

Ayurvedic Herbal Body Rejuvenation

TARA SPA THERAPY ■ CARMEL, CALIFORNIA

Tara Grodjesk, President of TARA Spa Therapy, has been a champion of Ayurvedic-inspired spa treatments since 1987. Since then, these treatments have topped many spa's best-seller lists because of the profound healing effect they have on spa-goers.

Ayurveda means life (ayur) knowledge (veda). It is called the "mother of all healing" because so many holistic healing modalities are rooted in Ayurveda including herbology, aromatherapy, gem or crystal therapy, sound therapy, color therapy, reflexology, polarity therapy and energy balancing.

Ayurveda is where the reference to balancing of body, mind and spirit originated, and is the oldest recorded healing science, dating back 8,000 years.

The Ayurvedic Herbal Body Rejuvenation spa treatment combines five of the most popular spa treatments into one extraordinary experience: botanical body mask, exfoliation,

TARA Spa Therapy's treatments and products focus on individual doshas, which are part of ancient Ayurvedic teachings.



At the JW Marriott San Antonio Hill Country Resort & Spa, the spirit of Mexican healers called Curanderos are alive.

aromatherapy, mini face treatment and hydrotherapy steam infusion.

"The beauty of the Ayurvedic Herbal Body Rejuvenation is that you don't have to know anything about Ayurveda to enjoy its different textures and aromas," Grodjesk says. "The other very important point is it works internally and externally as a truly holistic experience. The herbs work on calming the nervous system and balancing energy."

Grodjesk also notes that this treatment is great for someone who has had a lot of different spa experiences and wants something new.

Ayurvedic Healing Ritual

SHANKARA SKINCARE ■ UVALDE, TEXAS

Ayurvedic treatments and rituals have become very popular among the spa community around the world. It's always interesting to see such an ancient modality translated into modern times. Shankara is where "East meets West," blending to create a product line that uses the best from both the ancient eastern science of Ayurveda, and the western state-of-the-art anti-aging science.

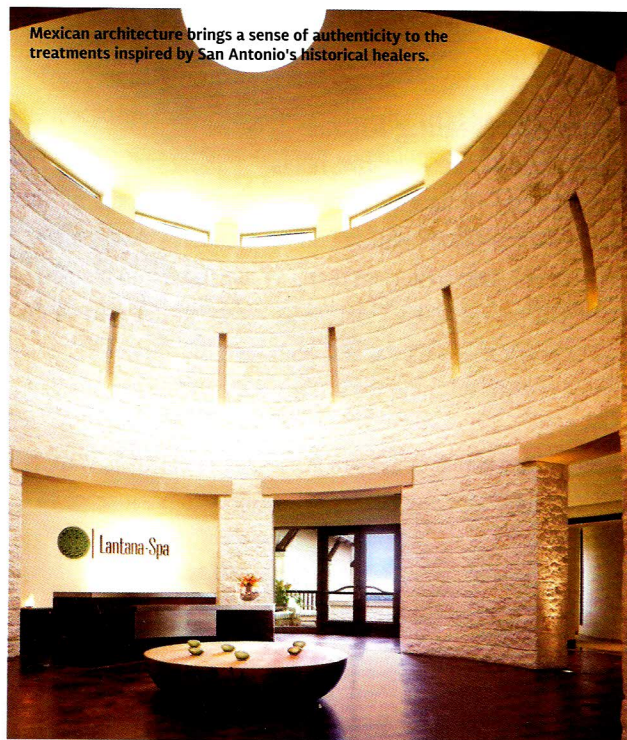
Shankara's authentic Ayurvedic Healing Ritual starts with its signature lotus-rose aromatherapy inhalation to bring peace to the heart and mind. The unique and holistic treatment has profound benefits and lasting effects.

"At some point or another, due to stress, poor lifestyle habits and so on, imbalances set in and we move away from our nature," notes Gina Preziosa, vice president of sales and marketing at Shankara Skincare. "One or more of the doshas (governing principles) start to increase in the system and, as a result, we experience discomfort. The aim of Ayurveda is to bring back that balance."



Modern aesthetic meets Middle Eastern culture at The Spa at Four Seasons Bahrain Bay.

“Curanderos and Curanderas have been around South Texas and Mexico for hundreds of years. They are folk healers who address physical, emotional and mental duress.”



Mexican architecture brings a sense of authenticity to the treatments inspired by San Antonio's historical healers.

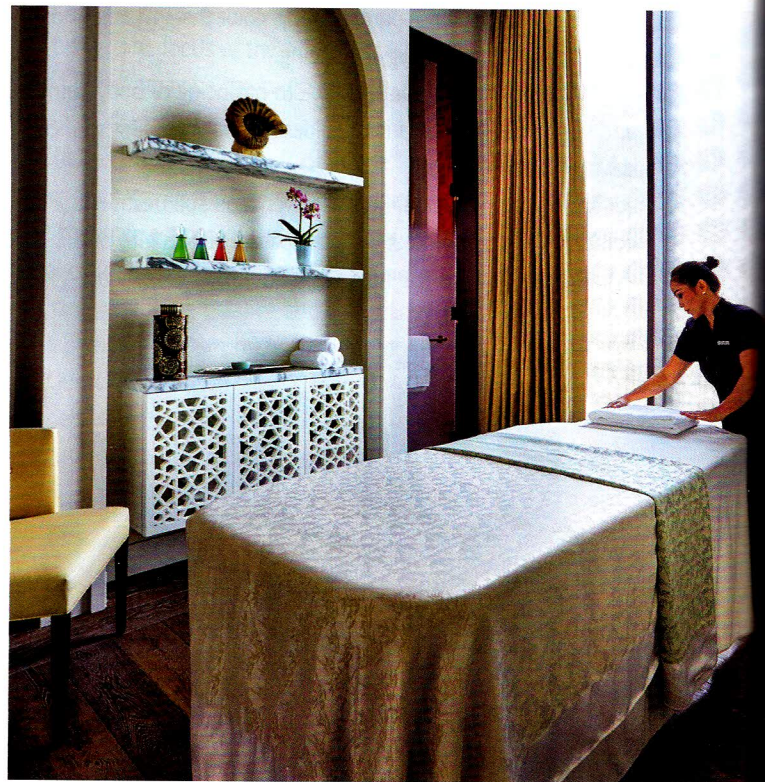
This natural system of healing is based on a comprehensive view of the vast Laws of Nature and the understanding of the five elements (space, air, fire, water and earth). When these elements combine, they create three doshas, which must be kept in proper balance for us to remain healthy.

On top of that, Shankara was developed to support the International Association for Human Values (IAHV) Foundation after Shankara's founders were inspired by the organization's good works with the goal of leading to the development of a more peaceful, just and sustainable world. Talk about multiple paths to healing!

Spirit of the Curanderos Energy Spa Treatment

JW MARRIOTT SAN ANTONIO HILL COUNTRY RESORT & SPA
■ SAN ANTONIO, TEXAS

The JW Marriott San Antonio Hill Country Resort & Spa's design is inspired by the architecture of the Spanish missions built in San Antonio in the early 1700s. Each of the gentlemen's (Curanderos) and ladies' (Curanderas) retreats feature raw quartz rustic art installments that set the mood for positive



The Spa at Four Seasons Bahrain Bay uses Oud oil, which has been used for centuries in the Middle East.

energy and relaxation.

Curanderos and Curanderas have been around in South Texas and Mexico for hundreds of years. They are folk healers who address physical, emotional and mental duress. They often use natural herbal remedies to help people recover and get well. It is these healing traditions that inspired this signature spa treatment.

Director of Spa Travis Anderson describes the Spirit of the Curanderos Energy Spa treatment as a completely transformative and restorative experience.

“Curanderos is an experience that lasts nearly two hours!” Anderson enthuses. “It features the scent of wild-crafted lavender oil inspired by the fields of lavender harvested in the Texas Hill Country. It combines a mineral salt body exfoliation followed by a very grounding heated stone massage. Next the guest is wrapped in a comforting body wrap while receiving a soothing scalp massage featuring warmed lavender oil.”

Invigorating Oud Massage

FOUR SEASONS HOTEL BAHRAIN BAY ■ MANAMA, BAHRAIN

The Spa at Four Seasons Hotel Bahrain Bay exudes a pure tranquility and serene atmosphere with its spacious design encompassing four interconnected buildings woven together with pathways and gardens, reflecting Moroccan and Turkish influences throughout. All spa treatments are inspired by traditional healing therapies from Asia, India and the Middle East using only ethically-sourced ingredients.

A signature massage at Four Seasons Bahrain Bay is the Invigorating Oud Massage, a deep-tissue massage using slow strokes and firm pressure to ease stress. This treatment uses luxurious Oud oil, rich with rose and frankincense to melt guests' tensions away. The treatment also incorporates a thermal mask on the spine to release tension and promote relaxation.

Finally, the massage is complemented by an exclusive facial massage using ancient Australian mineral stones.

"Oud is an extremely rare, expensive natural oil derived from a resin that can only be found in the heart of ancient trees," Director of Spa Chandarella Luzon says. "This oil has a myriad of qualities and is effectively used in medicines, ceremonies, perfumes and now, beauty products."

Luzon says guests love this spa treatment because they experience a sense of place where the richness, luxury and healing benefits of Oud oil helps them relax physically and mentally.

"It is a locally-inspired treatment as the oil is native to the Middle East," Luzon continued. "The use of this product grounds our guests in the present and connects them to this locale." ■



The local materials used during treatments at Banyan Tree invoke a sense of grounding.

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