

# Discover the Healing Wisdom of AnAmaya Ayurveda

## Now in 2 Beautiful Locations: Barossa Valley & Beulah Park

Reconnect with balance, vitality, and inner peace through the nurturing care of AnAmaya Ayurveda, now welcoming you at both our Barossa Valley and Beulah Park locations. Whether you're seeking personalised Ayurvedic health consultations, rejuvenating body therapies, or lifestyle guidance for deeper wellbeing, our dedicated team is here to support your journey.

♥ **Barossa Valley:** Immerse yourself in the tranquil countryside and natural beauty, where Ayurveda meets nature's calm embrace.

♥ **Beulah Park:** Your serene urban sanctuary, offering holistic Ayurvedic care in the heart of Adelaide's east.

Experience ancient wisdom tailored to modern living. Two locations, one heartfelt commitment to your health and harmony.

**Call or Book Online:**  
**Step into your health and wellness today.**

## Rejuvenating Body & Facial Packages

We have a selection of natural and organic face and body treatment options for you to choose from.

Each treatment is designed to revitalise your skin and spirit using Ayurvedic herbs and botanicals that will gently purify your skin, restoring its natural glow and vitality.

♥ **We invite you to craft your own body and facial package suiting your individual needs...**

You can choose any 1 of the following 3 options as a single treatment. Or combine 2 options together and enjoy a few hours of 'me time'.

If you would like to be totally indulged, why not combine all 3 options for that ultimate anti-aging and rejuvenation package.

♥ Check out our website for the full list of rejuvenating body and facial packages.

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## 1: UPPER BODY & HEAD MASSAGE

**\$50.00 (30 mins)**

Head/Face/Neck/Shoulders/Arms/Hands

Calming massage for your upper body using very specific, gentle strokes to relieve stress and head pain. Key 'marma' or pressure points will be activated to help balance the flow of energy in the body. It will counter fatigue and can improve eyesight and sleep. Warm organic oil is applied in this treatment and will also nourish your scalp, and promote healthy hair growth.

3 Options...  
To Feel Good  
Inside and  
Out...

## 2: BLISSED OUT: ORGANIC FACIAL

**\$140.00 (60 mins)**

1. Citrus Silk Elixir: Lemon and plant based milk is used to cleanse upper body and face.

2. Tropical Glow Fusion Masque: Avocado/plant based yoghurt/aloe vera/bentonite clay (Fuller's Earth) masque.

3. Cool Revitaliser Masque: Fresh cucumber and honey refresher masque.

4. Rehydrate Your Skin: With rosewater steam and our anti-aging Moringa Blue and Rubia face oils.

Starting with a preliminary cleanse and massage of upper back, neck and shoulders using our handmade Citrus Silk Elixir to relax and open up your skin to receive the following deep cleansing treatments.

The next step is to apply the Tropical Glow Fusion Masque to your face, neck and shoulders, which will deeply cleanse and revitalise your skin. We will then rejuvenate and rehydrate your skin with the Cool Revitaliser Masque.

The final stage includes a marma point facial massage, rosewater steam and our anti-aging oils applied to the face, neck and shoulders leaving you feeling very relaxed and deeply cleansed with a radiant glow.

## 3: FULL BODY MASSAGE &

**SCRUB + HERBAL STEAM**

**\$160.00 (90 mins)**

Traditional full-body warm oil massage designed to strengthen the skin, eliminate toxins, increase stamina and delay the aging process. It stimulates blood flow and lymphatic circulation, heals nervous system disorders such as stress and anxiety and improves immunity and digestion. It also eliminates toxins, and assists in weight loss.

Finishing with a friction massage using organic herbal powder and upward strokes to exfoliate the body and leave the skin feeling soft and revitalised.

**TOTAL PACKAGE: \$350.00**

**BOOK ONLINE OR CALL NOW** and receive a \$20.00 gift voucher towards any treatment.

### ADD-ONS

- Sound Therapy Massage: \$20.00 (20 mins)
- Herbal Steam Cleanse: \$20.00 (20 mins)  
(Includes complimentary foot bath/scrub) herbal tea or chai and organic snacks).

WE ALSO OFFER A WIDE RANGE OF TRADITIONAL AYURVEDIC BODYWORK TREATMENTS: CALL OR BOOK ONLINE