

AYURPRANA
THE SPA
AT SOHUM



SACRED WELLNESS, HANDCRAFTED
WITH ANCIENT WISDOM

810 Elk Mountain Scenic Hwy. Asheville, NC 28804
www.sohumhealing.com | +1 (828) 617-0708 | spa@sohumhealing.com



A SANCTUARY FOR THE SOUL

Welcome to SoHum Mountain Healing Resort, an exclusive sanctuary where the ancient wisdom of Ayurveda meets modern luxury. Here, we invite you to embark on a deeply personalized wellness journey, designed with intention and care to honor your unique energy. From the hand-selected herbs and oils used in each treatment to the expert touch of our therapists, every detail is crafted to nourish your body and elevate your soul. Surrounded by pristine mountain trails, immerse yourself in Ayurvedic rituals, savor exquisite vegan and vegetarian cuisine, and reconnect with the sacredness within. At SoHum, your wellness experience is a luxurious, transformative retreat, offering holistic healing and profound inner peace.



*“WE ARE BORN OF LOVE;
LOVE IS OUR MOTHER.”*

— RUMI

THE HEALING EMBRACE OF THE DIVINE HUMAN

At SoHum, we invite you to a transformative day steeped in the restorative embrace of the Divine Human . A day here is a symphony of nourishment, grace, and healing, where the nurturing light of the lunar energy permeates every aspect of your experience.



*“WHETHER YOU ARE A
MAN OR A WOMAN,
UNLESS THE FEMININE
BECOMES ALIVE IN YOU,
YOU WILL NEVER
EXPERIENCE THE FINER
ASPECTS OF LIFE.*

– SADHGURU

THE SOHUM DAY EXPERIENCE: YOUR SACRED JOURNEY

The Spa at SoHum Mountain Healing Resort, we invite you to step out of ordinary time and into a sanctuary of deep restoration. Our day spa experience is not a collection of services—it is a sacred passage, a full-bodied immersion into healing, nourishment, and belonging. Your journey begins with one of our carefully crafted whole body packages—the foundation of your time with us. Each package is a complete experience designed to hold you from the moment you arrive until the moment you depart, carrying the medicine of the mountains home with you.

WHAT AWAITS YOU:

When you book your day spa experience, you are reserving more than treatments. You are claiming space for your soul to exhale. Your day spa experience includes:

- **A thoughtfully curated series of complementary therapies**—carefully woven together to address your whole being, our Sacred Rituals are not just for surface symptoms. Each therapy builds upon the last, moving beyond symptomatic relief to meet the root of what your body and spirit are calling for, creating a complete journey of deep nourishment and lasting transformation.
- **A warm, artisan meal** prepared with intention from our kitchen, nourishing you from the inside out
- **Full access to our mountain lodge and trails**, where the land itself becomes your healer
- **Sacred time and space** to rest, reflect, and remember yourself

From this foundation, you may choose to deepen your experience with **additional therapies and add-ons**—extra layers of care to customize your journey exactly as your spirit calls for. This is your invitation to be held. To be seen. To receive the deep nourishment your body and soul are longing for.

Your divine arrival begins with choosing your Sacred Ritual.



SACRED RITUALS

FULL-BODY PACKAGES AND TREATMENTS

Our day packages are core to each and every experience at SoHum, crafted to offer you a holistic and sacred journey, deeply nourishing mind, body, and spirit. At The Spa at SoHum, each experience is an abode of wellness, complemented by a warm, artisanal meal from our esteemed kitchen and the quiet serenity of the land. Every package invites you to immerse in the healing whispers of the mountains.

Your divine arrival begins with choosing your Sacred Ritual.

SoHum Serenity / 90 min **\$549**

Indulge in SoHum Serenity, our most cherished package, a journey of profound tranquility that begins with a synchronized four-handed massage, guiding you into a state of unparalleled relaxation. Sweating gently with swedana (steam therapy) opens your pores, allowing the nourishing oils from your massage to deeply penetrate your tissues, promoting detoxification and cellular renewal. Then, immerse yourself in the profound peace of shirodhara, as a continuous stream of warm, herbalized oil flows gently over your third eye, saturating your hair and soothing your mind. SoHum Serenity is a deeply calming and rejuvenating experience that will leave you feeling nurtured, balanced, and utterly serene.

Wise Womb / 90 min **\$549**

Nurture the sacred space of creation with this deeply restorative journey. Root your experience with a synchronized, four-handed abhyanga (oil) massage, grounding your body and soul in profound relaxation. An optional self-administered shatavari ghee yoni picchu gently nourishes the pelvic area. The womb-space basti cleanses and replenishes the core of feminine energy.

Mental Bliss / 90 min **\$549**

When the mind is overwhelmed or scattered, this package offers profound relief and recalibration. Mental Bliss guides you from mental chaos to crystalline clarity, restoring inner peace. Your journey includes a color therapy for chakra alignment, harmonizing your energy centers and supporting your body for deeper healing. Shirodhara—warm oil flowing steadily across your third eye—quiets mental chatter, soothes anxiety, and induces transcendent calm. Finally, abhyanga full-body massage grounds this peace throughout your entire being, releasing deep tension while nourishing your nervous system. Emerge feeling clear, centered, and held—your mind at rest, your spirit restored.

Please note that there may be conditions which make some treatments inappropriate for your healing. Please connect with our staff prior to booking if you have had recent surgery, active infections, open wounds, have topical allergies, are pregnant, or are menstruating so that we can ensure a truly nourishing experience.

Luminous Visage / 90 min \$549

Radiate from within with this blissful treatment for the face. A custom Ayurvedic herbal mask cleanses and brightens your skin, while marma massage harmonizes your energy. Nasya therapy provides deep cleansing to the entire head space, as warm compresses and a foot massage restore balance, leaving you glowing inside and out.

Personalize your experience by choosing from the following:

Golden Radiance Mask

A brightening and clarifying treatment that combines turmeric's anti-inflammatory power with yogurt's cooling hydration. Enhanced with honey, this mask reduces inflammation, evens skin tone, and reveals a natural glow. Ideal for those seeking clarity and luminosity.

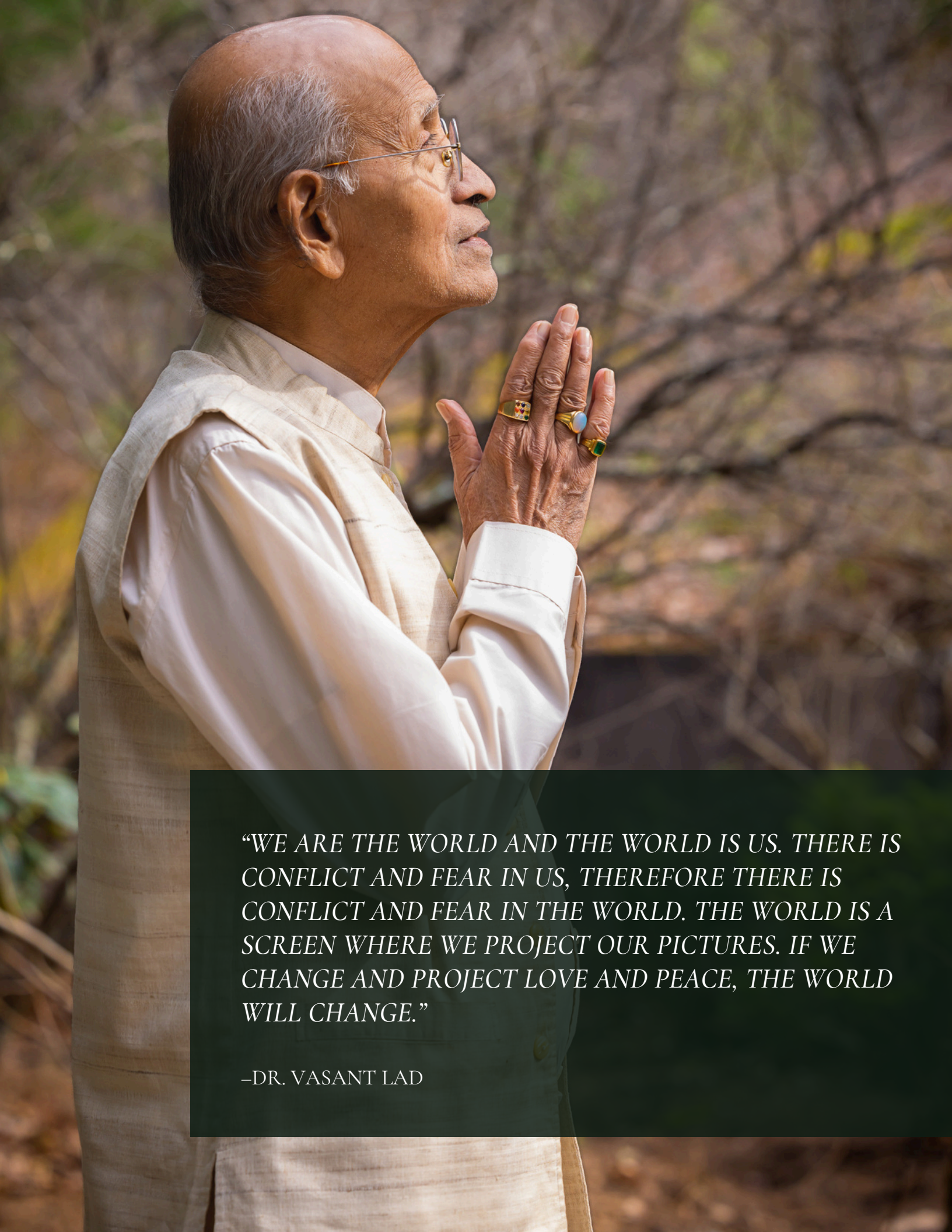
Deep Nectar Mask

A deeply hydrating and healing treatment that soothes and regenerates. Aloe vera calms and repairs while Manuka honey locks in moisture, leaving skin supple and dewy. Rice flour gently buffs away dead cells, revealing soft, renewed radiance. Perfect for dry, sensitive, or sun-exposed skin.

Sacred Calm Mask

A gentle, cooling treatment. Chamomile flowers calm redness and inflammation while rose water tones and balances. Sandalwood powder adds its soothing, grounding properties. Ideal for reactive skin in need of tender care and restoration.

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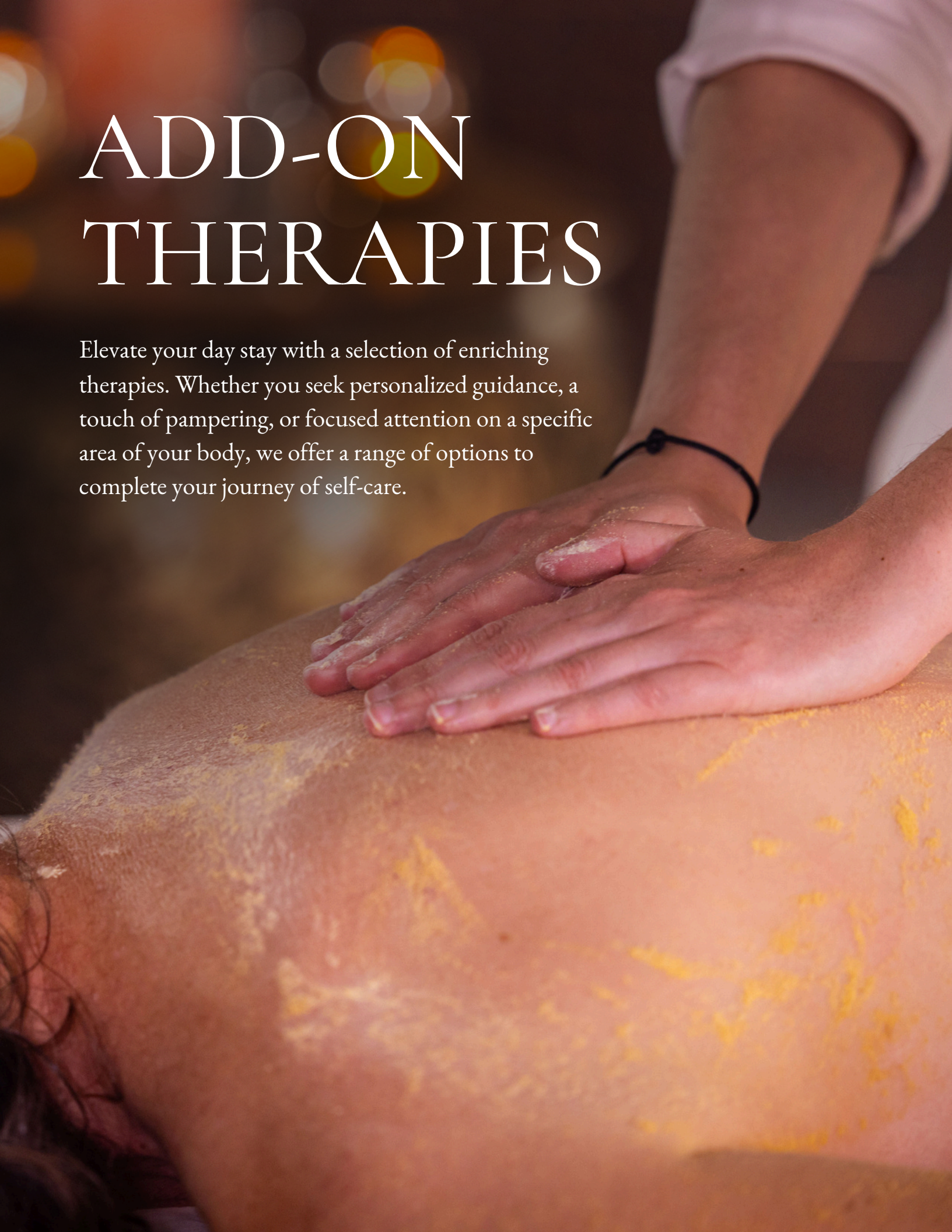


“WE ARE THE WORLD AND THE WORLD IS US. THERE IS CONFLICT AND FEAR IN US, THEREFORE THERE IS CONFLICT AND FEAR IN THE WORLD. THE WORLD IS A SCREEN WHERE WE PROJECT OUR PICTURES. IF WE CHANGE AND PROJECT LOVE AND PEACE, THE WORLD WILL CHANGE.”

—DR. VASANT LAD

ADD-ON THERAPIES

Elevate your day stay with a selection of enriching therapies. Whether you seek personalized guidance, a touch of pampering, or focused attention on a specific area of your body, we offer a range of options to complete your journey of self-care.



ADD-ON THERAPIES

SACRED ENHANCEMENTS

SPECIALIZED SUPPLEMENTAL THERAPIES

Shirodhara / 60 min \$149

Immerse yourself in the profound peace of Shirodhara. This transformative therapy involves a gentle, continuous flow of warm oil over the third eye, inducing a state of deep relaxation that can border on meditative bliss. Shirodhara nourishes the nervous system, calms the mind, and can awaken your intuition. Not suitable for those that cannot comfortably lie on their back still for the duration of the treatment.

Abhyanga / 50 min (1 person) (2 person) \$209/\$299

Immerse yourself in the ancient art of abhyanga, a cornerstone of Ayurvedic healing. This deeply relaxing full-body massage utilizes synchronized strokes and warm, medicated oils to nourish your skin, balance your doshas, and promote a sense of profound well-being. Abhyanga massage is traditionally given by two therapists. We offer abhyanga massage with one therapist or two. Not suitable for those in the last trimester of pregnancy.

Chakra Symphony / 60 min \$189

Revitalize your chakras with color therapy, a unique therapy created by Vasant Lad. 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, and supporting their associated organs and hormones. Not suitable for those that cannot comfortably lie on their back still for the duration of the treatment.

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Swedana Therapy / 50 min \$209

Experience profound relaxation with this luxurious treatment. After a soothing massage for the head, neck, and shoulders, enjoy a gentle swedana (steam therapy). This allows the nourishing oils to deeply penetrate the tissues, leaving you feeling deeply relaxed and rejuvenated.

Nasya / 30 min \$109

Experience the revitalizing benefits of nasya, a traditional Ayurvedic treatment. Herbal oils are gently administered into the nasal passages, followed by a soothing face massage and a warm poultice applied to the neck. This therapy cleanses and rejuvenates the mind, nervous system, and respiratory system, leaving you feeling refreshed and invigorated.

Lepa Therapy / 60 min \$149

Lepa therapy involves applying a paste made of herbal powders, oils, and other medicinal substances to a specific area of the body. The paste is used to nourish, bring comfort, and support blood and nutrient supply to the area.

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ADD-ON THERAPIES

JOINT AND SPINE CARE

FOCUSED THERAPIES FOR JOINTS AND BACK

Prusta Kati (Whole Back) Basti / 60 min \$209

Warm oil-filled dough rings along your sacrum, lumbar, and thoracic spine offer grounding and nourishment for the nervous system, relieving tension and restoring balance.

Potli / 50 min \$299

Experience the profound benefits of potli, a time-honored therapy that utilizes warm, rice-filled pouches to soothe tension and promote deep relaxation. The gentle pressure and therapeutic warmth of the poultices on specific joints reduce inflammation and leave you feeling deeply rejuvenated.

Picchu with Nadhi Sweda / 50 min \$189

Experience the profound benefits of picchu, an ancient Ayurvedic therapy. Warm, medicated oil-soaked cotton pads are applied to specific areas of the body based on your individual needs, followed by localized steam. This treatment gently soothes muscles, reduces inflammation, and restores balance.

Janu (Knee) Basti / 60 min \$149

A deeply relaxing treatment for your knees. Janu basti involves applying warm herbal oil to the knees, helping to support knee challenges and discomfort.

Vankshana (Hip) Basti / 60 min \$149

A beneficial treatment for individuals experiencing pain or discomfort in the hips and thighs. The warm herbal oil application helps to soothe the muscles, improve circulation, and alleviate inflammation in this region.

Kati (Low Back) Basti / 60 min \$149

An effective treatment for lower back pain. Kati Basti involves applying warm herbal oil to the lower back to relieve pain and strengthen the spine.

Prushta (Thoracic) Basti / 60 min \$149

A classic treatment to soothe and strengthen your spine. Prushta Basti involves applying warm herbal oil along the spine to relieve back pain and support mobility.

Manya (Neck) Basti / 60 min \$149

An effective treatment to relax your neck and shoulders. Manya Basti involves applying warm herbal oil to the neck and shoulders to relieve stiffness and pain.

Please note that there may be conditions which make some treatments inappropriate for your healing. Please connect with our staff prior to booking if you have had recent surgery, active infections, open wounds, have topical allergies, are pregnant, or are menstruating so that we can ensure a truly nourishing experience.

ADD-ON THERAPIES

PONDS OF LOVE

NOURISHING POOLS OF OIL

Basti (Womb) Basti / 60 min \$149

This nurturing therapy cleanses the womb and bladder space, offering deep restoration for the center of creation, regardless of reproductive status.

Hrid (Heart) Basti / 60 min \$149

This deeply transformative therapy focuses on the heart chakra, offering a sanctuary of peace and rejuvenation. A warm oil bath is administered over the heart center, promoting both physical and emotional healing. Particularly beneficial for releasing unresolved grief and sadness.

Not suitable for those with pacemakers.

Netra (Eye) Basti / 60 min \$189

Netra Basti is specifically for the eyes. Warm medicated ghee is poured over the closed eyes to soothe them, reduce dryness, and improve vision.

Not suitable for those with cataracts or history of eye surgery.

Jatru (Throat) Basti / 60 min \$149

Jatru basti supports the throat and thyroid region and chakra. This warm herbal oil pool supports the throat chakra as well as the thyroid organ and parathyroid gland.

Please note that there may be conditions which make some treatments inappropriate for your healing. Please connect with our staff prior to booking if you have had recent surgery, active infections, open wounds, have topical allergies, are pregnant, or are menstruating so that we can ensure a truly nourishing experience.

Epigastric (Solar Plexus) Basti / 60 min \$149

Experience a warm oil bath over the solar plexus, promoting digestion and supporting core organ health.

Nabhi (Naval) Basti / 60 min \$149

A warm oil bath over the navel, balancing digestion, balancing the nervous system, and supporting intestinal health.

Yakrut (Liver) Basti / 60 min \$149

This treatment is focused on the liver region. The warm herbal oil application helps to detoxify the liver, support its function, and alleviate associated symptoms.

Vrukka (Kidney & Adrenal) Basti / 60 min \$149

This treatment is specifically for the kidney and adrenal region. The warm herbal oil application helps to nourish the adrenals, support kidney function, and alleviate pain.

Pleeha (Spleen) Basti / 60 min \$149

This treatment is targeted at the spleen region. The warm herbal oil application helps to improve spleen function and alleviate associated symptoms.

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ADD-ON THERAPIES

WELLNESS CONSULTATIONS

AYURVEDIC AND HOLISTIC GUIDANCE

Ayurvedic Wellness Consultation / 60 min \$189

Begin your healing journey with a personalized Ayurvedic consultation, receiving insight into your dosha, pulse assessment, and guidance on how to balance your life with diet, yoga, herbs, and lifestyle practices. Your journey to sacred wellness starts here.

Individual Therapeutic Yoga and Pranayama Consultation / 60 min \$159

Experience a personalized yoga session tailored to your unique needs. Following an in-depth assessment, our experienced yoga therapist will guide you through a customized practice, providing modifications and adjustments for optimal alignment. Learn pranayama techniques to enhance the flow of prana (life force energy) and cultivate greater well-being.

Jyotisha (Vedic Astrology) Consultation / 60 min \$259

Jyotisha, the ancient science of Vedic astrology, reveals your unique cosmic blueprint. Through your birth chart, gain profound insights into your true nature, strengths, and challenges. Learn to navigate life's currents with greater ease and grace. Jyotisha empowers you with self-discovery and the wisdom to embrace your path.

*These consultations are subject to change and based on the availability of our practitioners and healers.





FOR OUR RETREAT GUESTS

As a valued week-long retreat guest, whether you are staying for a panchakarma or a Soma Retreat, you will enjoy a personalized consultation prior to your stay. This allows our experienced practitioners to curate a unique therapy plan tailored to your specific needs and goals, ensuring a truly transformative retreat experience.

If you have specific questions about any of these therapies and if it would be appropriate for your process, please connect with our practitioner team.

*“SHE IS WATER. POWERFUL
ENOUGH TO DROWN YOU, SOFT
ENOUGH TO CLEANSE YOU, DEEP
ENOUGH TO SAVE YOU.”*

— ADRIAN MICHAEL

CREATING A SACRED SPACE

A SANCTUARY OF WHOLENESS

At SoHum, we cultivate a sacred space where every guest can embark on a journey of profound healing. Drawing inspiration from diverse spiritual traditions, we honor the universal language of the Divine. While Ayurveda's roots lie in the ancient Vedic wisdom of India, which is reflected in our artwork, decor, and traditions, our embrace extends to all faiths and beliefs.

ATTIRE FOR COMFORT & EXPLORATION

We encourage attire that fosters comfort and ease. As the mountain weather can be unpredictable, layering is key. For your outdoor adventures, we recommend long pants and socks to protect against ticks and other woodland creatures. Hiking shoes are ideal, and hiking sticks are available for your use.

NOURISHING WITH DELIGHT

At SoHum, we believe that food is medicine, a profound expression of love and nourishment. Each guest will be honored with a curated multi-course plant based meal, thoughtfully crafted according to the timeless principles of Ayurveda. Ghee is the only dairy product offered on property. Please notify our staff of any dietary restrictions or allergies that we should be aware of.

A SANCTUARY OF PEACE

To nurture an environment of tranquility for all, we kindly request that the use of electronics, particularly phone calls, be limited in public spaces.

IN HEALING AND EVOLUTION

Our entire community of Asheville is healing and on a path of evolution after Hurricane Helene. The land of Elk Mountain is no exception. While the destruction has offered beautiful opportunities, including breathtaking views and the creation of space for herb gardens and farms, our land is still healing. There may be sections of the property that we will close periodically for maintenance and regeneration. We also invite you to participate in the healing with guided walks and meditations on this sacred land.

CARRY THE SPIRIT OF SOHUM BEYOND

Our hope is that the spirit of SoHum will continue to nourish you long after you depart. To support your journey of deep connection to the Divine, we invite you to explore our boutique. Here, you'll find a curated selection of thoughtfully sourced items, many crafted by local artisans, designed to elevate your well-being.

AYURPRANA
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PRICING MENU

Sacred Rituals

SoHumSerenity	\$549
Wise Womb	\$549
Mental Bliss.....	\$549
Luminous Visage	\$549

Sacred Enhancements

Shirodhara	\$149
Abhyanga (1 person) (2 person)	\$209/\$299
Color Symphony	\$189
Head, Neck & Shoulder Bliss with Swedana	\$209
Nasya	\$109
Lepa Therapy	\$149

JOINT AND SPINE CARE

Prushta Kati (Whole Back) Basti	\$209
Potli	\$299
Picchu	\$189
Janu (Knees) Basti	\$149
Kati (Low Back) Basti	\$149
Prushta (Thoracic) Basti	\$149
Manya (Neck) Basti	\$149
Vankshana (Hip) Basti	\$149

PONDISO LOVE

Basti (Womb) Basti	\$149
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Epigastric (Solar Plexus) Basti	\$149
Nabhi (Naval) Basti	\$149
Yakrut (Liver) Basti	\$149
Vrukka (Kidney & Adrenal) Basti	\$149
Pleeha (Spleen) Basti	\$149
Jatru (Throat) Basti	\$149
Netra (Eye) Basti	\$189 (Both)

WELLNESS CONSULTATIONS

Ayurvedic Wellness Consultation	\$189
Individual Therapeutic Yoga and Pranayama Consultation	\$159
Jyotish (Vedic Astrology) Consultation ...	\$259

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SPA AT SOHUM POLICIES

Prioritizing Your Peace

To ensure availability for your chosen therapies and cultivate a serene spa experience, we ask you to book your appointments in advance by calling +1 (828) 617-0708

Your Preferences Matter

While we can not guarantee your request, we will do our utmost to accommodate your needs. Please let our team know if you have a preference for a specific therapist or would like to be treated by a specific gender.

Expressing Gratitude

Gratuities are not required, but they are deeply appreciated by our dedicated team members. You may conveniently leave a gratuity for your therapist at the front desk or give directly to your therapist.

Cancellation Policy

To ensure fairness to all our guests, we require that any cancellations or rescheduling requests be made at least 24 hours in advance. No refunds will be given after this time.





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