



Shankara offers alchemy of East and West, based in Ayurveda, a 5,000-year-old Indian tradition. Shankara treatments embody love, beauty, wisdom and light. Therapeutic herbs and oils along with traditional techniques bring balance to the body, mind and spirit.

Abhyanga - 60 min. \$146 / 90 min. \$198

An Abhyanga massage will balance your body, mind and spirit, while working on subtle energy layers and allowing for profound relaxation, along with restoration and rejuvenation.

Shirodhara - 60 min. \$146 / 90 min. \$198

This encompassing treatment, which includes a foot massage, balancing bowl and hydrating hand massage, is deeply calming to the entire nervous system while melting tensions around the head and neck, and calming the mind to expand awareness.

Five Star - 60 min. \$146

Like the five points of a star, the feet, hands and head are centers of intense energy that, when stimulated, allow for deep relaxation. This session begins with focus on the hands followed by an Ayurvedic foot bowl treatment and head massage/hair treatment designed to exfoliate, moisturize and release tension with aroma therapeutic oil.

Harmonizing - 90 min. \$198

A rejuvenating full body treatment that starts with a foot bath ritual followed by Swedish massage to help bring balance to the whole system while supporting hormonal balance. Focus then moves to the head and feet in order to allow for the release of tension and to achieve deeper balance and well being.

Ayurvedic Facial - 90 min. \$198

This customized facial with marma facial massage, Ayurvedic foot bowl treatment and Ayurvedic scalp massage will bring balance and nourishment to the skin, a state of total relaxation, and harmony to the dosha by using pure, natural, concentrated plant

extracts, sea algae and monoatomic elements in a synergetic formulation to dynamically initiate repair and regeneration of the skin.

Foot Bath Ritual - \$40

Add to any Ayurvedic Treatment.