



A sacred place
where you leave
feeling honoured
and completely
rejuvenated.

CONTACT US

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Mind, Body & Energy Healing

reflexology with foot soak 75 mins \$120

Reiki & intuitive healing 60 mins \$85

ear candling (with lymphatic drainage neck
and face massage) 45 mins \$70

shirodhara is a gentle, yet profoundly
effective treatment that works specifically on
balancing and stabilising the activity of the
mind. Warm, dosha-specific herbal infused
medicinal oils are beautifully streamed over
the third eye (forehead), taking the
participant on a journey deep meditative
inside. Helps bring balance to the mind and
the emotions, balancing the nervous
system, creating feelings of deep relaxation
and delight. 60 mins \$130

Integrative Healing Session with

Marye O'Brien, intuitive healer/our founder

**Includes, Reiki, chakra balancing &
sound healing** - promotes the free flow of
energy throughout the body by removing
blockages enabling the mind, body & spirit
to function optimally. Allow 75 mins \$135

INSTANT GIFT CERTIFICATES can be
purchased online.

maiaveda

ayurveda | wellness | spa

by appointment only

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Body Massage Therapies

signature massage tailored specifically for the individual's holistic needs. It is a choreographed warm herbal oil massage that is designed to bring sustenance to the tissues, deep relaxation to the muscles and calmness to the mind.

60/75/90 mins \$110/140/165

relaxation aroma gentle massage

30/45/60 mins \$65/85/105

pregnancy massage includes foot soak & scrub 75 mins \$120 (from 2nd trimester)

hot stone (shila) massage 90 mins \$180

remedial / deep tissue / sports massage

30/45/60/90 mins \$70/90/110/165

(health rebate available)

Indian head massage, relieves neck, shoulder & head ache, 50 min \$95

lomi lomi Hawaiian massage (lymphatic drainage) 60 mins \$120

children's massage (\$ based on age)

Thai yoga massage (body stretching) fully clothed, 60 mins \$105

hand & feet massage ritual 45 min \$85

Ayurvedic Therapies

abhyanga detoxing massage 75 mins \$135

shirodhara (calms mind, supports sleep & nervous system) 60 mins \$130 (3rd eye flow)

swedana (steam tent therapy) 30 min \$55

kati basti (for lower back pain) includes steam detox / tent therapy 90 mins \$150

pinda swedana - hot herbal compress massage (for arthritic, joint & muscle ache) 75 mins \$150 (using medicated herbal oils)

Indian head massage 50 mins \$95

foot rejuvenation ritual 45 mins \$85

herbal powder massage (for weight loss) includes steam detox therapy 90 mins \$160

garshan dry body brushing 30 mins \$65 with herbal powder massage & steam 2 hrs \$210

nasya (sinus congestion) 45 mins \$85

- with **ear candling** 75 mins \$135

- with **Indian head massage** 90 mins \$160

Facial Renewal Rituals

.Omveda Cucumber Delight Facial
- **refreshing**, 60 mins \$120

Omveda Skin Rejuvenator Facial
- **revitalising**, 60 mins \$120

Omveda Royal Pearl Facial
- **rejuvenating**, 75 mins \$145

Mango Moisturising Thermal Face Lift
- **rehydrating**, 90 mins \$190

Aika Elemental Essence (**dosha specific facial**) with holistic massage, 2 hours, \$240

Retreat Journeys

your personal wellness journey - a retreat could be just a few hours or many days.

Let Maiaveda be your **wellness concierge**, customising spa days and tailored retreat experiences to suit your individual needs.

- personal detox & rejuvenation programs
- my time, one to one retreats
- panchakarma (Ayurvedic detoxification)
- lifestyle retreat (stress management)
- couples retreat
- recovery / convalescence retreats
- the sacred mother (pre and post natal)
- the bridal radiance
- Ayurvedic Wellness retreats in India

explore our website for full range of spa ritual packages, services, seasonal specials, events & retreats