

# WELLNESS VISITING PRACTITIONER



## AYURVEDA & ACUPUNCTURE WITH DR. GOPAL

15 February to 31 March 2024

Dr. Gopal is a Naturopathic Doctor and yoga expert from India, specialized in Ayurveda, Wellness, 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".

### 20MINS CONSULTATION – COMPLIMENTARY

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

### AYURVEDIC CONSULTATION 40MINS USD 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 DE-STRESS MASSAGE 60 MINS USD 320++

Specialties - Weight Loss | Jet-Lag Recovery | Neurological Problems | general relaxation and Muscle Pains  
It 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.

### BREATHE EASY (SINUS CARE) 60MINS USD 320++

Specialties- Sinus Issues | chronic Nasal Block | Allergies | Migraine | Chronic Cold and Cervical issues  
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 USD 320++

Specialities - Back and Neck Pain | Sciatic | Chronic Muscle Pain and any other muscle skeletal issues  
This method is a form of manual, holistic alternative therapy claimed to be used to correct spinal issues and other joint problems. During a treatment, the practitioner palpates the spine to understand the intensity of the problems and will use warm herbal oil and herbal compress to relax the spinal muscles followed by massage and cupping therapy to release muscle tensions. Recommended for lower back stiffness, sciatica, neck pain and other spinal problems, it's ideal treatment for people who work regularly with computers, operate machinery, or drive for post-traumatic problems

### SHIRO DHARA (3RD EYE TREATMENT) 60MINS USD 320++

Specialities - Insomnia | Stress | Anxiety | Hypertension | general Relaxation and other Psychological issues  
Shiro means head and dhara is a steady flow of warm ayurvedic oil, which is specially selected by the Ayurvedic doctor. Shirodhara involves a continuous stream of oil that is gently swayed on the forehead, which completely relaxes the nervous system and calms the mind.

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#### TRADITIONAL MEDICAL ACUPUNCTURE / ACUPRESSURE 60MINS USD 320++

Specialties- Weight-loss | De-Addictions | Psychosomatic | Pain Management | Digestive Problems | Sexual & Reproductive Issues

This session involves a consultation followed by the insertion of extremely thin needles through your skin as 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.

#### ANTI-AGING MEDICAL ACUPUNCTURE / FACE SCULPTURE MASSAGE 60 MINS USD 320++

Facial Acupuncture brings out your beauty and radiance from within. It is holistic skin care treatments that blends traditional and modern techniques. It targets specific Acs-Points and Motor points to stimulate facial muscles more than a cosmetic procedure as it increases local blood and lymph circulation to the face. Any evident stress in the face will be reduced. It helps to eliminate fine lines and softening deeper lines. Acupuncture helps to stimulate the body's natural processes of cell reproduction and growth.

#### CASTOR OIL PACK (ABDOMINAL DETOX MASSAGE) 50 MINS USD 300++

Specialities - Constipation | Indigestion | any other Digestives Problem

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 relives chronic constipation and other abdominal discomfort.

#### ADD-ON 30 MINS USD 150++

All prices are in US Dollars (USD) and subject to service charge and applicable government taxes.

