



ADD ONS

Customize Your Experience

AYURPRANA

SOHUM

MOUNTAIN HEALING RESORT



AT SOHUM MOUNTAIN HEALING RESORT,

we want you to enter a sacred space where healing, resting, and rejuvenating are your main goals. Leave behind all responsibilities. Release your worries and get ready to leave with a greater sense of connection and purpose. We offer a variety of additional treatments and offerings to enhance your stay.

Sensory & Luxurious

AYURVEDIC BODY TREATMENTS
FOR DEEP REGENERATIVE
HEALING

Abhyanga: Sacred Anointing

\$299 FOR 60 MIN

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

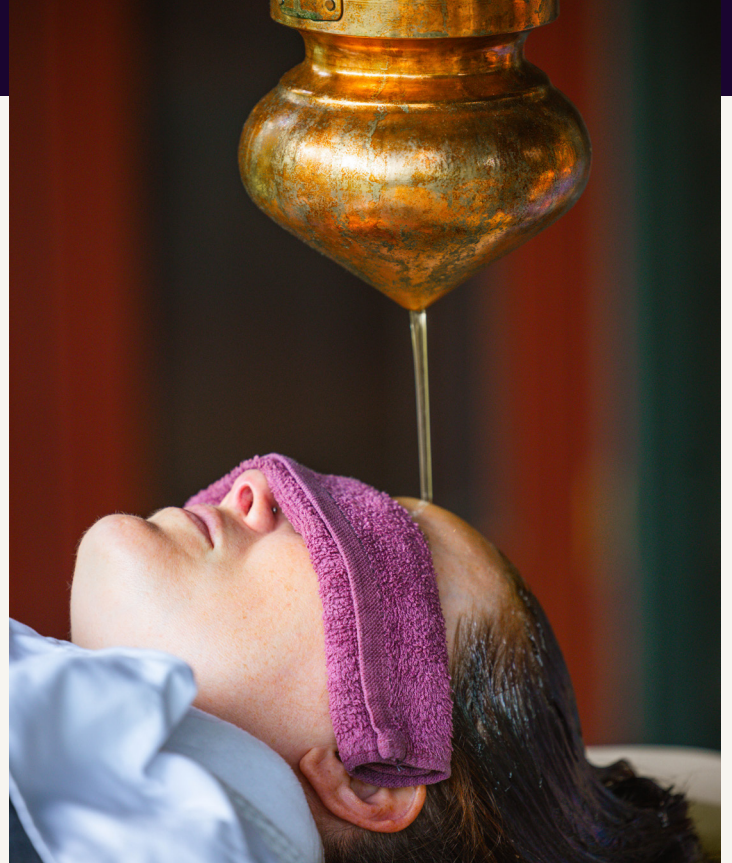
\$209 FOR 10 MIN

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

\$149 FOR 20 MIN

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 FOR 90 MIN

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 FOR 60 MIN

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.

Targeted Therapies

FOCUSED HEALING, INSPIRED BY AYURVEDA

Netra Basti: Oceans of Serenity for the Windows of the Soul

\$189 FOR 60 MIN

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

\$149 FOR 60 MIN

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

\$149 FOR 60 MIN

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

\$149 FOR 60 MIN

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

\$209 FOR 60 MIN

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

\$149 FOR 60 MIN

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

\$149 FOR 60 MIN

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

\$149 FOR 60 MIN

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

\$149 FOR 60 MIN

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.

Guided by Wisdom, Centered in You

INDIVIDUAL AND PERSONALIZED HEALING CONSULTATIONS

The Wisdom of Wellness: Ayurvedic Consultations for your Journey to Wholeness

\$189 FOR 60 MIN

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.

Emotional Wellbeing Package: Working from the Inside Out

\$700 FOR (2) 60 MIN SESSIONS AND A PERSONALIZED WELLNESS PLAN

Support your emotional healing with this powerful integration experience. The Emotional Wellbeing Package offers two private sessions with Dr. Erika Czerwinski, a seasoned psychologist specializing in trauma, depth psychotherapy, and rites of passage. Begin with an in-person Inner Exploration Session to ground your retreat experience and reflect on what is arising. After returning home, deepen your journey with a virtual Integration Session to help you carry your insights into daily life with clarity and intention.

You'll also receive a Personalized Emotional Wellbeing Plan with guided journaling, lifestyle practices, and Ayurvedic tools to support your heart and nervous system. This offering is ideal for those navigating emotional transitions, spiritual breakthroughs, or simply seeking deeper support for lasting transformation.

