



## Ancient Ayurvedic Bliss with Suraj Varma

**1<sup>st</sup> of July to 31<sup>st</sup> of July 2023**

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 advanced Ayurvedic studies at the prestigious Ayurvedic Hospital at Coimbatore where he worked with some of India's top Ayurvedic physicians. His reputation spread and he was hired by leading spa company E'Spa in the UK, later by Dr Mosaraf Ali, the founder of The Integrated Medical Centre in London. Suraj was chosen as the 'On Location' therapist for Academy Award winning filmmakers Merchant Ivory. Suraj then became a consultant therapist at London's five-star Blakes Hotel, Senior Therapist at the award-winning Chancery Court Spa - Chelsea Club Spa and Harley street clinic. He has been practicing as a freelance holistic Ayurvedic practitioner and Naturopath for the last 27 years. Suraj now concentrating on his private clients and spas around the world.

### **Ayurvedic consultation**

Complimentary Ayurveda Consultation and Treatment advice with Ayurveda Practitioner.

**15 minutes**

### **Kerala Karma**

Grounding on Ayurvedic principles, Kerala Karma is a traditional treatment aiming at achieving total relaxation and a renewed sense of energy. The relaxation journey begins with a body polish exfoliation, warm shower, which is followed by Brahmanam - a nourishing therapeutic Ayurvedic massage. Treatment end by an uplifting facial massage, that uses specialized movements to reduce wrinkles and create a youthful looking skin.

**90 minutes / EUR 255**

### **Detox & Immune Booster**

With the goal of attaining a healthier body, Marma Detox and Immune Booster is the go-to treatment for detox, Immunity boost and weight loss. This is a deep cleansing and detoxifying treatment designed to aid with weight loss and rejuvenation of your body. Treatment procedures is a combination of exfoliating scrub and bespoke Marma Massage which helps in enhancing your immune system, toning the muscles and strengthening your connective tissue, eventually leave you feeling purified and energized.

**120 minutes/EUR 315**

**Six Senses Spa at Porto Elounda Golf & Spa Resort**

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72053 Elounda, Crete, Greece

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### **Blissful Head Back Therapy**

This ancient Ayurvedic therapy is practiced for thousands of years, encourages the body's innate healing in addition to being soothing & relaxing. The therapeutic Indian Head massage is deeply relaxing and helps to relieve tensions from shoulders, neck, back and the face.

**60 minutes/EUR215**

### **Ayurveda Holistic Balancing**

Ayurveda Holistic Balancing is an intensive treatment aims to completely de-stress the mind and body. The personalized treatment design will help to correct imbalance between the tri doshas (Vatha, Pitha, Kapha), After a detailed consultation, treatment start with Herbal oil scrub followed by Abhyanga-Ayurvedic warm oil massage incorporate with hot stones massage. Traditional massage techniques are used for balancing the seven charkas in the body. Also pichu treatment is done for stiff joints. The treatment concludes with Shirodhara and Indian head massage, a deeply relaxing procedure to rebalance and reconnect.

**120 minutes / EUR315**

**All rates are in EUR and include VAT**

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