



## AYURVEDA HEALING WITH SURAJ VARMA



### **Indian Grand Massage**

50/80 minutes

Traditionally known as 'Champissage', both gentle and stimulating techniques on the upper back, shoulders, neck and scalp - improves blood flow, nourishes the scalp and induces a deep sense of calm. Ideal when combined with Foot Acupressure.

### **Blissful Back & Head Massage**

50/80 minutes

An ideal treatment for those who spend long hours at a desk, or on the computer, or those whose bodies may be stressed from workouts. This treatment is specifically designed to release tension in the back and neck to promote relaxation. Dasha specific Ayurvedic oils are massaged into the key points along the spine, upper and lower back, neck and head.

### **Svastha**

80/110 minutes

Traditional Ayurvedic treatment for well-being and inner peace. True health is a state of persistent well-being, not a condition of temporary tranquillity or respite from affliction. Well-being is that situation in which one feels inner peace, calm and stillness; states that resist our becoming agitated or unbalanced even when circumstances may trouble or torment us. The Sanskrit word Svastha means to be "established in yourself".

### **Ayurvedic Holistic Balancing**

110 minutes

An intensive treatment that aims to completely de-stress the client, while correcting imbalances between the three doshas (Vata, Pitta, Kapha). It is especially helpful for those suffering from poor memory, lack of energy, headaches, insomnia, and spondylitis. First the feet are gently bathed, then an Abhyanga warm oil massage and an application of hot stones. The massage techniques used work on balancing the seven chakras in the body. The treatment concludes with Shirodhara, a deeply relaxing procedure that pours warm Ayurvedic oil suited to the client's dosha on the 'third eye' area of the forehead.

### **About Suraj**

Suraj Varma first learned about the healing and positive energy of Ayurveda from his family, who have been Ayurvedic practitioners for many generations in Kerala. He did his post-graduate Ayurvedic studies at the prestigious Ayurvedic Hospital at Coimbatore in Kerala where he worked with some of India's top Ayurvedic physicians. Suraj's natural healing ability caught the attention of Dr Mosaraf Ali, the founder of The Integrated Medical Centre in London, later joining Dr Ali's celebrated practice.



## AYURVEDIC DELUX 3 SESSIONS PROGRAM WITH SURAJ VARMA

### What clients say about Suraj's work:

*"I always feel amazing after Suraj's treatment and that something has shifted, moving me towards a more whole version of myself. All this doesn't really capture just how special Suraj's work is, words are perhaps just not enough."*

- Brenda Cunningham

*"Suraj's massage technique is very unique and his ability to detect joint and muscle problems is in my opinion second to none. I broke my back in 5 places 40 years ago and over this period of time have had physiotherapy, chiropractor and traction treatments but none has been as successful as the Ayurveda massage treatments provided by Suraj."- Bary Trindall*

*"With stress the cause of so many mental and physical problems these days, just the fact that ongoing treatments with Suraj create calm and balance contributes hugely to our quality of life and health. His range and ability is truly exceptional, and his intuitive ability as a healer is a life changing experience for anyone looking for a true healer."- Hallie Campbell*

*"Suraj is an excellent Ayurvedic Therapist. There's a consciousness in his massage that takes his treatment to a higher level than I can even find in Kerala, where he hails from. His understanding of the oils, massage techniques, and especially about the movement of energy in the body and how to unblock it, is unsurpassed. After a treatment, my mind is not only calm, my skin soft, but I am holding myself in a different way, taller, more erect. I am at ease, both inside myself and out - isn't that all what we are after?"- Andrena Woodhams*

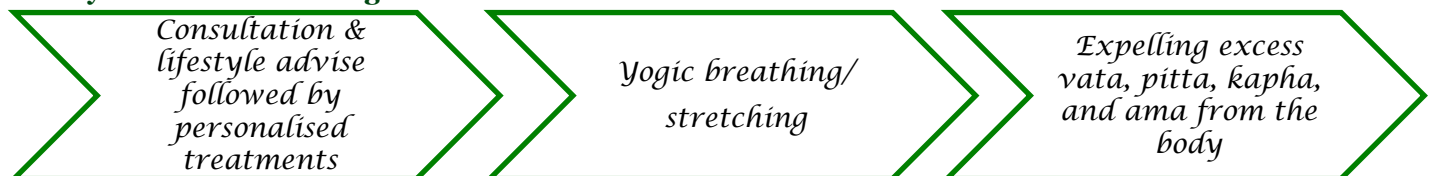
If you feel stuck in a stressful or unhealthy lifestyle, Ayurvedic Deluxe is what you are looking for to get back on the path to happiness and calm. The Ayurvedic program starts with consultation and lifestyle advice followed by personalised treatments such as Ayurvedic massage, reflexology, lymphatic drainage, Indian head massage, shirodhra, yogic breathing/stretching and Ayurvedic herbal heat treatments by rebalancing the disturbed Doshas of the body. There is a great deal of difference in approach to rebalancing every individual.

The program involves three stages: cleanse – rebalance – reconnect, which are then followed up by rejuvenation therapy. This helps to ease both the body and the mind into a nourished state. The therapy is complemented by practices such as gentle sweating, intake of herbal tea and yogic breathing, all of which help to loosen and release impurities held in the body tissues.

In Ayurvedia, detoxification and rejuvenation works with:

- To help cleanse the mind, body and spirit.
- Recommended supportive lifestyle practices to nourish your body based on its individual nature.
- Supportive practices you are willing to take on, the deeper the benefit will be for your general wellbeing.

### The Ayurvedic Deluxe Program Process



Anyone who finishes this program will feel lighter, clearer, and more attuned to their body's innate intelligence with improved physical strength, healthier mind and an abiding sense of mental clarity.