fee: one-therapist massage, \$115.

Fee: two-therapist, synchronized massage, \$170.

Herbal Balancing Massage (Vishesh)

60 minutes

With the use of more pressure, this herbal oil massage purifies and detoxifies the body, relieving muscle tightness, improving flexibility and restoring energy.

Fee: one-therapist massage, \$115.

Fee: two-therapist, synchronized massage, \$170.

Ten Step Royal Facial

60 minutes

Treat yourself to a gently soothing and fragrant facial that utilizes organic milk and floral waters. This facial, once reserved for the royalty of ancient India, gently purifies, nourishes and rehydrates the skin. The result is more youthful, more radiant skin. Fee: \$135.

Combination Vedic Rejuvenation and Inner Serenity Treatment (Abhyanga/Shirodhara)

90 minutes

This treatment combines the benefits of our revitalizing herbalized oil massage with the deep relaxation of our Inner Serenity therapy. *In this combination treatment, the Vedic Rejuvenation Treatment may be substituted with our Stimulating Friction Massage or with our Herbal Balancing Massage* Fee: one-therapist massage, \$185. Fee: two-therapist, synchronized massage, \$240.

Combination Vedic Rejuvenation Massage and Herbal Steam Bath (Abhyanga and Swedana)

90 minutes

Relax and purify as your body is immersed in a warm, herbalized steam bath. This treatment opens the channels of the body and allows the impurities that have been loosened by our Vedic Rejuvenation Massage, to be naturally eliminated. *In this combination treatment, the Vedic Rejuvenation Massage may be substituted with our Stimulating Friction Massage or with our Herbal Balancing Massage* Fee: one-therapist massage, \$170. Fee: two-therapist, synchronized massage, \$225.

MAHARISHI VEDIC HEALTH SPA
Our Day Spa is a member of a family of award-winning Spas including:

THE RAJ

“One of the top five health spas for the new millennium”

—Town & Country magazine (The Raj)

MAHARISHI VEDIC HEALTH CENTER
AT LANCASTER

“One of the ten best spas in the world”

—Harpers & Queen

THE RAJ

“Best Healing Treatments Award”

—Spafinder (The Raj)

*N*ow you can enjoy these same royal treatments here at our Day Spa.

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Enjoy the Bliss

A MAHARISHI VEDIC HEALTH SPASM



*Offering
Deep Physical Relaxation,
Rejuvenation,
and Inner Serenity*