Hathyabhyanga - Ayurvedic Manicure

The entire arm and hand on both sides are treated to a deeply relaxing and rejuvenating treatment of marma point stimulation, dry herbal paste and warm oil massage to bring skin radiance and muscle relief to the upper limbs. Used traditionally for brides, it's an excellent way to feel beautiful from the inside to the outside.

Nasaya

The nose is the gateway into the head, the sinuses and the lungs. This 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 apnoea and snoring.

Ayurvedic Face Rejuvenation - Herbal Facial Treatment

Beauty care formulas used by the age-old royal families of India involving different herbs, herbal extracts and natural ingredients are applied to the face to target problem skin such as acne, rosacea and dryness resulting in smooth and fresher looking skin.

Marmas or energy points are especially targeted on the face, neck, and upper chest to enhance the internal beauty. Combined with polarity therapy, organic oils, clients really feel this treatment to be as levelling and refreshing as a complete body massage.

Panchakarma Detox - Reboot Your Body, Mind and Soul

Panchakarma is a program that acts as a "full service" for the body and mind, restoring digestion, and bringing a sense of total rejuvenation. A specific program is designed to follow for a minimum of 12 days that includes body treatments, ingesting herbs, and specific foods to eat to help eliminate harmful toxins from the digestive system, bowels, respiratory system, blood-stream and nervous system. It fortifies joints and muscles and can be useful for hormone secretion of all glands. It elevates hunger; improves sleep quality, sexuality, attentiveness and memory. Many people feel like they have a new body after Panchakarma!

We Also Offer...

Discounts and packages offered for multiple treatments or sessions. Phone for more details.

Training courses for interested practitioners to expand their therapeutic offering are available. Check website for details.

Regular cooking workshops using food as medicine are held locally. Like us on Facebook to keep updated.

Retreats are held annually for a small group to experience the essence of Ayurveda and it's spiritual practices in it's homeland, India.

PURE HERBAL
AYURVED CLINIC | SPA

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Private Health Rebates Available
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Pure Herbal
AYURVED CLINIC & SPA

Improve Your Life With Ayurveda

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

Ayurveda is a gentle way of restorative healing. It is based on the idea that overall wellbeing relies on a subtle balance between your mind, entire body and soul.

www.pureherbalayurved.com.au

Restoring Natural Balance

Our aim at Pure Herbal Ayurved Clinic & Spa 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 and aiming to restore or improve one's health through potent, gentle and natural Ayurvedic treatments.

A team of experienced and highly qualified Ayurvedic doctors and practitioners are available at Pure Herbal Ayurved Clinic & Spa. 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, at a fair price. We endeavour to provide safe, effective and authentic, organic Ayurvedic medicines and therapies.

Our Treatment Menu

Ayurveda Consultation

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 check-up that involves evaluating the pulse and tongue. Both the health history and physical exam help to expose the elements in the disease process.

A program is then prepared for lifestyle, diet, herbs and yoga in accordance with your body type that can help bring more balance, energy and peace to your overall wellbeing. The personalised health program you receive as part of your consult will empower you to reduce stress, restore balance and re-energise your life.

The resources you receive can help balance weight, support mood, reduce pain, crave much healthier foods, enhance immunity and relax the mind. Along with mastering the tools, you'll also discover how easy it is to incorporate these new habits into your everyday life. The aim of the program is to produce a rhythm and a lifestyle for ourselves that is pleasant, satisfying and lasting.

Abhyanga-Ayurvedic Massage

Abhyanga is a therapeutic massage with warm herbal oils that have healing effects on both bodily and emotional levels. It not only relaxes the mind but the nervous system too. It enables you to feel relief from stress, muscular excessive use, and many serious pain syndromes. Finished with nadi sweda, herbal steam therapy, the target is to soften tissue and produce a sweat to relax the channels of the body allowing toxins to be flushed out.

Pizhichli Oil Massage

A gentle and soothing massage is performed on all areas of the body, apart from the head, as a warm stream of oil is poured over the body. Great for muscular tears, the elderly and those sensitive to touch, this is a remarkably reviving treatment that boosts muscular tone and retunes the overall nervous system.

Garshan Herbal Powder Ayurvedic Massage

Garshan, which means rub, is an exceptional weight loss treatment. Dry herbal powder, in accordance with your body type, is applied to the body with massage. The powder scrubs the body while revitalising the lymphatic system. The repetitive movements over hair follicles and skin tissue encourage the breakdown of fatty deposits. It generates heat on the body, which raises circulation and also loosens and removes waste products.

Bolus Massage - Shasti Sali or Nirgundi Pinda Sweda

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

Shiroabhyanga - Indian Head Massage

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.

Shirodhara - Third Eye Drip

This blissful ancient treatment helps to calm the mind and induce a deep state of relaxation. Warm herbalised oil flows over the "third eye," to create a meditative state and balance the endocrine system. This is a key Ayurvedic therapy to steady the mind, strengthen the senses and it can be effective against insomnia, stress, tension headaches, anxiety and depression. Includes a consultation and footbath.

Swedana - Herbal Steam Cleansing

Swedana is the use of herbal steam. The body is first lubricated with oil and then the individual is placed into the steam chamber, apart from the head, with herbs particular to the ailment to produce a sweat. The vapours help to enlarge and relax the channels of the body permitting the toxins to move out by flushing the system. This is excellent for a number of skin ailments, to enhance the overall tone of the body and to reduce fat.

Basti - Oil Retention Treatment

Basti is the term used for all treatments where a ring of dough made from black lentil flour is sealed to a specific area on the body to create a well. Warm medicated oil is then added and retained at a specific temperature to give fast relief for pain, inflammation and stiffness. This process enables the herbs to significantly sub-merge into the tissues for a healing effect.

Kati Basti - Back Care

An extremely useful approach for alleviating problems related to the lower back, lower abdomen or the sacral chakra. This therapy is beneficial for sciatica, lower back pain, hip pain, bowel problems and reproductive problems.

Netra Tarpana Basti - Eye Care

This therapy functions not just for the cure of eye diseases but as an outstanding prevention method to provide eye 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 making eyes become more radiant.

Padabhyanga - Ayurvedic Pedicure

Starting at the knees, the leg and feet marma points are stimulated to help unblock stagnation. Dry herbal paste is then applied and rubbed over the feet and legs to draw out toxins then followed with a massage using warm herbalised oil. Rejuvenating cream is then applied to the skin. This treatment helps to reduce stress adding to a balanced, deeply restorative and rejuvenating sleep.