

Waxing & Threading

Full Leg, Bikini line, under arm and upper lip - (60min).....	£45.00
Full Leg and Bikini wax - (40min).....	£30.00
Full Leg wax - (30 min).....	£22.00
Half a leg or arm wax - (20 min).....	£12.00
Full Bikini wax - (30 min).....	£25.00
Bikini Line or under arm wax - (15 min).....	£10.00
Back or Abdomen wax - (30 min).....	£25.00
Upper Lip or Chin wax - (10min).....	£7.00

(Additional Hot Lycon Wax £2 per body part)

Eyebrow Shaping by threading - (15 min).....	£7.00
Eyebrow Tinting* - (15min).....	£8.00
Eyelash Tinting* - (30min).....	£12.00
Eyelash Perm* - (30min).....	£18.00

Hand & Nails

File and Polish - (20min).....	£7.50
File and French Polish - (30min).....	£10.00
Hand & Nail Treatment** - (30min).....	£20.00

An essential hand treatment with oil to strengthen the nails and condition your skin. The hands are given moisture for a silky, nourished and beautiful finish.

Basic Manicure** - (30min).....	£25.00
---------------------------------	--------

Your basic essentials, shaping of the nails, cuticle work, a wonderful relaxing hand massage and classic polish to finish.

Luxury Manicure** - (45min).....	£35.00
----------------------------------	--------

Indulge yourself in our dream of a treatment. Begins with a warm aromatic soak, followed by a hand scrub to soften the hands. Nails and cuticles are pampered and cared for, a luxurious hand mask is applied and as you relax your hands and arms are massaged for the ultimate indulgence with a classic polish to finish.

Velvet Feet** - (30 min).....	£20.00
-------------------------------	--------

An absolute treat for your feet with exfoliation, an aromatic foot soak and a relaxing massage. Soothe, nourish and pamper your feet.

Luxury Pedicure** - (60 min).....	£40.00
-----------------------------------	--------

A pampering foot delight with a refreshing aromatic footbath. Relax as your feet are buffed with natural scrub which smoothes the soles of your feet, followed by a conditioning foot mask that grants you a feeling of renewed freshness. Tired and aching feet are massaged and a classic polish to finish.

*Tints require a patch test at least 24 hours prior to application

**Additional smooth heel treatment or paraffin mask - (15min).....£10.00

Massage Treatments

Swedish Body Massage - (60min).....	£45.00
-------------------------------------	--------

Slow and deep massage relieves tightness and tension from the muscles. Warm oils caress your skin, whilst the light to medium pressure massage relaxes your entire body.

Hot Stone Massage - (75min).....	£55.00
----------------------------------	--------

Reap the benefits of the hot stone. Applied to the body with slow and deep massage movements and aromatic oils, the stone releases a ring of warm energy onto the body, deeply relaxing muscle tension whilst soothing and balancing the mind, body and soul.

Lymph Drainage Massage - (60min).....	£45.00
---------------------------------------	--------

Improve and combat circulation problems in the body with manual drainage actions for fluid retention. Helps eliminate toxin cellulite.

Your Personal Preference - (30min).....	£30.00
---	--------

Focusing on the area of the body that you feel you need more relaxation or tension relief. Choose from a relaxing or a deep massage of the head, back, neck and shoulder, arms or legs.

Ancient Healing - A Journey into Reflexology - (60min).....	£40.00
---	--------

Reflexology is an ancient natural therapy which relates to the 'Reflex Points' that are found in the foot. These points correspond to areas of your body and by working these reflex points, you promote health and well being and intense relaxation. The body is more balanced, grounded and a sense of inner peace prevails.

Hopi Ear Candling - (45min).....	£20.00
----------------------------------	--------

A pain-free treatment including a tube soaked in beeswax, honey and therapeutic oils which is very effective in relieving pressure in the head and sinuses. Also aids hearing problems and reduces suffering caused by flu, cold and headaches.

A Touch of Reiki - (60min).....	£35.00
---------------------------------	--------

A Japanese method of healing through the therapists hands. Reiki is a form of healing energy which is channelled through the palms of the hand as a medium to heal your entire body.



VASUKI
AYURVEDA

Unit 3 Millfield Lane Industrial Estate York YO26 6PB
m. 07725 130510 e. info@vasukiayurveda.co.uk

www.vasukiayurveda.co.uk



HEALTH & BEAUTY
www.vasukiayurveda.co.uk

Treatments made for you...

Here at Vasuki Ayurveda, we aim to provide you with a tailor-made experience, suiting your needs as an individual and providing you with a feeling of personal bliss.

Rani Khanna specialises in all areas of ayurvedic massage and relaxation and her personable, attentive and client-focused approach has enabled her to make her mark within the health and beauty industry.

Our range of treatments cater for all your needs, whether it be a beauty treatment or a holistic massage. Our personalised service will help you feel totally relaxed, leaving you with an experience you will never forget.



Pregnant Bliss

Sole Delight Foot Soak - (20 min).....£10.00

Begin with a luxurious treat for the feet. Tantalising soothing foot soak, aromatic scrub and hot towels.

Nurturing Massage for the Mother-to-be (30min).....£30.00

For your comfort and care this massage helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet.

Blissful Beginnings - (60min).....£50.00

Ideal from 3 months onwards, this treatment is adapted by the therapist to suit you and your pregnancy. The treatment starts with a relaxing back massage and then the face is cleaned and rebalanced with a soothing massage extending to the neck, shoulder and scalp. To complete the treatment, a massage is given to the lower legs, feet, arms and hands which restores a feeling of lightness and comfort.

Infants Massage - (30min).....£20.00

The infant is massaged by rolling a dough ball over their body. A hand massage will then begin and different oils will be used according to the season. A child that is raised like this with love and affection will become healthy, cheerful and intelligent.

What is Ayurvedic healing?

Ayurvedic Massages are holistic treatments which aim to create a balance of the Doshas (energies known as 'Vata', 'Pitta' and 'Kapha' similar to elements such as water, fire and earth). The Sanskrit origins of the traditional Indian language reveal that the word 'Ayurveda' derives from 'Ayus' meaning life and 'Veda' meaning knowledge.

By creating a harmonious body, you are able to cleanse your inner being and improve your overall health through the help of effective massages and therapeutic oils selected to suit your individual dosha.

Abhyanga Therapy - (90min).....£70.00

A full body massage using medicated herbal oil, especially selected to match your individual body type (dosha). Abhyanga has a wonderful, rejuvenating and replenishing effect on the entire body, from head to toe. A herbal steam bath usually follows the massage.

Abhyanga Abdomen, Stomach and Chest Massage - (35min).....£25.00

The navel is considered the epicentre of the body, connecting all 72,000 of its nerves. Center of the belly and body, the navel is a phenomenal base of energy. It helps to tone the stomach, improve digestion, circulation and fertility and most significantly, to relieve constipation.

Prishta Abhyanga Back Massage - (30min).....£35.00

Extremely effective medicated oil massage of the back. It relieves chronic and acute backaches, stiffness, arthritis, muscle spasms, prolapsed disc, lumbar spondylosis, spinal disorders, osteoporosis and sciatica.

Shirobhyanga Head, Neck & Shoulders - (35min).....£35.00

The head is the most important part of the body. Shirobhyanga increases the flow of the cerebro-spinal fluid, thus strengthening the nervous system. This massage balances the pituitary and pineal glands, eyes, lungs, heart, brain, colon and stomach.

Shirobhyanga Head, Neck, Back & Shoulder - (50min).....£45.00

Massage of this area helps to put the spine in proper alignment and strengthens the nervous system.

Special Hip Massage - (35min).....£25.00

Apart from toning the muscles, massaging the hips helps to improve digestive fire and peristalsis movement of the large intestines; it also helps to tone the liver and spleen.

Padabhyanga Foot & Leg Massage - (30min).....£30.00

The massage stimulates all the organs of the body and increases Ojas (our personal aura) and provides a state of deep relaxation, inducing a sense of total wellness in the entire system.

Karna Purana - Oiling the Ears - (35min).....£25.00

A process in which warm medicated oil is poured into the ears. Karan purna is used for excess ear wax, earache, headache, neck pain and jaw pain. This treatment improves hearing and stimulates the sense organs.

Nasya Therapy - (35min).....£20.00

Nasya therapy benefits all three doshas. Medicated oil and herbal juices are dripped to the nose. The treatment is performed to clear nasal passages like the throat, nose, sinus and head where excess doshas usually accumulate.

Udvarthana - (60min).....£60.00

This is a deep, dry and exfoliating massage using herbal powders to break down the adipose tissue. Powder massage helps reduce obesity, combats cellulite and refreshes the body. It also refreshes the skin, activates the body's natural metabolism and improves the lymph flow. A course of treatment is highly recommended.

Mukha Lepa Facial - (90min).....£45.00

Face Pack and Massage - a stimulating but gentle massage of the face, with pre-cleansing, toning, massaging, deep cleansing, herbal steaming and followed by a herbal face pack selected according to your skin type. Soothes skin irritation, cleanses and uplifts skin tone and softens, nourishes and moisturises skin texture.

Shirodhara - (90min).....£75.00

Dripping oil on the forehead. Shirodhara is meant to be maintained at a certain rhythmic speed of pouring the oil whilst awakening the third eye. The treatment is done by dripping the oil through a metal or clay vessel directly on the individual's third eye, or center of the forehead.

Kizhi - (60min).....£75.00

Especially selected herbal rice or powders are compressed into small linen bags called potli and dipped in medicated oil and applied to the body. Also known as Pinda Sweda - sweda meaning to sweat, this heating therapy is employed to relieve many problems, including arthritis, inflammation, spondylosis, muscle pains, injuries sustained during sports or accidents and sciatica. It eases pain, reduces swelling, nourishes the body and improves blood circulation.

Kativasthi - (40min).....£35.00

Oil bath on the back - a treatment that involves the lower back being soaked in a 'pool' of warm medicated oil. Kativasthi relieves chronic and acute backaches, muscle spasms, prolapsed disc, lumbar spondylosis, osteoporosis and sciatica.

