



Earthen Wellness



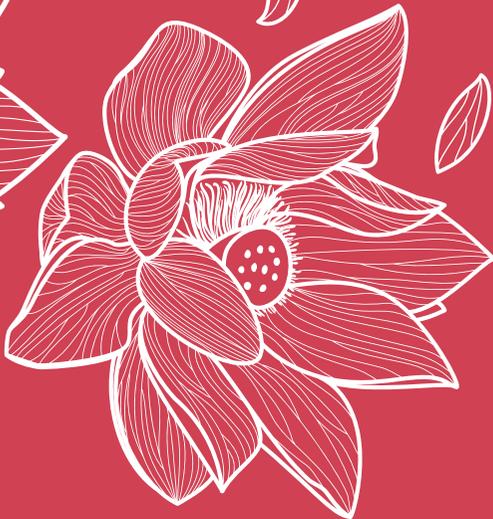


Introduction



From Earth there arose purity, beauty and tranquility. What Earth creates is purely Earthen. The metamorphoses of our minds, bodies and souls begin and end with purest earth's products, traditions, sciences, arts and cultures. We ask you to enter the world of Earthen Wellness and experience nature's elements and elevate your senses. At Earthen Wellness we guide you and facilitate you to be in control of your wellbeing. Your enriching journey is all about experiences that will linger forever.

Earth's wellness is our wellness. Our approach to skin & body care is traditional, tried and tested. We do not use any chemicals in any of our treatments and we shy away from non-herbal and non-ayurvedic formulations. We are very passionate about sourcing our ingredients in its purest form and stringent that they meet the highest of standards. All our products are eco friendly, 100% natural and have not been obtained in a manner that has been harmful to Earth or animals. We believe in resounding in unison with Earth and all things Earthen.



Our Services

1. Ayurvedic therapies
 2. Oriental Therapies
 3. Beauty & Health Products
 4. Yoga & Meditation
 5. Miscellaneous Services
 6. Expert Consultation Services
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AYUR HEAVEN

Face Care



Earthen Wellness Ayur Heaven range of Facials
Our facials have a seven-step approach that guarantees a soft, glowing & radiant look. Mukhaprakshalana (Cleansing), Snehanakarma (Oleation massage), Swedanakarma (Herbal steam or compress), Gharshana (Gentle scrub), Pramarijana (Toning), Pichu (Moisturizing) & Tarpana (Hydrating)

Our facials are specially formulated to suit your unique skin type

Natural glow facial – 60 minutes

EW Ayur Heaven Facial ideal for Normal Skin types – A relaxing facial that guarantees a natural glow and soft skin. A concoction of exotic herbs mixed with myrobalans is used for cleansing. Floral oils are used for a relaxing massage of the face and neck. Steam from Roses, Sandalwood, Lotus stem and petals, Ashwagandha, Nalpamaradi and Manjishta is used for deep cleansing followed by a gentle scrub of sandalwood powder, powdered rose petals & other natural herbs. A natural mask of honey and milk with japapushpa and other herbs is applied. Exotic tonics are used for toning, aloe vera pulps and rose water are used for moisturizing and for a final hydration Shashtika cooked in exotic tonics is used.

Exotic glow facial – 60 minutes

EW Ayur Heaven Facial ideal for Oily Skin types - A relaxing facial that guarantees a clean feel, radiant glow and soft skin. A concoction of exotic herbs mixed with aloe vera, lemon peel etc is used for cleansing. Floral oils are used for a relaxing massage of the face and neck. Steam from

Nimba and Sandalwood is used for deep cleansing followed by a gentle scrub of rice bran, sandalwood, neem & other natural herbs. A natural mask of honey, shigru flowers etc is applied. Exotic tonics are used for toning, aloe vera pulps and rose water are used for moisturizing and for a final hydration broken wheat cooked in exotic tonics is used.

Radiant glow facial – 60 minutes

EW Ayur Heaven Facial ideal for Dry Skin types - A relaxing facial that guarantees a clean feel, radiant glow and soft skin. A concoction of exotic herbs mixed with aloe vera, lemon peel etc in buttermilk is used for cleansing. Floral oils are used for a relaxing massage of the face and neck. Steam from manjishta and dashamoola is used for deep cleansing followed by a gentle scrub of Ashwagandha & other natural herbs. A natural mask of japapushpa with honey and milk etc is applied. Exotic tonics are used for toning, aloe vera pulps and rose water are used for moisturizing and for a final hydration Shashtika cooked in exotic tonics is used.

Ever green facial – 60 minutes

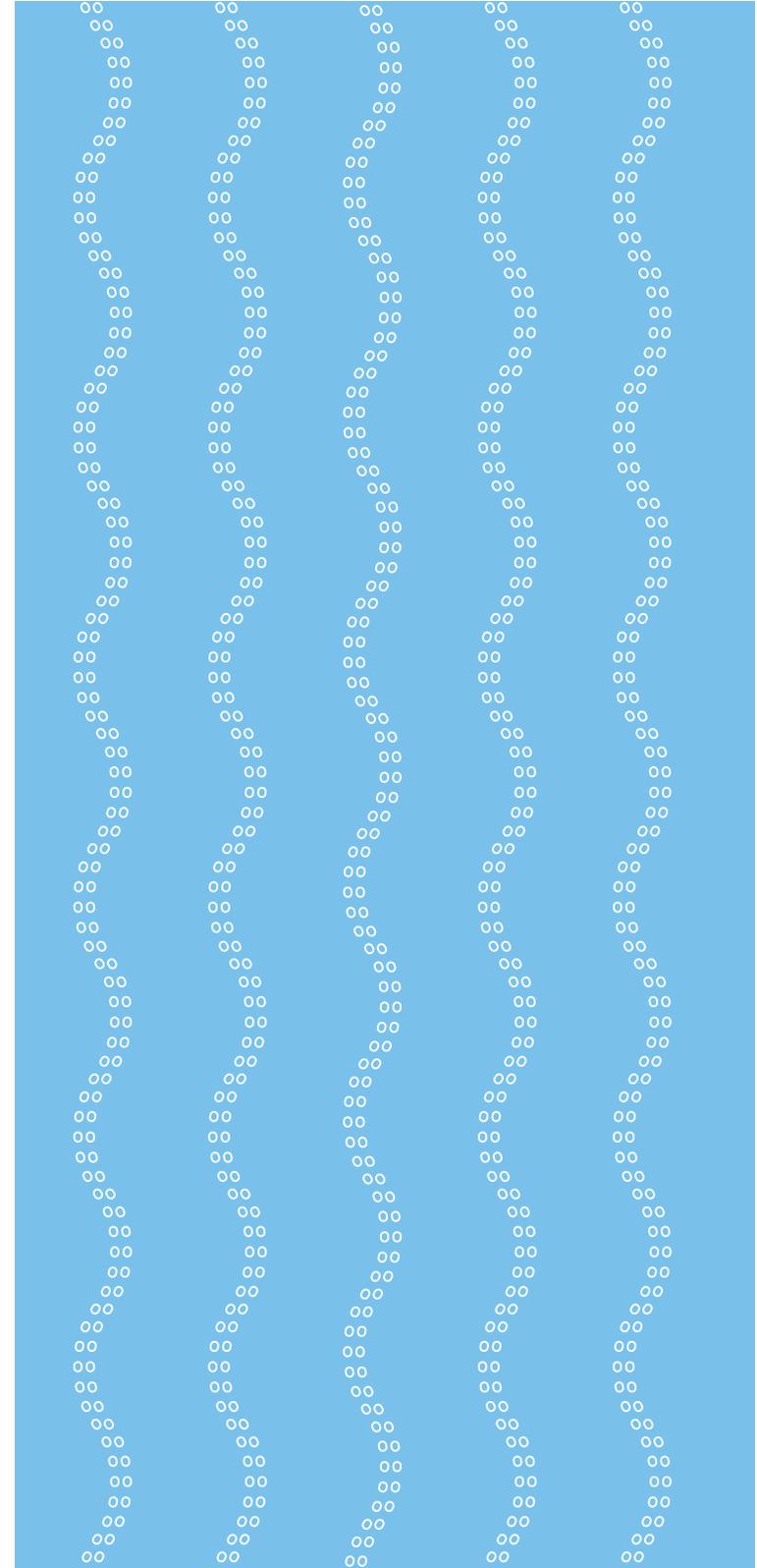
EW Ayur Heaven Facial ideal for mature skin types - A relaxing facial that removes wrinkles and fine lines, regenerates new skin cells and produces a softer skin texture. A concoction of exotic herbs mixed with aloe vera, lemon peel, tulsi etc in buttermilk is used for cleansing. Floral oils are used for a relaxing massage of the face and neck. Steam from eucalyptus, orange peel etc is used for deep cleansing followed by a gentle scrub of rice flour & other natural herbs. A natural mask of lotus petals paste, sandalwood etc is applied. Exotic tonics are used for toning, aloe vera pulps and rose water are used for moisturizing and for a final hydration horse gram cooked in exotic tonics is used.

Face Care

Pure Heaven facial – 60 minutes - EW Ayur Heaven Facial ideal for skins prone to blemishes and scars - A relaxing facial which reduces blemishes and scars, regenerates new skin cells and produces a softer skin texture. A concoction of exotic herbs mixed with aloe vera, lemon peel, tulsi etc in butter is used for cleansing. Floral oils are used for a relaxing massage of the face and neck. Steam from lemongrass, red sandal etc is used for deep cleansing followed by a gentle scrub of besan flour & other natural herbs. A natural mask of powdered rose petals, honey and natural herbs etc is applied. Exotic tonics are used for toning, aloe vera pulps and rose water are used for moisturizing and for a final hydration green gram cooked in exotic tonics is used.

EW Ayur Heaven Skin lightening & anti pigmentation facial - 60 minutes

An exotic seven step facial treatment which ideal for skin lightning and reducing the effect of scarring. The gentle cleansing, oleation, compress, scrub, lotus petal mask, toning and moisturising will leave your skin feeling soft, supple and young.



Hand and Feet care

Ayur Heaven deluxe manicure & pedicure – 60 minutes

Our seven-step approach guarantees a clean and healthy feel for your hands and feet. This treatment restores the suppleness and smoothness on your much-worked parts of the hand and feet. The formulations are specially tailor made to suit various skin types. The treatment includes cleaning, immersion in exotic tonics to facilitate circulation, a gentle scrub is used to remove layers of dead skin, followed by a relaxing oleation massage, herbal steaming and compressing, followed by a luxurious hydrating treatment and application of herbal masks.

Ishtikasweda – 45 minutes

An invigorating feet massage where steam is applied to affected areas of the feet over a period of time with warm poultice of brick pieces and decoction to induce perspiration. The medication is determined according to the body type. This treatment is ideal for the treatment of calcaneum spur.

Natural touch Manicure for normal skin types

Radiant touch Manicure for dry skin types

Exotic touch Manicure for oily skin types

Natural touch Pedicure for normal skin types

Radiant touch Pedicure for dry skin types

Exotic touch Pedicure for oily skin types

Body Care



Invigorating full body and localized ayurvedic massage therapies are provided to take care of specific ailments & for total rejuvenation

Full Body sculpting massage – 1 hour 15 minutes

An invigorating full body massage from head to toe. It provides both intense relaxation and circulation by eliminating toxins. This massage also aids in weight reduction of specific areas, prevents sagging, double chin, reduces wrinkles and gives a toned appearance to the face and body.

Udvartana – 45 minutes

This is an invigorating process in which herbal powders or its paste is rubbed in opposite direction of hair in a rhythmic fashion. This is done with or without oil application. The powders are roasted before use and determined according to body type. The procedure removes clogged pores and dead skin cells, stimulates the lymphatic system, detoxifies the body and aids in circulation. It is helpful in disintegrating body fat & cellulite and reduces weight, alleviates the vitiation of kapha dosha and eliminates the body odour due to excess sweating. A relaxing head bath follows the procedure.

Abhyangam – 60 minutes

A traditional full body massage that improves blood circulation, helps in de-stressing and rejuvenation of the body tissues. An assessment is made of the body type and treatment is based accordingly with a variation of healing oils. The massage treatment is carried out for seven different positions. The massage is followed by a steam therapy.

Sarvangadhara (Kayasekam / Pizhichil) – 60 minutes

Warm medicated oils (depending on the body type) are poured over the entire body. This massage helps in removing dead skin cells, enhances complexion, activates diaphoreses, eliminates toxins, enhances blood circulation, balances the mind and body, rejuvenates tissues, strengthens bone density, improves immunity, strengthens muscles, induces sound sleep and improves stamina. The massage is followed by a steam therapy.

Dhanyamladhara – 60 minutes

A full body massage that includes an invigorating process of pouring warm medication (depending on body type) decoction on the entire body. This is ideal for reduction of inflammation and muscular pains, relieves stress and fatigue, activates the nervous system, induces sound sleep and improves stamina. The massage is followed by a steam therapy.

Takradhara – 60 minutes

A full body massage that includes an invigorating process of pouring medicated buttermilk (depending on body type) on the entire body including the head. This is ideal for curing nervousness, eliminates stress, induces sound sleep, prevents premature greying, effective in treating urinary disorders and disorders related to the eyes and ears. The massage is followed by a steam therapy relaxing head bath follows the procedure.

Bhaspasweda – 60 minutes

A full body massage which involves passing medicated steam (depending on body type) over the entire body to induce perspiration. This massage provides immense benefit in neuromuscular and rheumatological disorders, detoxifies the body and loosens joints, induces the feeling of lightness and invigoration, maintains skin lustre, rejuvenates body tissues, prevents aging process and induces sound sleep. The massage is followed by a relaxing bath.

Nadisweda – 60 minutes

A full body massage which involves passing medicated steam for certain periods of time (depending on body type) over the entire body to induce perspiration. This massage provides immense benefit in neuromuscular and rheumatological disorders, detoxifies the body and loosens joints, induces the feeling of lightness and invigoration, maintains skin lustre, rejuvenates body tissues, prevents aging process and induces sound sleep. The massage is followed by a relaxing bath.

Elakizhi – 60 minutes

A full body massage in which steam is locally applied to the patient's body for a certain period of time with warm medicated poultice prepared with different varieties of leaves and herbs to induce perspiration. The medication is formulated according to the body type. Beneficial in neuromuscular and rheumatological disorders, detoxifies the body and improves skin complexion, relieves muscle sprain and strain and strengthens muscle, loosens stiffness and cramps in joints and improve their flexibility, improves peripheral blood supply and stimulates nerve endings, ideal for sports related injuries, induces the feeling of lightness and invigoration, rejuvenates body tissues, promotes health and prevents aging process. A relaxing steam therapy follows the procedure.

Podikizhi – 60 minutes

A full body massage in which steam is locally applied to the patient's body for a certain period of time with warm medicated poultice prepared with different varieties of medicated powders with or without oil to induce perspiration. The medication is formulated according to the body type. Beneficial in neuromuscular and rheumatological disorders, detoxifies the body and loosens joints, helpful in disintegrating body fat and aid weight reduction, relieves muscle stiffness and spasm. It aids in removal of toxins from the circulating system, helps in clearing the channels, and imparting blood circulation. It is beneficial in inflammations of spinal muscles and found to be effective in certain low back aches, cervical spondylitis and frozen shoulder. A relaxing bath follows the procedure.

Body Care

Jambeerapinasweda – 60 minutes

A full body massage by which steam is applied to the patient's body for a certain period of time with warm medicated poultice prepared with lemon and herbs to induce perspiration. The medication is formulated according to body type. This therapy is ideal for neuromuscular and rheumatological disorders. This is not ideal for those suffering from osteoporosis. A relaxing steam therapy follows the procedure.

Shastikashalipindasweda – 45 minutes

A full body massage by which steam is applied to the patient's body for a certain period of time with warm medicated poultice prepared rice decoction, milk and herbs to induce perspiration. The medication is formulated according to body type. This therapy aids in bone development and in strengthening muscles, helps treat neuromuscular conditions, improves skin tone and complexion, improves flexibility and stability of joints, induces the feeling of lightness and invigoration, rejuvenates body tissues, promotes health and prevents aging process. The procedure is followed by a relaxing steam therapy.

Localized massage treatments (for specific parts of the body)

Nadisweda – 45 minutes

A localized massage therapy which involves passing

medicated steam for certain periods of time (depending on body type) over the specific body part to induce perspiration. This massage provides immense benefit in neuromuscular and rheumatological disorders, detoxifies the body and loosens joints, induces the feeling of lightness and invigoration, maintains skin lustre, rejuvenates body tissues, prevents aging process and induces sound sleep.

Elakizhi – 45 minutes

A localized massage therapy in which steam is locally applied to the patient's specific body part for a certain period of time with warm medicated poultice prepared with different varieties of leaves and herbs to induce perspiration. The medication is formulated according to the body type. Beneficial in neuromuscular and rheumatological disorders, detoxifies the body and improves skin complexion, relieves muscle sprain and strain and strengthens muscle, loosens stiffness and cramps in joints and improve their flexibility, improves peripheral blood supply and stimulates nerve endings, ideal for sports related injuries, induces the feeling of lightness and invigoration.

Podikizhi – 45 minutes

A localized massage in which steam is locally applied to the patient's specific body part for a certain period of time with warm medicated poultice prepared with different varieties of medicated powders with or without oil to induce perspiration. The medication is formulated according to the body type. Beneficial in neuromuscular and rheumatological disorders, detoxifies the body and loosens joints, helpful in disintegrating body fat and aid weight reduction, relieves muscle stiffness and spasm. It aids in removal of toxins from the circulating system, helps in clearing the channels, and imparting blood circulation.

Jambeerapinasweda – 30 minutes

A localized massage by which steam is applied to the patient's specific body part for a certain period of time with warm medicated poultice prepared with lemon and herbs to induce perspiration. The medication is formulated according to body type. This therapy is ideal for neuromuscular and rheumatologically disorders. This is not ideal for those suffering from osteoporosis.



Head & Hair Care

Traditional head & hair care specially formulated by age old practitioners of Ayurveda

Shirodhara – 60 minutes

A traditional application of medicated oils (depending on body types) over the entire forehead region in a systematic manner. This therapy induces sound sleep, relaxes the nervous system, harmonizes the sense by creating a blissful sensation, reduces anxiety, removes deeply trapped toxins, improves eyesight, enhances mood stability, rejuvenates hair follicles and introduces lustre to the hair. A relaxing hair wash follows the treatment.

Shiroabhayangam - 45 minutes

A traditional application of medicated oil (depending on body types) over the head and shoulder in a systematic manner. This therapy induces sound sleep, reduces anxiety, rejuvenates hair follicles and introduces lustre to the hair. A relaxing hair wash follows the treatment.

Shirolepa – 45 minutes

Shirolepa is a traditional treatment initially developed and popularly practiced by Ayurveda practitioners of Kerala. It is an application of wet medicated paste over the head and then covering the same with a processed plantain leaf. The medication is determined by body type. This therapy Cleanses dandruff and dirt, imparts softness, shine and lustre to the hair, rejuvenates and strengthens hair follicles. The procedure helps to overcome anxiety, stress as well as mental fatigue, improves eyesight, induces sound sleep, heals ailments in head and neck regions and aids in treating psychosomatic diseases and headache. A relaxing head bath follows the treatment.



Programmes

We offer a complete package depending on what our specialists recommend after a comprehensive assessment of our client's requirements. The package varies between 3 - 28 days and is a holistic approach to ensure our client is rejuvenated both mentally and physically. We also chart out a diet plan for our client to follow and combine the treatment with yoga and meditation. The program will be specifically tailor-made for our esteemed client and we include either of the two invigorating massage therapies in the program.

Shirodhara – 60 minutes each day session

A traditional application of medicated oils (depending on body types) over the entire forehead region in a systematic manner. This therapy induces sound sleep, relaxes the nervous system, harmonizes the sense by creating a blissful sensation, reduces anxiety, removes deeply trapped toxins, improves eyesight, enhances mood stability, rejuvenates hair follicles and introduces lustre to the hair. A relaxing hair wash follows the treatment.

Shastikashalipindasweda – 60 minutes

A full body massage by which steam is applied to the patient's body for a certain period of time with warm medicated poultice prepared rice decoction, milk and herbs to induce perspiration. The medication is formulated according to body type. This therapy aids in bone development and in strengthening muscles, helps treat neuromuscular conditions, improves skin tone and complexion, improves flexibility and stability of joints, induces the feeling of lightness and invigoration,

rejuvenates body tissues, promotes health and prevents aging process. The procedure is followed by a relaxing steam therapy.

Post Natal Package

A 14 day program which is catered specifically to aid our client in easy recovery. We advise our client to start this program 3 weeks after they have had their C-section or after 5 full days of natural delivery. We offer a complete package depending on what our specialists recommend after a comprehensive assessment of our client's requirements. The package is a holistic approach to ensure our client is rejuvenated both mentally and physically. We also chart out a diet plan for our client to follow and combine the treatment with yoga and meditation. The program will be specifically tailor-made for our esteemed client and we include a highly specialized massage therapy in this program.

Bridal Package -

A tailor made 28 days package which guarantees the bride in you to be radiant on the most important day of your life. This includes a comprehensive program specially formulated to take care of your well being from head to toe.





ORIENTAL SOJOURN

Enter the world of traditional healing techniques from the far east and experience balancing of your energy fields.

Reflexology - 30 minutes

We guarantee a refreshing and relaxing reflexology therapy that channelize your Qi energies and provide much-needed rejuvenation to counter the side effects of stress.

Acupressure - 60 minutes

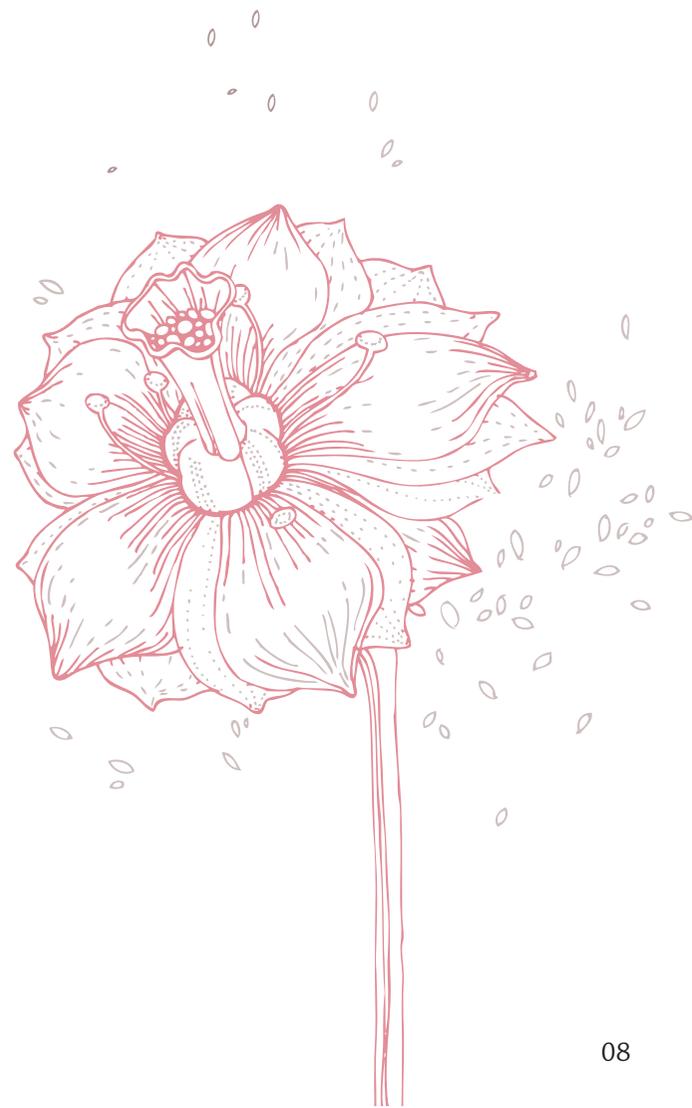
A refreshing therapy that works with the application of gentle pressure on vital points to release blockages in meridian points to channelize vital life energy.

Reiki Massage therapies - 60 minutes

A hands on therapy that combines a traditional full body massage and Reiki therapy. This therapy traps the ever-abundant universal energy which aids in healing and relaxation of the senses.

Thai Massage therapy - 60 minutes

Experience traditional Thai massages by our experienced Therapists.

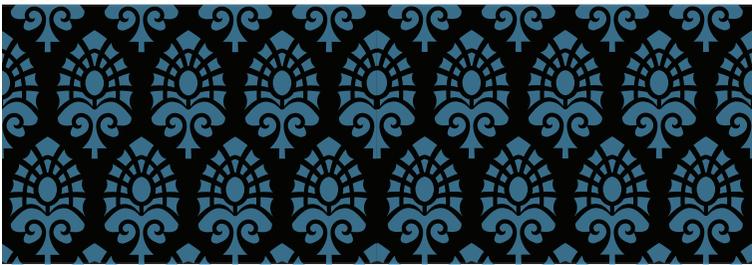


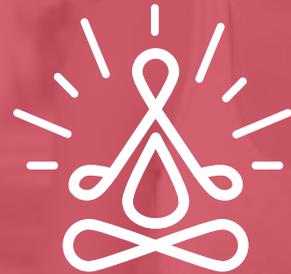


BEAUTY & HEALTH PRODUCTS

Beauty & Health products

We also offer a wide array of undiluted, unadulterated, no animal testing, flawless Beauty & Health products you can choose from.





TRANQUIL CORNER

Holistic approach to take care of your well-being is essential to counter the stress that our day to day lives bring about. We offer yoga and meditation classes in a tranquil setting and help you reduce your stress and anxieties. You will be guided by our expert Yoga and Meditation instructors.

Yoga

We offer daily yoga sessions which help you master different asanas. Please call us now to book your classes.

Meditation

We offer daily sessions in chakra meditation, om meditation and breath meditation. Please call us now to book your classes.





MISCELLANEOUS SERVICES



Swedish Massage - 45 minutes

Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Deep Tissue Massage - 45 minutes

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

Aroma Therapy massage - 60 minutes

Indulge yourselves and rejuvenate your senses with a relaxing massage using any of our exotic and rich range of essential oils.

Body packs, Scrubs and Polish - 60 minutes

We offer a wide array of body packs depending on your skin condition. These packs and wraps are rich in minerals which negate dead skin cells and aid in the process of detoxification.

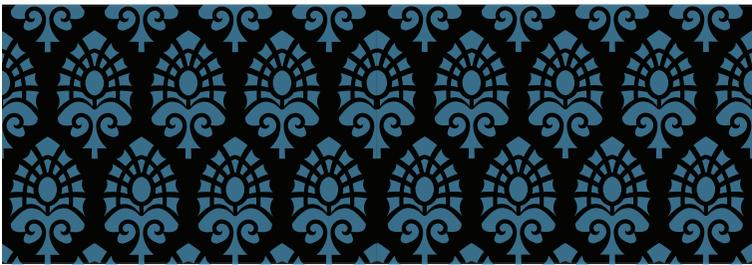




EXPERT CONSULTATION SERVICES

Expert Consultation

We provide expert consultation in the areas of skin care, body care and post natal care. We believe in the uniqueness of each and every client and accordingly chart a program that works best for you. This unique holistic program will chart out the exact therapy that works best for you and will also include a diet plan coupled with yoga and meditation sessions. We believe in a holistic approach to heal the mind and body.



FROM THE MANAGING DIRECTOR'S DESK

Dear Patron,

We wish you to indulge in our Earthen Wellness centre and be tuned to the four elements of Earth, Water, Fire and Ether. It is our primary mission to be of valuable service to you and to ensure you are thoroughly satisfied with your experience at the centre. We have taken painstaking care to protect and preserve the age old traditions of Ayurveda and have ensured that the science of Ayurveda reaches you in exactly the same manner as it was prescribed in the vedas. I am always available and ready to assist in any manner if you are not satisfied with our services. I trust this is the start of a long and an enjoyable journey with Earthen Wellness.

I end this note with -

An ode to the Earthen Woman.

*She wears love on her sleeves
She adorns her face with a smile
She draws her eyes with the colours of the skies
She embraces nature with her warm arms
She splashes sweet essences of sandal and rose
She basks in the warmth of the Earth
Her laughter ripples through the quirling Water
She tempestuously plays with Fire
And surrenders herself to the call of Ether*

Sharmila R Dhareshwar

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