

# WELLNESS VISITING PRACTITIONER



## AN AYURVEDIC JOURNEY WITH DR. GOPAL

Dr. Gopal is a Naturopathic Doctor and yoga expert from India, specialized in Ayurveda, Wellness, and Nutrition and lifestyle guidelines. He has been a leading wellness expert for over 17 years, with yoga training from the world famous Sivananda Yoga Institute. His record for relieving and correcting persistent physical problems has resulted in an international reputation as "Dr. Magic Hands".

### **Ayurvedic Consultation (40 mins) 150++**

The Ayurvedic consultation is an analysis of your body's constitution according to the three 'Doshas' - Vata, Pitta and Kapha, in order to determine your current state of health. Learn to balance your Doshas and enhance your lifestyle through Ayurvedic diet, mind relaxation and Ayurvedic treatment programs.

### **Royal Ayurvedic Deep Fusion Journey (60 mins) 360++**

Royal Ayurvedic Deep Fusion Journey is a full body massage combining abhyanga and marma massage. The massage involves full body coverage with essential oil using smooth, gentle movements with long strokes to rub the oil deeply into your body and focusing on the vital points of the body. The main purpose with the Indian Balance massage is to keep the doshas balanced. According to the principles of Ayurveda, everyone has a specific body type known as a 'Dosha'. There are three doshas: Pitta, Kapha and Vata, and everyone has a specific balance of doshas, which must be addressed in Ayurvedic therapy. Other benefits of the massage provide you with increased stamina, pleasure and deeper sleep, enhances the complexion and the luster of the skin, promotes longevity and nourishes all parts of the body, increases circulation especially to the nerve endings, tones of the muscles and your whole physiology.

### **Royal Indian Head Massage (60 mins) 320++**

Using medicated oil, the soothing Ayurvedic massage is applied to Marma Points on the head and neck to regulate the systems of mind and body. This massage coordinates and calms the mind, body and spirit, enhancing blood circulation to the brain, improving memory, nourishing the hair and scalp and generally aiding in release of stress and tension.

### **Breathe Easy - Sinus Care (60 mins) 320++**

It is an important Ayurvedic treatment in which medicated herbal preparations, decoctions, oils and ghee are applied through the nose. The area around the nose, chest, palms and foot are then vigorously massaged. This treatment removes mucous clogs, stimulates the brain cells, clears the nasal passage, sinus cavity, alleviating neck problems and migraine. It is also highly effective in treating sinusitis and chronic cold.

### **Back Pain Care (60 mins) 320++**

Kati Vasti is one of the therapies of panchakarma in which medicated herbal oil is used to carry out the process and is very useful in many health conditions. In this process, specially prepared warm medicated oil is kept over the lower back with herbal paste boundary followed with back massage. Recommended for lower back ache, sciatica while this treatment also stimulates and nourishes nerves relieving pain and numbness. Kati Vasthi alleviates lower back conditions like lumber spondylosis, inter vertebral slip disc, ideal treatment for people who work regularly with computers, operate machinery, or drive for post-traumatic problems.

All prices are in US Dollars and subject to service charge and government taxes.

**Kalari Marma Massage - Massage by feet (60 mins) 360++**

Kalari marma massage is a traditional Ayurvedic massage for stimulating vital points. This is a traditional Kerala ayurvedic massage-using herb infused ayurvedic oils, performed by the Ayurvedic guru using his feet, applying appropriate pressure to specific vital points/parts of the body.

Marma abhyanga not only relieves back pain, stiffness and sports injuries but also stimulates various bodily organs and systems.

**Shiro Dhara - 3rd Eye Treatment (60 mins) 360++**

Shiro means head and dhara is a steady flow of warm ayurvedic oil, which is specially selected by the Ayurvedic doctor. Dhara can also be done with other ingredients like medicated buttermilk and coconut water, but they are specifically chosen as per the condition. Shirodhara involves a continuous stream of oil that is gently swayed on the forehead, which completely relaxes the nervous system and calms the mind. It is very beneficial in conditions like hypertension, anxiety, insomnia and psychiatric problems and also is effective for paralysis, senile dementia and other neurological disorders and improves the memory as well.

**Chinese Acupuncture (60 mins) 360++**

This session involves a consultation followed by the insertion of extremely thin needles through your skin at strategic points on your body to balancing the energy flow or life force known as Qi or Chi, believed to flow through pathways in your body. It will benefit for a variety of health conditions such as back pain, migraine, arthritis and stress.

**Castor Oil Pack - Abdominal Detox Massage (50 mins) 300++**

A castor oil pack is an external application of oil to the abdominal area with various motions followed with local steam application, which helps to stimulate peristaltic movements to relieves chronic constipation and other abdominal discomfort.

Experience a complimentary 20 minutes wellness consultation with Dr.Gopal to understand your body type, diet and a healthy way to balance your lifestyle.

For reservations or further information, contact Waldorf Astoria Spa at Ext. 8603 or your Personal Concierge.

Please note that advanced bookings are advised.



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