



# DAY SPA THERAPIES

At SoHum Mountain Healing Day Spa, our aim is to nourish you with therapies that soothe your soul and bring light to your being. Our offerings are rooted in ancient techniques of India, in the luxurious setting of our resort, nestled in the Blue Ridge Mountains.

You will find that our offerings use oil generously. In the ancient language of Sanskrit, the word for oil is sneha, which also translates to “love.” Oil deeply nourishes both our tissues as well as the deepest parts of our being, and our hope is for you to experience this love and nourishment on a physical, mental, and spiritual level.

AYURPRANA  
**SOHUM**  
MOUNTAIN HEALING RESORT

# Whole Body Serenity Series

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## **Abhyanga: Sacred Anointing**

\$299

A beautiful warm oil massage applied on the body to calm the nervous system and aggravated doshas. Expertly tailored to your individual needs with herbalized or base oils, the entire body is covered in oil from head to toe for a soothing and rejuvenating experience.

## **Swedana: Purifying Sweat**

\$189

A deeply relaxing therapy that uses moist heat to elicit sweating and release toxins from the body. Expertly tailored to your individual needs, sometimes essential oils are used to enhance the experience. A cool cloth is thoughtfully placed on your head to ensure your body temperature is comfortable throughout the therapy. Feel refreshed and rejuvenated.

## **Shirodhara: Sacred Third Eye Anointing**

\$129

A beautiful supportive therapy where warm oil is continuously applied to the forehead and third eye area, promoting relaxation and supporting the nervous system. Expertly tailored to your needs, the oil is chosen individually for each person, from Shirodhara medicated oil to sunflower, coconut, sesame oil, and more. The oil flows over the head hair, allowing for a full body relaxation and improved sleep.

## **Whole Body Serenity: Journey to Bliss**

\$449

SoHum Mountain Healing's signature offering, which includes a most luxurious and nourishing journey through all three (abhyanga, swedana, and shirodhara) providing the most complete nourishment for your mind, body, and soul. Our therapists will tend to you as humble and devoted servants to your wellbeing as you find yourself settling into your deepest, truest self.

## **Color Therapy: Chakra Symphony**

\$189

Revitalize your chakras with Color Therapy, a unique therapy by Vaidya and Master Ayurveda Healer, Dr. Vasant Lad. Experience lying down while specific color frequencies are applied to the 7 major chakras to help release stagnation and emotions while balancing your body's energy centers. Seed sounds are chanted to facilitate the vibrations of each chakra, supporting the subtle energetic centers, and their associated organs and hormones as well. Feel renewed and rejuvenated with this subtle therapy.

\*\*Please note that your stay with us includes one Whole Body Serenity service.

Please let us know if you would like to add any beyond that one for yourself or any guest staying with you.

# Ponds of Love:

## *Targeted Therapies for Different Parts of Your Body*

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### **Netra Basti: Oceans of Serenity for the Windows of the Soul** \$189

Indulge in a luxurious eye therapy with our premium warm ghee surrounded by whole wheat dough. This exquisite combination not only supports the lubrication of your eyes, but also aids in releasing excess heat and balancing the pitta dosha for a revitalized and refreshed look. Treat both of your eyes to the ultimate pampering experience with our beautiful ghee therapy! It is suggested to not drive or have any screen time for several hours after this therapy.

### **Kati Basti: A Pond of Relief for the Back's Burden** \$129

Experience the ultimate indulgence with our exquisite low back therapy, featuring a luxurious blend of warm medicated oils carefully selected to meet your unique needs. From the soothing Mahanarayana to the invigorating Mahaganesha, our oils work in harmony with whole wheat dough to support the stability, functionality, and lubrication of your low back and associated muscles. Treat yourself to the rejuvenating benefits of our beautiful warm oil therapy and feel the difference today!

### **Manya Basti: The Ultimate Release for the Neck** \$129

Introducing our luxurious warm medicated oil therapy, expertly tailored to your individual needs with mahanarayana, mahaganesha, sesame, tiger oil, or another options suitable for your dosha. Our therapy focuses on the back of the neck region, surrounded by whole wheat dough for the ultimate relaxation experience. This unique approach helps to support the stability, functionality, and lubrication of the low back and associated muscles, leaving you feeling refreshed and rejuvenated.

### **Prushta Basti: Rejuvenate the Spine with Herbalized Warm Oils** \$129

A beautiful warm oil therapy, tailored to your needs with medicated oils like mahanarayana, mahaganesha, sesame, tiger oil, and more. Applied on the mid-back thoracic region, it's surrounded by whole wheat dough to support the stability, functionality, and lubrication of the low back and its muscles. Feel rejuvenated and refreshed.

### **Whole Back Prushta Basti: River of Relief for the Your Body's Support** \$189

A beautiful warm oil therapy, tailored to your needs with medicated oils like mahanarayana, mahaganesha, sesame, tiger oil, and more. Applied on the entire back region, feel rejuvenated and refreshed.

### **Janu Basti: A Bowl of Nectar to Rejuvenated Knees** \$129

A beautiful warm oil therapy tailored to your needs with medicated oils like mahanarayana, mahaganesha, sesame, tiger oil, and more. Applied on the knee area, it's surrounded by whole wheat dough to support the stability, functionality, and lubrication of the low back and its muscles. It helps reduce dryness and cracking popping joints, leaving you feeling revitalized.

## **Hrd Basti:** Heart's Embrace to Release and Revitalize

\$129

A beautiful warm flax seed oil therapy applied on the heart area, surrounded by whole wheat dough. It supports the heart, aids in the release of emotions like grief and sadness, and supports the functioning of the heart and electromagnetic flow. Sometimes, essential oils are also used to enhance the experience.

## **Jatru Basti:** Nurturing the Butterfly Gland

\$129

A beautiful warm oil therapy tailored to your needs with flaxseed oil, castor oil, sesame oil and more, applied on the thyroid region surrounded by whole wheat dough. It helps support the heart, release emotions like grief and sadness, and promote the opening of the voice and Vishuddha (throat) chakra. Feel revitalized and renewed.

## **Basti Basti:** Nurture the Womb

\$129

A clear pond, made of whole wheat dough and filled with the specially selected oil for your needs, is created right over the womb and bladder. This therapy helps release any sense of loss from the womb, brings nourishment and vitality to the space, and with the appropriate oils can also support the release of stagnation, supporting the optimal functioning of the Swadhisthana (second) chakra. Feel fully nurtured in the home seat of your body. Beneficial for both the male and female sexed body.

# Connect for Greater Wisdom: *Consultation Services*

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## **The Wisdom of Wellness:**

### **Ayurvedic Consultations for your Journey to Wholeness**

\$189

Transform your health with Ayurvedic Consultation: Receive a personalized assessment using ancient principles and pulse assessment, along with AyurPrana's unique 7 Pillar System that includes coaching on nutrition, cleansing, movement, sleep, connection, inspiration, and peace. Your practitioner will review your background and history, challenges, and wellness goals to provide educational coaching on yoga, diet, lifestyle, herbology, pranayama, and more. Enjoy continued support via chat with your practitioner for 21 days. Elevate your well-being and thrive with Ayurveda.

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