

Kerala Ayurveda Spa Clinic at Sparkhill

Creating a modern Ayur Wellness Centre on the 1st floor offering:

- Hot Stone Massage with Basalt Stones
- Aromatherapy massage with essential oils
- Reflexology massaging and manipulative pressing movements to unblock energy lines along the feet.
- Hopi Candling Made from all pure and natural ingredients they are hollow rolls of cotton (natural flax) impregnated with beeswax, beta cerotone, honey & essential oils.
- Remedial Massage - focuses on resolving chronic stress and pain, helping you to lead a fully active and pain free life.
- Sport Massage, Massage for releasing muscle tension and restoring balance to the musculo-skeletal system and helping prevent injury.
- Swedish Massage is the western standard for massage, uses softer strokes on the bonier and more delicate parts of the body, and stronger strokes where there is thicker muscle coverage.
- Facial Skin Care- for skin types and conditions.
- Facial treatment helps to keep skin healthy by cleansing, moisturising, feeding tissues with a healthy supply of blood, helping skin resist infection , protection from the elements.
- Foot Massage cleansing and massage with suitable oils.

The Spa Has an Authentic Ayurveda Centre on the ground floor offering:

- Abhyangam (General Body Massage)
- Abyangasnanam-(Medicated Steam Bath)
- Basti -(Ayurvedic colonic Irrigation)
- Choorna Pinda Swedam (Heated medicated bags)
- Kati Vasti (Medicated oil poured on well on back)
- Marma-therapy for joints,
- Mukhakanti- (Ayurvedic cosmetology and Facials)
- Nasyam - (Medicated oils to relieve sinus)
- Natural Face Lift- (Cleansing, toning, lines & skin)
- Njavarakizhi - (Special warm herbal rice poultice on the body)
- Pathrapotlisweda -(Sweating via leaves & steam)
- Patra potli Swedam (Bundle of medicated leaves)
- Pizhichil - (Medicated oil bath)
- Siroabhyanga - (Head massage)
- Sirodhaara (Stream of oil on forehead-mind)
- Sirovasthy -(medicated oil on the head)
- Tharpanam - medicated oil on eyes)
- Udvarthanam -(Body massage with special herbal powders)
- Ayur yoga - Utilizing Yoga and Ayurveda.

Some treatments already on offer pls. Enquire

The Spa is preparing its top floor as an Ayur Yoga Centre to set up special classes with no more than five clients at a time with common ailments such as diabetes, arthritis anxiety, stress and weight problems.

The Sparkhill Spa is now under new management, it has been undergoing renovation in keeping with the traditional values and benefits of the ancient art of healing within a touch of class.

Here clients are encouraged to examine their health issues with their lifestyles and habits in an effort to achieve best results for their wellbeing.

The Spa has the luxury of two qualified consultants on site who offer free initial consultations and encourage clients to appreciate the body is where the soul lives and their wellbeing depends on taking a holistic approach.

The Vaidyas believe in discovering the cause of the ailments and recommending suitable diets, exercises and treatments in keeping with traditional practices of Kerala Ayurveda.

The Spa has clients from all over England, the numbers of clients are increasing as the word spreads of its ability to assist young and old with the stresses of modern day living

Kerala Ayurveda Spa Clinic

Qualified & Specialist Ayurvedic Consultants

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Are you suffering from?

- HEAD
- NECK
- SHOULDER
- BACK
- HIP
- GROIN
- KNEE
- ANKLE
- FOOT

- Headache
- Migraine
- Sinusitis
- Depression
- Stress & Strain
- Neck Pain
- Whiplash
- Cervical Spondylitis
- Shoulder Pain
- Frozen Shoulder
- Back Pain
- Sciatica/Trap Nerve
- Disc Prolepses
- Hip Pain
- Knee Pain
- Leg Pain
- Foot & Ankle Pain
- Tennis Elbow
- Joint Pain & Swelling
- Arthritis
- Gout
- Sports Injury

Other Problems

- Skin Problems
- Constipation & IBS
- Indigestion
- Bloatedness
- Heart Burn

- Repair
- Revive
- Rejuvenate
- Rebalance

Taking care of your Mind, Body & Soul



We do:

- Colon Hydrotherapy
- Relaxation Massage
- Pregnancy Massage
- Indian Head Massage
- Herbal Body Scrub & Polishing
- Herbal Facial
- Reflexology
- Ayurvedic Basti
- Ayurvedic Massage
- Deep Body Massage
- Sports Injury Massage
- Back Massage
- Hopi Ear Candle
- Bone Manipulation
- Ayurvedic Reflexology
- Marma Massage
- Honey Cupping Massage
- Stone Massage

SPECIALISE IN DIET & LIFESTYLE CARE

Book your FREE Consultation NOW!

Separate section for ladies with female staff only & male with male staff only!

We SPECIALISE in Bone Marma Manipulation