

### Herbal Facial

60min \$110

Get old secrets and techniques of beauty care, which were once used by the age-old royal families of India. Beauty care formulas involving different herbs, herbal extracts, many fruits and natural ingredients, received by Indian royalty, are no more a secret and are readily available for you to experience at our Clinic.

### Ayurvedic Face Rejuvenation

90min \$140

Ayurvedic Face Rejuvenation is not just a stand-alone treatment. Marmas | Energy points are present throughout the body and are especially targeted on the face, neck, and upper chest to enhance the internal beauty. Combined with polarity therapy, chosen organic oils, and a caring attitude, people really feel this treatment to be as levelling and refreshing as a complete body massage.

### Garshan Herbal Powder Ayurvedic Massage

60min \$120

Garshan, which means rub, is an exceptional weight loss treatment. Dry herbal powder, in accordance with your body type, is applied for this kind of dry rub. The powder will scrub the body while revitalizing the lymphatic system while managing Kaphadosha. The repetitive movements over hair follicles and skin tissue encourage the breakdown of fatty deposits. The rubbing of the powder generates heat on the body, which raises circulation. And waste products are loosened can removed.

### Panchkarma Detox – Reboot Your Body,

Mind & Soul \$500\*

Panchakarma eliminates harmful toxins from the digestive system, bowels, respiratory system, bloodstream and nervous system. It fortifies the joints and muscles and can be useful for the hormone secretion of all glands. It elevates the hunger; sleep quality, sexuality, attentiveness and memory. It is no surprise that many people feel like they have a new body after Panchakarma!

### Shiroabhyanga-Indian Head Massages

45min \$90

This amazing hair and scalp therapy is carried out with fragrant herbal oil to feed the hair, relax the mind and to

relieve tension in the head, neck and upper back area. Moreover, it has an over-all effect on the entire body as it works straight on the central nervous system relieving from many stress-associated problems like headaches.

### Padabhyanga - Herbal Foot Care 45min \$90

The Ayurvedic Padabhyanga Foot Massage is an absolutely restorative, soothing massage technique. Starting at the knees, the legs and feet are massaged using warm herbalised oil. The comforting Padabhyanga Foot Massage reduces stress, adding to a balanced, deeply restorative and rejuvenating sleep.

### Shirodhara - Third Eye Drip 60min \$120

This blissful ancient treatment helps to calm the mind & induce a deep state of relaxation. Warm herbalised oil flows over the "third eye," or brow chakra, to create a meditative state & balance the endocrine system. This is a key Ayurvedic therapy to steady the mind, strengthen the senses & it can be effective against insomnia, stress, tension headaches, migraine & anxiety. Discount offered for multiple sessions. Includes a consultation & footbath??

### Herbal Steam Cleansing 60min \$110

In herbal steam cleansing, steam vapours are supplied all over the body, apart from the head. Right after a body massage with oil you go through this practice. Scarce and special herbal leaves and herbs are boiled and the steam is passed to the entire body for approximately 10 - 20 minutes. This is excellent for a number of skin ailments, to rid toxins from the body, to enhance the overall tone of the body and to reduce fat.

### NetraTarpana - Herbal Eye Treatment 45min \$90

NetraTarpana is a special Ayurvedic treatment offering unequalled therapy to the eyes. NetraTarpana functions not just for the cure of eye diseases but is an outstanding deterrence method, which provides eyes sanitation, vitality and ideal eyesight. This treatment supports the reduction of eye strain as a result of frequent exposure to the digital screen, excellent for Dry Eye Syndrome, tones up eye tissues, really helps to deal with under eye dark circles, alleviates pain and burning discomfort in the eyes, overall it makes eyes become more radiant.



AYURVEDIC DOCTORS

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PRIVATE HEALTH REBATE AVAILABLE

### Improve your Life with Ayurveda

Ayurveda is among the world's most ancient natural restorative healing systems. It was created centuries ago in the Indian subcontinent. It is known as a sister science to yoga.

It is actually based on the idea that overall wellbeing relies on a subtle balance between your mind, entire body, and soul.

### Restore the Body's Natural Balance

Our aim at Pure Herbal Ayurved is to bring the essence of Ayurveda to Australia making it easily accessible for everyone. The focus is on offering practical advice through consultation on diet and lifestyle, aiming to restore or improve one's health through potent, gentle and natural Ayurvedic treatments.

Our objective is to teach individuals how to create and maintain balance in their body and mind. We endeavor to provide safe, effective and authentic organic Ayurvedic medicines and therapies.

Contact our doctors today for a natural, personalized healthcare solution. As you regain your optimum state of health, you will soon learn why Pure Herbal is Australia's leading Ayurvedic treatment service.

A team of experienced and highly qualified Ayurvedic doctors and practitioners runs pure Herbal Ayurvedic Clinic & Spa. The main aim is to provide a quality and complete Ayurvedic health care service at a fair cost. The doctors, originally from India, are committed to providing authentic treatments so that you can genuinely experience Ayurveda as you would if you were in India.

[www.pureherbalayurved.com.au](http://www.pureherbalayurved.com.au)

## **Ayurveda Consultation 60min \$90**

Ayurvedic consultation is a comprehensive health assessment targeted at revealing the root cause of what ails you. Usually, an Ayurvedic examination is designed through mindful listening to an in depth health history and a physical checkup that involves evaluating the pulse and tongue. Both the health history and physical exam help to expose actual elements in the disease process.

The Ayurvedic physician then prepares a sequence of experiences and a programme of life-style, diet, herb and yoga in accordance with your body type that can help bring more balance, energy and peace to your overall wellbeing. The personalized health programme you receive as part of your consult will empower you to reduce stress, restore balance and re-energize your life. The resources you receive will help you cut down stress, balance weight, support moods, crave much healthier foods, enhance immunity, relax the mind, and take pleasure in more strength. Along with mastering the tools, you'll also discover how to easily incorporate these new habits into your everyday life.

## **Lifestyle Consultation 90min \$125**

Realizing that all life, whether human, plant, or animal, needs to live in harmony with nature as a way to survive, Ayurveda enters into a microcosmic point of view. By observing the cycles and laws of nature and using these ideas for our personal health and wellness, we can produce a rhythm and a lifestyle for ourselves that is definitely pleasant, satisfying and lasting. Ayurveda is a gentle way of restorative healing. It is crucial that an individual understands and develops the optimal circumstances and conditions where healing can take place. Eventually, the purpose of all Ayurvedic techniques is the appropriate stability of mind, body, feelings and spirit. An Ayurvedic Lifestyle Consultation will help you become more familiar with Ayurveda and learn how it can be applied to living in a well-balanced state of health and contentment. A consultation will evaluate your unique constitution and behaviors and you will be empowered with information and advice to support you to rebalance any instability.

## **OUR TREATMENT MENU**

### **Abhyanga-Ayurvedic Massage 60min \$120**

Abhyanga the use of warm herbal oils used during a massage, have healing effects on both bodily and emotional levels. It not just relaxes the mind but the nervous system too. It enables you to relieve irritation linked to everyday and work-related stress, muscular excessive use, and many serious pain syndromes.

### **Kati Basti - Herbal Oil Back Care 45min \$85**

Kati-Basti delivers an extremely useful approach using a topical oil retention dam for alleviating problems related to the lower back and lower abdomen or the sacral chakra. Using this age-old oil method known as Dough Dam Basti can eliminate sciatica, lower back pain, hip pain, bowel problems and reproductive problems. It is an essential therapy used in Ayurveda to use diffused medicated herbal oils, natural herbs, ghee, milk, water or essential oils right on the area of the body treated. This process enables the herbs to significantly submerge into the tissues for a healing effect.

### **Janu Basti - Ayurvedic Knee Care 45min \$85**

JanuBasti is a highly effective therapy for alleviating the pain, stiffness or inflammation in the knee joints. The therapy controls the synovial fluid in the joint, which is essential for right lubrication of the joint. In this process a particular form of wall is made around the knee area and then medicated oil is poured on knee. Medicated oil is made to keep for a recommended time. Janubasti is the most effective therapy to rejuvenate the knee's cartilage, bones and muscle from any kind of knee injury.

### **Griva Basti - Ayurvedic Neck Care 45min \$85**

Black gram paste is placed over the neck spine in the form of a ring in which lukewarm medicated oil is added and retained at the prescribed temperature. It gives fast relief from pain, firmness and irritation in the neck region. Ideal for those affected by chronic neck pain, cervical spondylosis, ankylosing spondylitis, and obesity.

### **Hridaya Basti - Ayurvedic Heart Care 45min \$85**

Medicated lukewarm oil is purposefully poured over the chest on the heart area. This is obtained by constructing

a dough wall by observing the surface anatomy of the heart. This treatment is perfect for reducing anxiety, stress, and fearfulness. It also encourages collateral circulation to the heart, therefore is helpful in steadying conditions of chronic angina. It naturally stimulates the strength of the heart and is also used to cure numerous health conditions triggered as a result of weakness of Hrudaya (heart).

### **Nasaya - Nasal Herbal Medicine 45min \$80**

It is the use of herbal ingredients into the nose. The nose is the gateway into the head, the sinuses, and much deeper into the lungs. The best popular Nasya therapy involves the use of Ghee or Oil, in some cases with extra powdered herbs. The Nose area is massaged to stimulate the marma or energy points followed by nasal drops and herbal smoke into the nostrils. It is very effective in treating migraine, insomnia, sleep apnea, and snoring.

### **Nadi Sweda - Localised Herbal Steam 30min \$50**

NadiSweda is the use of herbal steam along with oil massage therapy. The target is to soften the tissue and produce a sweat. The vapours enlarge and relax the channels of the body permitting the toxins to move out. Herbal steam particular to the illness or vitiated dosha is given which opens the pores, removes the toxic materials, making them subtler and flashes the system. Along with this it minimizes the body's firmness too.

### **Shasti Sali Pinda Sweda - Herbal Bolus Sudation 90min \$150**

In this method boluses of rice are tied up in a bag, the bag is heated up and applied externally over the body. It is useful in a wasting related disorders, facial paralysis, low backache and muscular ailments, etc.

### **Pizchill Oil Massage - Herbal Oil Bath 60min \$120**

A gentle and soothing, synchronized massage of up and down is performed on all areas of the body apart from the head are subjected to this treatment. This is a remarkably reviving treatment that boosts muscular tone and retunes the overall nervous system.

### **Personalized Yoga Class 60min \$80**

Build a powerful foundation in technique, and boost strength, conditioning and overall flexibility. Classes are designed to attain the finest results for you and tailored to your own goals.