

RITUALS FOR WELLNESS MASSAGES

ABHYANGA (ab-hee-AN-ga) literally means ‘oil application’. Ayoma blends various traditional Indian massage styles with appropriate herbal oils for maximum relaxation.

MARMA ABHYANGA stimulates vital energy points that awaken immune responses.

KERALIYA ABHYANGA is a traditional sports massage that optimizes muscle flexibility and health.

AYOMA ABHYANGA, our signature massage is a four-handed Ayurvedic massage designed to detoxify mind and body for ultimate relaxation and wellness.

SHIRO ABHYANGA, Chair Massage is a cranial-sacral enhancer, releasing toxic energy upward and out of the crown Chakra.

ADVANCED OIL THERAPIES

UDVARTANA is designed for maximum elimination of toxins created by smoking, water retention, environmental poisons, fat, cellulite, and congested lymph. This treatment is excellent for weight management, depression and congestion.

TANLEPA combines three Ayurvedic, Dosha-specific therapies: Abhyanga massage, herbal wrap and a nourishing application of Jatamansi milk or Kumari moisturizing gel. This treatment relieves fatigue and enhances sleep.

CHAKRA DHARA rejuvenates our energy centers. Therapist performs a detailed massage of four central charkas, followed by warm oil applied in continuously alternating rhythmical movements.

TAILA SEKA rejuvenates the nervous system.

Therapist applies Rasayan oil over your entire body while massaging specific areas to relieve nervous and skeletal disorders, such as addiction recovery, arthritis, and Multiple Sclerosis.

SHIRO DHARA relieves emotional and physical tension by streaming warm ‘Shanti’ oil onto the third eye, over the forehead, causing mind and body to relinquish all “ties that bind” them to depression, nervousness, sadness and fatigue.

SKIN CARE TREATMENTS

MUKHRALEPA is a holistic facial which combines five Ayurvedic beauty techniques to cleanse, detoxify, and nourish the system to enhance beauty from within. Traditionally used to prepare brides for their wedding day, this treatment includes Shiro Dhara, facial Marma Abhyanga, Ayurvedic herbal applications and foods for glowing, radiant skin, and emotional balance.

SOUNDARYA is a deep cleaning facial that eliminates toxins that destroy a natural balance and congest the skin. Perfect for men and women alike.

PRANA BREATH is an allergy treatment that provides relief through Nasya, an ancient Ayurvedic nasal therapy used to open breathing channels

HAND/FOOT THERAPY

HASTABHYANGA (hand) Padabhyanga (foot) therapy begins with invigorating exfoliation of the hands or feet with the application of ubvartan, a mixture of herbs and lentil flours that remove dead skin and enhance circulation. Followed by a treatment of Ayurvedic herbal oil to energize the Marma (vital energy areas) on the palms, soles, upper feet, wrists and ankles.

AYOMA LIFESPA ALSO

OFFERS TREATMENT PACKAGES:

VISHNU: 2 1/2 hrs. \$195

Padabhanga, Hastabhyanga, Keraliya

TAJ MAHAL: 3 hrs. \$280

Soundarya Facial, Leg/Bikini waxing,

Abyanga-Massage

GANESH:: 3 hrs. \$270

Hastabhyanga, Shiro-Abhyanga

Mukhralepa Facial

BHRAMA: 2 1/2 hrs. \$275

Padabhanga, Marma-Abhyanga &

Shiro-Dhara

TREATMENT/SERVICE PRICE LIST

MASSAGE

Abhyanga Massage	60 min	\$95
-Series of six treatments		\$475
Abhyanga Massage	80 min	\$120
Shiro Abhyanga, Chair Massage	45 min	\$70

SPECIALTY MASSAGE

Marma Abhyanga	60 min	\$105
Keraliya Abhyanga	60 min	\$105
Ayoma Abhyanga	60 min	\$140

ADVANCED OIL THERAPIES

-Series of any six treatments		\$750
Udvartana	60 min	\$150
Tanlepa	60 min	\$160
Chakra Dhara	60 min	\$150
Taila Seka	60 min	\$150
Shiro Dhara	60 min	\$150

SKIN CARE TREATMENTS

Mukhralepa	90 min	\$180
-Series of six treatments		\$900
Soundarya	60 min	\$95
-Series of six treatments		\$475
Prana Breathe Allergy Treatment	60 min	\$95
-Series of six treatments		\$475

HAND/FOOT TREATMENTS

Hastabhyanga Hand Therapy	30 min	\$50
Padabhyanga Foot Therapy	30 min	\$50

TWEEZING & DEPILATORY SERVICES

Brow/Lip/Chin waxing	time varies	\$15-\$25
Body waxing	time varies	\$15-\$90

CONSULTATIONS

Ayurvedic LifeStyle	120 min	\$240
Post Consultation Visit	60 min	\$165

AYOMA LIFESPA ALSO OFFERS:

Corporate and Individual Memberships and Bridal Packages

For more information contact:

AYOMA LifeSpa 408.423.5424

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Ayurveda is a 5,000 year-old life healing system from India that maximizes health through herbal personal care, diet, massage and other natural treatments, exercise, art, and environment. Stress and unhealthy lifestyles affect each of us in different ways: mentally, physically, and emotionally. At Ayoma LifeSpa, we realize that you are an individual and in keeping with the spirit of Ayurveda, we provide spa & lifestyle programs that are designed to fit your specific needs.

THE ETERNAL QUEST FOR LONGEVITY

Each Ayoma LifeSpa therapy begins and ends with a traditional ritual that signifies relaxation and well being to your mind and body.

At Ayoma LifeSpa, we welcome our guests into our luxurious Indus lounge where every treatment begins with an Indian tradition. In India, hosts greet their guests with a ritual footbath. Your Ayoma LifeSpa therapist will begin this beautiful welcoming ritual by washing your feet with a detoxifying Ubvartan (OOB-tan) Cleansing Bar. Next, you will receive a soothing foot massage with Ayoma's fragrant Hand and Foot Massage Oil. Our Amla juice, a source of intense vitamin C and antioxidants, will provide a refreshing start to your journey. Finally, a Dosha Analysis is performed to specifically tailor the course of your treatment.

Every Ayoma LifeSpa therapy ends with plenty of time to relax and meditate with a soothing cup of Dosha-specific tea to provide additional balance. An Indian herbal jam will be served to strengthen your immunity and provide nutritional well being. Additionally, your therapist will provide you with a home care prescription card and advice on how to incorporate Ayurveda into your life.

Ayoma LifeSpa's unique version of Ayurveda delivers wellness results that harmonize all aspects of Life & Living. Bid farewell to stress, the root of all health imbalances, and discover your singular healing potential.

AYOMA AYURVEDIC PRODUCTS & SERVICES

Available at prestigious four-star properties

THE FOUR SEASONS: Palm Beach, FL • Maldives and Sayan, Bali
CANYON RANCH: Las Vegas, NV • Tucson, AZ • Orlando, FL •
Lenox, MA

SPA NORDSTROM: Chicago • Houston

NORTHERN CALIFORNIA: Meadowood Health Spa, Napa Valley •
California Pacific Medical Center, San Francisco • Tea Garden
Springs, Mill Valley • Stellar Spa, Corte Madera • Novella Spa, San
Francisco

SOUTHERN CALIFORNIA: Complexions Day Spa, Seal Beach •
Peninsula Beverly Hills • The Spa at Torrey Pines, La Jolla

EAST COAST: The Bramham Institute Spa, Palm Beach, FL •
Interlocks Salon Day Spa, Newburyport, MA • Chakras Spa,
Greensboro, NC • Mezzanine Day Spa, New York, NY • Equinox Spa
at Rock Resorts, VT • The Spa at Turnberry Isle Resort & Club,
Aventura, FL

INTERNATIONAL: United Kingdom: Champneys Health Resort •
Sanctuary Day Spa • The Regent Hotel, Chaing Mai • Thailand
Mandara Spa, Bali, Indonesia • Mandara Spa, Tahiti

INFORMATION RESERVATIONS: A Visa, MasterCard, or gift certificate number is required to guarantee your appointment time. Please let us know if you are pregnant or have any special needs at the time of booking, We ask that you please arrive 15 minutes prior to your appointment.

CANCELLATION POLICY: When canceling or rescheduling a reservation a 48-hour notice for spa packages and a 24-hour notice for all other appointments are required. Reservations cancelled without appropriate notice will be charged 50% cancellation fee. No shows will be charged full price. Scheduling an appointment is your acceptance of these policies.



Hotel Valencia Santana Row
355 Santana Row, 5th Floor
San Jose, CA 95128

tel: (408) 423-5424 fax: (408) 551-0550

web site: www.ayoma.com



AYOMA
LifeSpa

Living Ayurveda

5th Floor

Hotel Valencia Santana Row

SERVICE
PRICING GUIDE